

2012
MUSCAT INTERNATIONAL
SWIMMING CHAMPIONSHIPS



venue:

The Sultan Qaboos Sports Complex, Bowsher, Muscat

Friday and Saturday, March 9th & 10th 2012

2012 MUSCAT INTERNATIONAL SWIMMING CHAMPIONSHIPS

Host:

Sanctioned by: Oman Swimming Association

Events & Age Groups: EVENTS – please see ‘events list’ below
AGE GROUPS FOR AWARDS – 8 & Under, 9/10, 11/12, 13/14, 15 & Over
QUALIFYING TIMES (see sheet below) will be used as criteria for entry.
For swimmers who have not met the qualifying times they may enter ‘**consideration**’ times on the separate entry sheet and, if lanes are available, they may be entered into the championships.

Meet Format: Meet will be pre-seeded. **All individual events will be timed finals.** Males and Females will swim separately but all age groups will be combined and seeded in each race according to entry times – for award purposes final times will be separated by age group.

Meet Rules: **FINA Swimming Rules** except that the age cut-off is March 9th 2012 (first day of the meet)

Location: The Sultan Qaboos Sports Complex, Bowsher, Muscat, Sultanate of Oman
50m x 8 lane pool (the pool is ‘open air’ but all spectator seating is in the shaded stadium)

Date & Time: Friday & Saturday, March 9th & 10th 2012. There will be a morning session and afternoon session on both days - times to be decided once entries are received.

Sponsor(s): To be advised

Entry Deadline: **Thursday, February 23rd 2012 – 12:00 noon please. Entries can be sent earlier than this date if you have them ready!!**

All entries should be sent electronically to:

David Rogers
(+968) 962 317 51 (cell)
E-mail address: expatz@yahoo.co.uk

Entry Fees: **RO 3.000** per individual event and **10.000** per relay entry
Maximum **5 events per day** excluding relays

Awards: Medals for 1st 2nd & 3rd; ribbons through 6th place.
Hi-point trophy per gender per age group

Meet Director: David Rogers

Meet Schedule: **EXAMPLE ONLY** - these times may change depending on the number of entries

am	Warm-ups	07:00	pm	Warm-ups.....	13:00
	Scratch Meeting	07:30		Scratch Meeting.....	13:30
	Officials Report.....	08:15		Officials Report.....	14:15
	Call first Events.....	08:20		Call first Events.....	14:20
	Meet Start	08:30		Meet Start.....	14:30

Other: Please be advised that the 25m 6 lane warm-up/swim-down pool IS NOT a facility for recreational swimming! Coaches **MUST** organise a supervisor for their own team swimmers who use this pool.

General Information

- If you have the Hy-Tek Ltd. Team Manager programme please send the Meet Entries File in the Long Course format; **if not, please submit entry times on the sheet provided and state if the times have been achieved in a Long Course (LC) 50m pool meet or a Short Course (SC) 25m pool meet.** Please be advised that ‘CONSIDERATION’ entries **MUST NOT** be added to the Hy-Tek entries, they **MUST** be added on the separate entry sheet provided below. Swimmers with no times (NT) may enter the ‘consideration’ list. **ALL** ‘consideration’ times will be seeded separately and the top times will be given priority for the empty lanes.
- The **COLORADO TIMING SYSTEM** 2 button system will be used throughout the meet with a stopwatch as a second back-up time.
- The meet officials and timekeepers will be from the OMAN SWIMMING ASSOCIATION
- Please make sure the name, date of birth, sex and age as of **March 9th 2012** are correct when sending the form.
- The meet will take place in an ‘open air’ 50m pool and entry times shown on the meet programme and heat sheets will be 50m times (**LC**); those times that are sent as 25m times will be converted by the Hy-Tek Meet Manager programme.
- The cost of the meet will be met by entry fees from **all** of the teams participating in the championships. Payment can be made on the day of the championships to the relevant meet representative.
- As last year, we are negotiating with a supplier for hot food, salads, snacks and sandwiches to be available on both days of the meet.
- Once the number of participating teams and swimmers is known we will approach local hotels to obtain the best rates.
- **COACHES - for RELAY TEAM entries please indicate the event number of the relay in which you wish to enter teams on the Relay Entry Form below. Please submit the names of swimmers as early as possible.**
- For those who will be attending please be advised that is very easy for certain passport holders to obtain their **ENTRY VISA** into the Sultanate of Oman at the port of entry (Road or airport). Details can be found at the following website: http://www.rop.gov.om/english/dg_passport.asp follow the link on the right side of the page to **TYPES OF VISA**. At the bottom of this list click on ‘**COUNTRY LISTING 1**’ – here you will a list of countries that qualify to obtain their visitors visa at the point of entry I have mentioned (the cost is 20 O.R. for a visitor-visa that is valid for one month – see attached memo from the British Embassy, Muscat).
For those countries **NOT** mentioned on the list the visa **MUST** be obtained ahead of time **but please be advised that The British School – Muscat IS NOT ABLE TO SPONSOR ANYONE FOR VISA PURPOSES.** It is also not possible to obtain group visas.

You may also want to visit the following: www.rop.gov.om for nationalities that receive visas on entry.

Go to ‘**How do I**’ section....then ‘**get short visa**’

Please contact DAVID ROGERS by email, as soon as possible, to indicate if your team will be participating – an estimate of the number of swimmers would also be helpful.

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LIST OF EVENTS – DAY 1

Friday, March 9th 2012

MAXIMUM 5 EVENTS PER DAY

**Please note that all events will be mixed age groups and seeded according to entry times;
However, medals and ribbons will be awarded according to the age groups listed in the information**

Female Event #	Distance	Stroke Description	Age Group	Male Event #
1	400m	Freestyle	10 & Over	2
3	50m	Butterfly	8 & Under	4
5	50m	Butterfly	9 – 12	6
7	50m	Butterfly	13 & Over	8
9	100m	Backstroke	8 & Under	10
11	100m	Backstroke	9 – 12	12
13	100m	Backstroke	13 & Over	14
15	200m	Freestyle	8 & Under	16
17	200m	Freestyle	9 – 12	18
19	200m	Freestyle	13 & Over	20
21	200m	Butterfly	11 & Over	22

*****LUNCH BREAK*****

Female Event #	Distance	Stroke Description	Age Group	Male Event #
23	100m	Breaststroke	8 & Under	24
25	100m	Breaststroke	9 – 12	26
27	100m	Breaststroke	13 & Over	28
29	50m	Freestyle	8 & Under	30
31	50m	Freestyle	9 – 12	32
33	50m	Freestyle	13 & Over	34
35	200m	Individual Medley	8 & Under	36
37	200m	Individual Medley	9 – 12	38
39	200m	Individual Medley	13 & Over	40
41	200m	Medley Relay	8 & Under	42
43	200m	Medley Relay	9 & 10	44
45	200m	Medley Relay	11 & 12	46
47	200m	Medley Relay	13 & 14	48
49	200m	Medley Relay	15 & Over	50

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LIST OF EVENTS – DAY 2

Saturday, March 10th 2012

MAXIMUM 5 EVENTS PER DAY

Please note that all events will be mixed age groups and seeded according to entry times;
 However, medals and ribbons will be awarded according to the age groups listed in the information

Female Event #	Distance	Stroke Description	Age Group	Male Event #
51	400m	Individual Medley	10 & Over	52
53	50m	Backstroke	8 & Under	54
55	50m	Backstroke	9 – 12	56
57	50m	Backstroke	13 & Over	58
59	200m	Breaststroke	12 & Under	60
61	200m	Breaststroke	13 & Over	62
63	100m	Butterfly	8 & Under	64
65	100m	Butterfly	9 – 12	66
67	100m	Butterfly	13 & Over	68

*****LUNCH BREAK*****

Female Event #	Distance	Stroke Description	Age Group	Male Event #
69	50m	Breaststroke	8 & Under	70
71	50m	Breaststroke	9 – 12	72
73	50m	Breaststroke	13 & Over	74
75	100m	Freestyle	8 & Under	76
77	100m	Freestyle	9 – 12	78
79	100m	Freestyle	13 & Over	80
81	200m	Backstroke	12 & Under	82
83	200m	Backstroke	13 & Over	84
85	200m	Freestyle Relay	8 & Under	86
87	200m	Freestyle Relay	9 & 10	88
89	200m	Freestyle Relay	11 & 12	90
91	200m	Freestyle Relay	13 & 14	92
93	200m	Freestyle Relay	15 & Over	94

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Qualifying Time Standards

The following standards for the **8 & Under** age group, **9/10 200m Backstroke & Breaststroke** and the **50m events for the 13 & Over** age groups – all based on the United States Swimming Long Course ‘B’ Time Standards. For 17+ the USS 17/18 times will be used. **ALL** other times correspond to the USS ‘B’ time standard.

EVENT	GIRLS 8 & Under	GIRLS 9/10	GIRLS 11/12	GIRLS 13/14	GIRLS 15/16	GIRLS 17+	BOYS 8 & Under	BOYS 9/10	BOYS 11/12	BOYS 13/14	BOYS 15/16	BOYS 17+
50 Free	53.00	45.29	39.19	38.19	37.69	37.49	52.00	44.49	38.39	35.69	34.19	33.49
100 Free	1:55.00	1:43.99	1:26.39	1:22.89	1:21.09	1:20.69	1:55.00	1:41.59	1:23.49	1:17.69	1:14.79	1:13.19
200 Free	3:55.00	3:48.89	3:05.69	2:57.99	2:54.29	2:52.79	3:57.00	3:35.49	3:01.69	2:49.19	2:42.09	2:38.99
400 Free		7:42.09	6:27.79	6:09.39	6:04.19	6:00.99		7:38.49	6:24.09	5:56.49	5:42.19	5:36.39
50 Back	59.00	55.99	45.69	44.50	44.00	43.50	1:00.00	56.79	45.79	43.50	42.00	41.50
100 Back	2:09.00	2:02.49	1:42.39	1:33.49	1:31.29	1:30.79	2:10.00	1:58.49	1:39.29	1:27.59	1:23.59	1:21.99
200 Back	4:00.00	3:50.00	3:30.79	3:19.99	3:15.19	3:13.09	4:00.00	3:50.00	3:30.29	3:08.59	2:59.99	2:56.29
50 Breast	1:05.00	1:01.59	49.09	48.00	47.00	46.50	1:05.00	1:01.59	51.09	46.00	45.50	44.00
100 Breast	2:25.00	2:17.69	1:49.99	1:43.99	1:42.29	1:42.19	2:24.00	2:13.59	1:50.49	1:37.49	1:33.99	1:31.49
200 Breast	4:25.00	4:20.00	3:57.59	3:43.99	3:39.89	3:39.99	4:25.00	4:20.00	3:54.69	3:32.79	3:23.29	3:18.79
50 Fly	1:00.00	55.09	42.69	41.50	40.90	40.00	1:00.00	52.89	43.49	42.50	40.50	40.00
100 Fly	2:20.00	2:13.69	1:38.69	1:30.19	1:28.49	1:27.79	2:20.00	2:10.79	1:38.19	1:23.99	1:20.59	1:18.49
200 Fly			3:33.09	3:19.69	3:12.09	3:09.49			3:30.99	3:06.59	2:57.59	2:54.49
200 I.M.	4:20.00	4:13.89	3:30.19	3:21.09	3:16.09	3:16.29	4:20.00	4:10.69	3:29.59	3:09.89	3:03.29	2:58.29
400 I.M.		7:55.99	7:32.09	7:02.69	6:55.99	6:54.39		7:53.99	7:28.29	6:43.89	6:24.99	6:19.79

3rd MUSCAT INTERNATIONAL SWIMMING CHAMPIONSHIPS

Sultan Qaboos Sports Complex, Bowsher, Muscat, Oman: 9th & 10th MARCH 2012

Team name: _____

Relay Entries submitted by: _____

Entry fee: RO 10.000 per relay team

Swimmers may enter a maximum of 2 relay events but may 'swim up'

Medley Relay entries	BACKSTROKER	BREASTSTROKER	BUTTERFLYER	FREESTYLER
41 – Girls 8 & Under				
42 – Boys 8 & Under				
43 – Girls 9 & 10				
44 – Boys 9 & 10				
45 – Girls 11 & 12				
46 – Boys 11 & 12				
47 – Girls 13 & 14				
48 – Boys 13 & 14				
49 – Girls 15 & Over				
50 – Boys 15 & Over				
Freestyle Relay entries	1 st SWIMMER	2 nd SWIMMER	3 rd SWIMMER	4 th SWIMMER
85 – Girls 8 & Under				
86 – Boys 8 & Under				
87 – Girls 9 & 10				
88 – Boys 9 & 10				
89 – Girls 11 & 12				
90 – Boys 11 & 12				
91 – Girls 13 & 14				
92 – Boys 13 & 14				
93 – Girls 15 & Over				
94 – Boys 15 & Over				