

# **AFSA- KSA**

# **NATIONALS**

## **2025**



**BEGINNING AT 9 AM**

**Friday, 16th May - Saturday , 17th May**

**Saudi Aramco - Dhahran**

**By invitation Only**

**Organised by: Dhahran Youth Swim League (D.Y.S.L.)**

**Eastern Province   Central Region   Western Province**



# Preliminary Announcement

## Nationals Swimming Championship 2025, Dhahran

- Host: Dhahran Youth Swim Leagues, The Eastern Region
- Venue: Saudi Aramco Residential Camp – Dhahran
- Date & Time: Friday, 16<sup>th</sup> May and Saturday, 17<sup>th</sup> May. Planned morning and afternoon sessions. Warm up times and official start times to be confirmed later.
- Meet Format: The meet will be pre-seeded. **All individual events will be timed finals** in accordance with the USA Swimming Rules & Regulations, **except for Relays** for which each region has been assigned certain lanes. All age groups will be combined and seeded in each race according to entry times. The **Meet Director** shall have the right to combine events or relays should the number of swimmers or teams registered for those events warrant.
- Meet Rules: USA Swimming Short Course 2025 rules will apply. The Technical Rules and Regulations can be accessed via the rule book on the following website: <https://www.usaswimming.org>
- Entry Deadline: TBD.
- NQT entries must be sent in Hy-Tek Team Manager format. The Hy-Tek Meet Entry Report sorted by name and Hy-Tek Fee report sent to **dysl.dolphins@gmail.com**. Receipt confirmation will be sent by the organizers within 72 hours.
- NCT** entries should be sent in a separate file along with an entry list to the above email. Upon completion of the seeding process, teams will be notified accordingly regarding the acceptance of the NCT entries.
- Meet Director: **Liam Knowles** - E-mail: [dysl.dolphins@gmail.com](mailto:dysl.dolphins@gmail.com)
- Eligibility: Registered swimmers of the Eastern Province of Saudi Arabia {EPSA}, Riyadh Swimming League (RSL) and Western Region (LISST & WRESL) who have achieved the National Qualifying Times (NQT), for each event in which the swimmer is entered as listed in the attached table (separate file) titled '**2024-25 Age group Time Standards**'

**Entry Times for each swimmer shall be official meet result times that were posted in a competitive AFSA swim meet conducted within the EPSA, RSL, or Western Region in Saudi Arabia while representing their AFSA team in a 25 meter or 50 meter pool between 1<sup>st</sup> September 2024 until May 12<sup>th</sup> 2025. Please note that times achieved while swimming with other clubs will not be considered as SEED times.**

Any times obtained in a 50-meter pool shall be converted to a short course time using a conversion rate of 1.001. All yard times must be converted to metric times using a conversion rate of 1.11 (Note: Equivalent yard times for the 400 meter Freestyle event must come from a 500-yard Freestyle event).

**Proof of time must accompany all entries with AFSA Team.**

- Age: Age as of **Friday, 16<sup>th</sup> of May 2025**, will determine a **swimmer's age group** for the duration of the Championships.
- Entries: NQT entries must be sent in Hy-Tek Team Manager Meet format
- Maximum Entries: Swimmers are limited to **five (5)** individual events and **one (1)** relay event **per day**.
- Accommodation: DYSL shall advise of a suitable hotels near the event
- Transportation: For your convenience and to facilitate your entrance to Saudi Aramco Residential Camp in Dhahran buses will be arranged for transporting participants and parents from the chosen location to Camp & return

**2025 NATIONALS**  
**Swimming Championships**  
**May 16& 17, 2025**



**FRIDAY EVENTS**

GIRLS	DISTANCE (m)	STROKE	AGE GROUP	BOYS
1	400	Freestyle	11 - 18	2
3	50	Butterfly	7 & 8	4
5	50	Butterfly	9 & 10	6
7	50	Butterfly	11 & 12	8
9	50	Butterfly	13 & 14	10
11	50	Butterfly	15 - 18	12
15	100	Backstroke	7 & 8	16
17	100	Backstroke	9 & 10	18
19	100	Backstroke	11 & 12	20
21	100	Backstroke	13 & 14	22
23	100	Backstroke	15 - 18	24
25	200	Freestyle	7 & 8	26
27	200	Freestyle	9 & 10	28
29	200	Freestyle	11 & 12	30
31	200	Freestyle	13 & 14	32
33	200	Freestyle	15 - 18	34
37	200	Butterfly	11 & 12	38
39	200	Butterfly	13 & 14	40
41	200	Butterfly	15 - 18	42

**LUNCH BREAK**

43	100	Breaststroke	7 & 8	44
45	100	Breaststroke	9 & 10	46
47	100	Breaststroke	11 & 12	48
49	100	Breaststroke	13 & 14	50
51	100	Breaststroke	15 - 18	52
55	50	Freestyle	7 & 8	56
57	50	Freestyle	9 & 10	58
59	50	Freestyle	11 & 12	60
61	50	Freestyle	13 & 14	62
63	50	Freestyle	15 - 18	64
65	200	I.M.	11 & 12	66
67	200	I.M.	13 & 14	68
69	200	I.M.	15 - 18	70
73	100	Medley Relay	7 & 8	74
75	200	Medley Relay	9 & 10	76
77	200	Medley Relay	11 & 12	78
79	200	Medley Relay	13 & 14	80
81	200	Medley Relay	15 & 16	82
83	200	Medley Relay	15 - 18 Mixed	

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**SATURDAY EVENTS**

GIRLS	DISTANCE (m)	STROKE	AGE GROUP	BOYS
85	400	I.M.	11 - 18	86
87	50	Backstroke	7 & 8	88
89	50	Backstroke	9 & 10	90
91	50	Backstroke	11 & 12	92
93	50	Backstroke	13 & 14	94
95	50	Backstroke	15 - 18	96
97	200	Breaststroke	11 & 12	98
99	200	Breaststroke	13 & 14	100
101	200	Breaststroke	15 - 18	102
105	100	Butterfly	7 & 8	106
107	100	Butterfly	9 & 10	108
109	100	Butterfly	11 & 12	110
111	100	Butterfly	13 & 14	112
113	100	Butterfly	15 - 18	114
117	100	I.M.	7 & 8	118
119	100	I.M.	9 & 10	120

**LUNCH BREAK**

121	50	Breaststroke	7 & 8	122
123	50	Breaststroke	9 & 10	124
125	50	Breaststroke	11 & 12	126
127	50	Breaststroke	13 & 14	128
129	50	Breaststroke	15 - 18	130
131	100	Freestyle	7 & 8	132
133	100	Freestyle	9 & 10	134
135	100	Freestyle	11 & 12	136
137	100	Freestyle	13 & 14	138
139	100	Freestyle	15 - 18	140
141	200	Backstroke	11 & 12	142
143	200	Backstroke	13 & 14	144
145	200	Backstroke	15 - 18	146
149	100	Freestyle Relay	7 & 8	150
151	200	Freestyle Relay	9 & 10	152
153	200	Freestyle Relay	11 & 12	154
155	200	Freestyle Relay	13 & 14	156
157	200	Freestyle Relay	15 & 16	158
159	200	Freestyle Relay	15 - 18 Mixed	



## 2024-2028 Saudi Age Group Swimming Time Standard

		NQT	NCT	RQT		NQT	NCT	RQT
7-8		Girls			Boys			
50	Free	47.03	48.28	51.53	45.83	47.03	50.21	
100	Free	1:44.42	1:49.54	1:55.27	1:42.37	1:47.13	1:53.88	
200	Free	3:50.02	4:01.85	4:13.68	3:45.34	3:56.35	4:08.35	
50	Back	57.25	59.68	1:02.42	55.33	58.62	1:00.91	
100	Back	2:03.31	2:09.10	2:16.89	1:57.82	2:02.45	2:08.57	
50	Breast	1:03.85	1:06.91	1:09.97	1:01.59	1:04.05	1:07.82	
100	Breast	2:09.17	2:15.35	2:20.66	2:03.31	2:09.63	2:16.32	
50	Fly	59.30	1:02.89	1:04.80	59.01	1:01.52	1:04.13	
100	Fly	2:19.30	2:26.22	2:33.30	2:18.90	2:25.42	2:32.48	
100	IM	2:03.85	2:10.50	2:16.56	2:03.17	2:09.90	2:16.12	
9-10		Girls			Boys			
50	Free	37.64	39.79	41.89	36.24	38.19	40.19	
100	Free	1:24.34	1:29.69	1:34.99	1:23.64	1:27.19	1:32.19	
200	Free	3:07.24	3:19.49	3:31.74	3:00.21	3:08.49	3:18.94	
50	Back	45.84	47.79	50.74	44.94	47.39	50.39	
100	Back	1:37.39	1:43.89	1:50.39	1:36.64	1:39.59	1:45.39	
50	Breast	50.54	53.79	56.90	51.19	52.79	55.89	
100	Breast	1:50.79	1:58.19	2:05.54	1:49.84	1:53.09	1:59.59	
50	Fly	44.14	47.19	50.34	44.04	45.59	48.49	
100	Fly	1:43.59	1:52.00	2:00.44	1:45.29	1:49.29	1:57.39	
100	IM	1:36.84	1:42.99	1:49.09	1:33.34	1:39.09	1:44.59	
11-12		Girls			Boys			
50	Free	35.04	35.79	37.09	33.04	34.29	35.79	
100	Free	1:14.64	1:16.59	1:19.54	1:11.92	1:13.29	1:16.14	
200	Free	2:40.39	2:46.79	2:53.19	2:35.01	2:40.09	2:46.24	
400	Free	5:45.34	5:54.99	6:08.64	5:35.67	5:41.19	5:54.34	
50	Back	39.96	40.84	42.21	38.52	40.19	41.89	
100	Back	1:24.39	1:28.19	1:31.94	1:21.87	1:23.69	1:27.24	
200	Back	2:57.09	3:04.19	3:11.24	2:53.94	2:57.39	3:04.19	
50	Breast	44.85	45.68	47.39	43.34	45.21	47.12	
100	Breast	1:34.74	1:38.69	1:42.64	1:32.54	1:34.49	1:38.39	
200	Breast	3:22.99	3:31.09	3:39.19	3:17.71	3:21.59	3:29.34	
50	Fly	38.08	38.94	40.26	37.92	38.14	40.11	
100	Fly	1:23.39	1:27.19	1:30.99	1:22.17	1:24.09	1:27.84	
200	Fly	3:07.94	3:10.19	3:15.39	2:58.66	3:02.19	3:08.14	
200	IM	3:01.44	3:08.69	3:15.94	2:59.46	3:03.19	3:10.64	
400	IM	6:26.44	6:41.89	6:57.34	6:19.49	6:26.89	6:41.79	

\*Based upon the 2024-2028 National Age Group Motivational Times  
Standard published by USA Swimming

		NQT	NCT	RQT		NQT	NCT	RQT
13-14		Girls			Boys			
50	Free	32.44	33.39	34.69	29.49	30.69	31.84	
100	Free	1:10.69	1:12.89	1:15.69	1:04.09	1:06.69	1:09.24	
200	Free	2:32.59	2:37.69	2:43.74	2:20.59	2:26.19	2:31.84	
400	Free	5:20.64	5:34.99	5:47.84	5:01.34	5:13.39	5:25.44	
50	Back	37.10	38.65	39.79	35.18	36.72	37.09	
100	Back	1:15.79	1:18.89	1:21.14	1:09.49	1:13.09	1:15.94	
200	Back	2:47.14	2:50.69	2:57.29	2:32.59	2:38.69	2:50.69	
50	Breast	42.09	44.16	44.83	38.63	41.02	41.70	
100	Breast	1:27.74	1:30.99	1:34.49	1:19.44	1:22.59	1:25.79	
200	Breast	3:08.69	3:15.99	3:23.54	2:55.49	2:59.39	3:06.29	
50	Fly	36.07	37.84	38.96	33.13	35.04	36.62	
100	Fly	1:16.24	1:18.79	1:21.84	1:09.54	1:12.29	1:15.09	
200	Fly	2:50.54	2:55.69	3:02.44	2:37.69	2:40.89	2:47.09	
200	IM	2:51.04	2:56.19	3:02.99	2:38.84	2:42.09	2:48.29	
400	IM	6:00.64	6:15.29	6:29.74	5:40.19	5:46.49	5:59.84	
15-16		Girls			Boys			
50	Free	31.34	32.59	33.84	27.89	28.99	30.09	
100	Free	1:07.79	1:10.49	1:13.24	1:01.24	1:03.69	1:06.09	
200	Free	2:27.04	2:32.89	2:38.79	2:14.24	2:19.59	2:24.94	
400	Free	5:13.29	5:25.79	5:38.34	4:47.84	4:59.39	5:10.89	
50	Back	36.21	37.83	38.43	33.69	34.87	35.55	
100	Back	1:14.74	1:16.69	1:19.64	1:07.64	1:09.29	1:11.94	
200	Back	2:43.09	2:46.49	2:52.89	2:27.64	2:31.49	2:37.29	
50	Breast	41.36	43.50	43.62	37.07	39.11	40.12	
100	Breast	1:24.79	1:28.19	1:31.59	1:15.84	1:18.89	1:21.94	
200	Breast	3:05.54	3:10.89	3:18.19	2:44.84	2:51.39	2:57.99	
50	Fly	35.94	37.35	38.20	32.17	33.79	34.96	
100	Fly	1:15.34	1:16.29	1:19.24	1:06.34	1:08.99	1:11.64	
200	Fly	2:45.59	2:50.09	2:56.64	2:28.24	2:34.19	2:40.09	
200	IM	2:43.94	2:50.49	2:57.04	2:28.94	2:34.89	2:40.84	
400	IM	5:50.29	6:04.29	6:18.29	5:17.89	5:30.59	5:43.29	
17-18		Girls			Boys			
50	Free	30.94	32.19	33.44	27.19	28.29	29.34	
100	Free	1:07.19	1:09.89	1:12.54	59.54	1:01.89	1:04.29	
200	Free	2:25.24	2:31.09	2:36.89	2:11.79	2:17.09	2:22.34	
400	Free	5:09.79	5:22.19	5:34.54	4:43.74	4:55.09	5:06.44	
50	Back	36.12	37.51	38.32	32.41	34.32	34.60	
100	Back	1:12.39	1:15.29	1:18.19	1:04.34	1:06.89	1:09.49	
200	Back	2:36.64	2:42.89	2:49.14	2:21.94	2:27.59	2:33.29	
50	Breast	41.15	43.10	43.36	36.12	38.14	38.90	
100	Breast	1:23.74	1:27.09	1:30.39	1:13.64	1:16.59	1:19.54	
200	Breast	3:02.19	3:09.49	3:16.79	2:40.09	2:46.49	2:52.89	
50	Fly	35.35	37.15	38.02	31.54	33.15	34.10	
100	Fly	1:12.59	1:15.49	1:18.39	1:04.54	1:07.09	1:09.69	
200	Fly	2:34.19	2:46.99	2:48.24	2:24.44	2:30.19	2:32.4	
200	IM	2:34.89	2:47.79	2:49.42	2:25.44	2:31.29	2:34.0	
400	IM	5:32.09	5:59.79	6:13.64	5:13.09	5:25.59	5:29.3	