

3rd SPEEDO INVITATIONAL LONG COURSE MEET

VENUE: [Hamdan Bin Mohammed Bin Rashid Al Maktoum Sports Complex](#)
LC (Long Course) – 10 Lanes – Electronic Timing System (OMEGA)

DATE: Saturday 18th and Sunday 19th May 2024.

WARM-UP: 07:50h & 14:00h.

FIRST EVENT: 09:00h & 15:00h.

AGE GROUPS: Age on December 31st 2024.

Individual:

Girls: 10-11, 12, 13, 14, 15 and 16 YRS & Over

Boys: 10-11, 12, 13, 14, 15, 16 and 17 YRS & Over

EVENTS: Girls & Boys 10 - 11 YRS: 50m, 100m & 200m ALL STROKES and 200 IM.

Girls & Boys 12YRS & Over: 50m, 100m & 200m ALL STROKES, 400m Freestyle and 200 / 400 IM.

CLOSING DATE: **Monday 22nd April 2024 at 12pm (Dubai)**

Competition Program:

**Session 1: Sat AM
May 18th 2024**

Girls	Event	Boys
1	FINAL 200m FR 10 & Over	2
3	PRELIM 50m BR 10 & Over	4
5	PRELIM 100m BK 10 & Over	6
7	PRELIM 100m FL 10 & Over	8
9	PRELIM 50m FR 10 & Over	10
11	FINAL 200m BR 10 & Over	12

**Session 2: Sat PM
May 18th 2024**

Girls	Event	Boys
5	FINAL 100m BK 10 & Over	6
7	FINAL 100m FL 10 & Over	8
13	FINAL 400m IM 12 & Over	14
3	FINAL 50m BR 10 & Over	4
9	FINAL 50m FR 10 & Over	10

**Session 3: Sun AM
May 19th 2024**

Girls	Event	Boys
15	FINAL 200m IM 10 & Over	16
17	PRELIM 50m BK 10 & Over	18
19	FINAL 200m FL 10 & Over	20
21	PRELIM 100m FR 10 & Over	22
23	PRELIM 100m BR 10 & Over	24
25	PRELIM 50m FL 10 & Over	26
27	FINAL 200m BK 10 & Over	28

**Session 4: Sun PM
May 19th 2024**

Girls	Event	Boys
23	FINAL 100m BR 10 & Over	24
25	FINAL 50m FL 10 & Over	26
29	FINAL 400m FR 12 & Over	30
17	FINAL 50m BK 10 & Over	18
21	FINAL 100m FR 10 & Over	22

3rd SPEEDO INVITATIONAL LONG COURSE MEET

Consideration Times

May 18th & 19th 2024

Male							Events	Female					
17 & Over	16	15	14	13	12	10-11		10-11	12	13	14	15	16 & Over
28.50	29.50	30.10	30.50	32.00	33.50	35.50	50 Freestyle	37.00	35.00	34.00	32.50	31.50	30.50
1:01.50	1:03.00	1:04.50	1:06.50	1:08.00	1:14.00	1:18.00	100 Freestyle	1:21.00	1:17.00	1:14.00	1:10.00	1:08.00	1:05.00
2:10.00	2:17.00	2:19.00	2:23.00	2:28.00	2:36.00	2:42.00	200 Freestyle	2:45.00	2:40.00	2:35.00	2:29.00	2:26.00	2:20.00
4:40.00	4:55.00	5:00.00	5:10.00	5:20.00	5:40.00		*400 Freestyle		5:50.00	5:40.00	5:26.00	5:20.00	5:05.00
35.50	37.50	38.30	39.00	40.00	42.50	45.00	50 Breaststroke	49.50	46.00	44.50	43.00	42.00	39.50
1:17.00	1:21.00	1:23.00	1:25.00	1:29.50	1:35.00	1:40.00	100 Breaststroke	1:45.00	1:38.00	1:34.00	1:32.00	1:30.00	1:25.00
2:42.00	2:52.00	2:55.00	2:58.00	3:05.00	3:15.00	3:25.00	200 Breaststroke	3:32.00	3:24.00	3:16.00	3:12.00	3:08.00	3:00.00
31.00	33.00	33.50	34.50	35.50	39.00	41.00	50 Butterfly	42.00	40.00	37.50	36.00	35.00	33.50
1:08.00	1:11.00	1:12.50	1:14.50	1:18.00	1:24.00	1:29.00	100 Butterfly	1:32.00	1:28.00	1:22.00	1:18.00	1:16.00	1:12.00
2:24.00	2:32.00	2:35.00	2:38.00	2:45.00	2:55.00	3:05.00	200 Butterfly	3:16.00	3:06.00	2:55.00	2:50.00	2:46.00	2:39.00
32.00	33.50	34.50	35.00	37.00	39.50	42.00	50 Backstroke	44.00	40.00	38.00	36.50	35.50	33.50
1:08.00	1:11.00	1:12.00	1:14.00	1:18.00	1:22.00	1:27.00	100 Backstroke	1:30.00	1:25.00	1:21.00	1:18.50	1:17.00	1:14.00
2:30.00	2:36.00	2:39.00	2:40.00	2:48.00	2:55.00	3:08.00	200 Backstroke	3:12.00	3:05.00	2:54.00	2:49.00	2:46.00	2:39.00
2:28.00	2:32.00	2:35.00	2:40.00	2:48.00	2:55.00	3:07.00	200 IM	3:15.00	3:02.00	2:55.00	2:50.00	2:46.00	2:40.00
5:20.00	5:40.00	5:46.00	5:50.00	6:00.00	6:10.00		*400 IM		6:15.00	6:05.00	6:02.00	5:55.00	5:40.00

All QTs are based on 50m pool times – Long Course.

*Please note that 400m events are only for 12 Yrs and over

TIMES MUST BE ACHIEVED NO EARLIER THAN JANUARY 1ST 2023.

CONVERTED TIMES WILL BE ACCEPTED.

3rd SPEEDO INVITATIONAL LONG COURSE MEET

FEES:	All entry fees are INCLUSIVE of 5% VAT.
IND. ENTRIES:	Hy-Tek entries AED55 per event. Paper entries AED65 per event.
COACHES PASS:	AED100 (For every 20 swimmers enter 1 FREE coaches pass will be given)
SPECTATOR: (Exclusive of VAT)	Spectators will be allowed at this event. Under 10s: Free Entry. Day Pass: AED60 per day. Weekend Pass: AED100 per person.
FINALS:	Age group finals for 50m & 100m events. If there are less than 4 swimmers in a final, the final will NOT be swum.
SCORING:	FINA points will be used in all individual events throughout the meet.
PRIZE & MEDAL:	Prize & medal will be given to 1 st , 2 nd and 3 rd for each Age Group in each event.
AWARD:	An award will be given to top performances in each age group. Calculated by adding up the top 4 performances from an individual performance across the weekend.
ENTRY DEADLINE:	Monday 22nd April 2024 at 12pm (Dubai)
TIMING:	Omega Swiss Timing.

Entries must be sent to competitions@speedoswimsquads.com (Hy-Tek) by the above closing date.

In all events, Age Groups will be combined for races but be separated for results

3rd SPEEDO INVITATIONAL LONG COURSE MEET

Meet Conditions:

1. The event will be held under FINA guidelines.
2. A competitor can enter up to 8 events.
3. All entry times will be converted to 50m.
4. Competitors can only enter events for which they meet qualification times (see attached table).
5. Speedo Swim Squads will require proof of time for any submitted entries. An entry without a proof of time will be rejected at the discretion of the organizer.
6. If events are under subscribed, acceptance of additional entries will be at the discretion of the meet organizer.
7. If the number of entries in an event (within a qualifying time) is high, the meet organizer will reserve the right to limit entries to enable the gala to be completed in the allotted time.
 - a. 400m events will be restricted to 6 heats.
8. After the deadline for withdrawals, all entries must be paid for. No refund will be given, regardless of whether it is related to illness or injury.
9. Any club or competitor that has not submitted full payment 24 hours after the competition has been concluded will be subject to a late payment fee of AED 500. Failure to make payment will result in a club and their members being excluded from all future Speedo Swim Squads competitions.
10. Competitors should report to the marshalling area 4 heats before their race. Swimmers in the first heats of a session should report 10 minutes before the start time of the session.
11. Swimmers withdrawing from a final must contact the recording table 30 minutes after posting the preliminary results. Failure to comply will be fined AED 50.
12. Heats will be seeded. Prelims & finals for 50m and 100m events. Timed Finals for 200m and 400m events.
13. Speedo prizes will be awarded for 1st, 2nd & 3rd place in each age group, gender and event. Swimmers can collect their prize from the prize room.
14. An award will be given for Top Male / Female for each age group. Total points will be awarded by adding up the points of the 4 best performances of the swimmer using FINA Points System.
15. Each participating team will need to organize their swimmers for a 'Swimmers Parade' / Presentation prior to the start of the events on the first day. (To Be Confirmed)
16. The organizer reserves the right to register swimmers without qualifying times.