

**13th - 15th
OCTOBER
2016**

2016
KUWAIT OPEN
SWIMMING CHAMPIONSHIP



4
Lane

WIN \$10,000
for outstanding swimmer award

WIN upto \$3,000
individual swimmer awards

WIN Medals & Trophies

Male Only Competition

8 years & under

9-10 years

11-12 years

13-14 years

15 years & over

Events will be in a Long Course Meter (LCM)

**If you have any questions
concerning the event, contact us at
competitions@proformanceaquatic.com**



2016

KUWAIT OPEN
SWIMMING CHAMPIONSHIP

EXECUTIVE SUMMARY

WHO WE ARE

Proformance Aquatic is the leading Aquatic Company in Kuwait. We offer a wide range of aquatic services; from swimming programs (Learn to Swim, Development, Pre-Competitive and Competitive Schools) to the organization and management of school swim teams, clinics, swim meets or any related aquatic event.

OUR MISSION

To provide the community with a high quality aquatic services through established brands.

OUR VISION

To become one of the leading aquatic companies internationally.

OUR SERVICES



Swim America (Learn to Swim School)

Through Swim America, we teach beginners how to swim, as well as teach more experienced swimmers proper technique in the four competitive strokes (freestyle, backstroke, breaststroke and butterfly). Swim America's aim, is to develop healthy, happy, confident and responsible children who love to learn. Swim America brings fun and fitness to its students through movement based learning in a safe, challenging and inspiring environment.



Elite Swim Team (Development School)

The Elite Swim Team Development School is the stepping stone between Swim America (learn to swim school) and The Elite Swim Team (Pre-Competitive School). Swimmers graduating from Swim America will experience a more detailed, more focused and a more concentrated stroke technique environment. Swimmers will benefit from a more detailed lesson, concentrating on improving stroke skills. Swimmers entering this school will learn how to be more disciplined, obedient and more goal oriented.



Elite Swim Team (Pre-Competitive School)

The Elite Swim Team Pre-Competitive School is the most important level in our swim program. All swimmers within this level must be able to legally swim each of the four competitive strokes. The school introduces swimmers to advanced drills, distance sets and focus on main stroke specialization. At this level, goal setting will be introduced and swimmers will be expected to be more accountable for their progression in swimming. Swimmers will not only participate in water practices but will also be accounted for outdoor (dryland) practices. Consistent practice attendance is necessary for continued improvement and advancement to the Competitive School.

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Elite Swim Team (Competitive School)

The Elite Swim Team Competitive School focuses on a much more tougher training load than the Elite Swim Team (Pre-Competitive School), while continuing to build upon the skills acquired at the previous schools. Practice times are longer in conjunction with higher kilometer requirements. The increases in physical demands require that swimmers must attend practice. Swimmers must understand interval training and will learn how to train at different effort levels and speeds. There will also be a greater emphasis on race strategies.



Elite Swim Team (Masters School)

The Elite Swim Team Masters School focuses to provide structured workouts for adult swimmers. This program differs from age - group swimming, in that a coach will be at all practices to give feedback including stroke refinement. The coaches will adapt the workouts to meet your needs and goals while providing a fun and challenging workout for all.



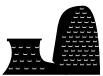
Swim Fan Kuwait Aquatic Products and Services

Through our online shop Swim Fan Kuwait (www.swimfankuwait.com) we provide a full range of aquatic products, from gears and equipments.



Swim Meet Management and Operations

Proformance Aquatic, with over 10 years of experience in competitive swimming, is able to organize and manage your swim meet.



Aqua Jitsu Mini water playground

Through Aqua Jitsu (the ultimate aquatic obstacle challenge) we provide an array of fun, in-water obstacles creating a fun family environment.

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OUR BRANDS



ELITE
SWIM TEAM



ELITE
WATER POLO TEAM



AQUA JITSU
THE ULTIMATE AQUATIC OBSTACLE CHALLENGE

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INFORMATION

Proformance Aquatic is hosting the Kuwait Open Swimming Championship 2016 boys/men only, and will be inviting selected clubs/academies to participate in this event. Our objective is to strengthen the friendship and respect among athletes and to assist the development and growth of swimming.

Date of the event	Oct 13th - Oct 15th 2016		
Last date to submit entries	Sept 12th 2016		
Venue	Qadsiya Sports Club, Aquatic Complex (Sheikh Abdullah Al Salem Al Sabah) 10 Lanes 50m Swimming Pool		
Timings	Events will take place between		
	Days	Starting time	Ending time
	Thursday, Oct 13th	4:00pm	8:00pm
	Friday, Oct 14th	7:00am	4:30 pm
	Saturday, Oct 15th	7:00am	4:30 pm
Participants	Participation is open to Regional and International Clubs / Academies. There is no limit on the number of swimmers each club is allowed to enter. However, Proformance Aquatic reserves the right to close entries once the event is full so clubs / academies are encouraged to express their interest to attend as early as possible. Each swimmer can register for a maximum of 8 events.		
Age Categories	<p>The heats will be seeded down according to time but the result will be collected according to the age group.</p> <p>Age Categories:</p> <ul style="list-style-type: none"> • 8 & under • 9 -10 • 11-12 • 13-14 • 15 and over <p>All the events will be heat timed finals</p>		

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Events

First Day Competiton - Oct 13, 2016 (afternoon session)

1500 Freestyle Boys 10 & over

Second Day Competiton - Oct 14, 2016 (morning session)

400 IM Boys 10 & Over
 50 Butterfly Boys 8 & Under
 50 Butterfly Boys 9-12
 50 Butterfly Boys 13 & Over
 100 Backstroke Boys 8 & Under
 100 Backstroke Boys 9-12
 100 Backstroke Boys 13 & Over
 200 Freestyle Boys 8 & Under
 200 Freestyle Boys 9-12
 200 Freestyle Boys 13 & Over
 100 Breaststroke Boys 8 & Under
 100 Breaststroke Boys 9-12
 100 Breaststroke Boys 13 & Over

Second Day Competiton - Oct 14, 2016 (afternoon session)

200 Freestyle Relay Boys 12 & Under
 200 Freestyle Relay Boys 13 & Over
 100 Butterfly Boys 8 & Under
 100 Butterfly Boys 9-12
 100 Butterfly Boys 13 & Over
 200 IM Boys 8 & Under
 200 IM Boys 9-12
 200 IM Boys 13 & Over
 50 Freestyle Boys 8 & Under
 50 Freestyle Boys 9-12
 50 Freestyle Boys 13 & Over
 400 Medley Relay Boys 12 & Under
 400 Medley Relay Boys 13 & Over

Third Day Competiton - Oct 15, 2016 (morning session)

400 Freestyle Boys 10 & Over
 50 Backstroke Boys 8 & Under
 50 Backstroke Boys 9-12
 50 Backstroke Boys 13 & Over
 200 Breaststroke Boys 8 & Under
 200 Breaststroke Boys 9-12
 200 Breaststroke Boys 13 & Over
 100 Freestyle Boys 8 & Under
 100 Freestyle Boys 9-12
 100 Freestyle Boys 13 & Over

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	<p>Third Day Competiton - Oct 15, 2016 (afternoon session)</p> <p>200 Medley Relay Boys 12 & Under 200 Medley Relay Boys 13 & Over 200 Butterfly Boys 10 & Over 50 Breaststroke Boys 8 & Under 50 Breaststroke Boys 9-12 50 Breaststroke Boys 13 & Over 200 Backstroke Boys 8 & Under 200 Backstroke Boys 9-12 200 Backstroke Boys 13 & Over 400 Freestyle Relay Boys 12 & Under 400 Freestyle Relay Boys 13 & Over</p>
Regulations	<p>All participants must be adequately registered for their age category based on their age on the first day of the competition. This event will follow FINA rules.</p> <p>All International Participants must provide a passport copy and all Local participants (Kuwaities & Expats) with thier civil ID copy</p>
Timing System	<p>The event is scheduled to run with the newest electronic timing system in the world (Wylas Timing System for 8 lanes)</p> <p>In the event of a system malfunction we will revert to a manual system with a minimum of two time keepers per lane.</p>
Marshalling	<p>Club/ Academy representatives should marshal their swimmers 5 heats before their race. Swimmers not attending the marshalling area in time will be excluded from the race. Swimmers competing in the first event of a session should marshal ten minutes before the advertised start time.</p>
Technical Meeting	<p>All Coaches must attend the technical meeting. On Thursday 13th October at 8:30pm at Millennium Hotel Conference Room</p>

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Individual Awards

Medals will be awarded for top 3 swimmers in each age group event

Individual awards will be provided for the top overall male swimmers for each age category based on cumulative points earned for their top 8 events at the end of the competition.

Points will be awarded to the top 8 places of each race as per the standard point system.

Incase of a tie, the tie will be broken down according to the Fina point standard

Top Individual Age Group Awards:

Age Group	Prize money
8 & under	\$1000
9-10	\$1000
11-12	\$1500
13-14	\$2000
15 & Over	\$3000

**OUTSTANDING
SWIMMER
AWARD**

A PRIZE of \$10,000 WILL BE PROVIDED TO THE OVERALL TOP SWIMMER WILL BE PROVIDED TO THE OVERALL TOP SWIMMER ACCORDING TO THE OVERALL FINA POINT SCORE

Top Team Award

The top 15 swimmers per club/ academy, as per their overall standings, will collect points for the Kuwait Open Swimming Championship 2016 Trophy.

Clubs/ Academies will accumulate points during the event. The club/ academy with the highest number of cumulative points collected during the three days event will be awarded with the Championship Trophy

Standard Point System for the Kuwait Open Swimming Championship 2016 will be awarded as follows:

Places	Points
1st Place	10 points
2nd Place	8 points
3rd Place	6 points
4th Place	5 points
5th Place	4 points
6th Place	3 points
7th Place	2 points
8th Place	1 point

Relays will be awarded double the points

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Officials	Proformance Aquatic will provide the necessary officials to run the event																																											
Hotel Name	5-Star Millennium Hotel & Convention																																											
Hotel Location	Seven minutes away from the Aquatic Complex 5.4km																																											
Accommodation	<table border="1"> <tr> <td>1</td> <td>ramy.emad@millenniumhotels.com</td> </tr> <tr> <td rowspan="4">2</td> <td>Single Room with breakfast 45KD/- net</td> </tr> <tr> <td>Single Room with breakfast and dinner 53KD/- net</td> </tr> <tr> <td>Double room with breakfast 50KD net</td> </tr> <tr> <td>Double room with breakfast and dinner 66KD/- net</td> </tr> <tr> <td>3</td> <td>www.millenniumhotels.com</td> </tr> </table>		1	ramy.emad@millenniumhotels.com	2	Single Room with breakfast 45KD/- net	Single Room with breakfast and dinner 53KD/- net	Double room with breakfast 50KD net	Double room with breakfast and dinner 66KD/- net	3	www.millenniumhotels.com																																	
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Hotel Requirements	<ul style="list-style-type: none"> • Copy of the Competition Invitation letter from the company will be provided to the hotel (it will be sent to your organization by email upon request) • Passport copy of the swimmers, coaches, parent's travelling 																																											
Visa	Visas will be provided by the hotel, and the cost will be 5KD/- per person																																											
Entry Fees	<p>Entry fees are as per the table below.</p> <table border="1"> <thead> <tr> <th>Event</th> <th>Cost</th> </tr> </thead> <tbody> <tr><td>50 Free</td><td>3KD/-</td></tr> <tr><td>50 Backstroke</td><td>3KD/-</td></tr> <tr><td>50 Breaststroke</td><td>3KD/-</td></tr> <tr><td>50 Butterfly</td><td>3KD/-</td></tr> <tr><td>100 Freestyle</td><td>3KD/-</td></tr> <tr><td>100 Backstroke</td><td>3KD/-</td></tr> <tr><td>100 Breaststroke</td><td>3KD/-</td></tr> <tr><td>100 Butterfly</td><td>3KD/-</td></tr> <tr><td>200 Freestyle</td><td>3KD/-</td></tr> <tr><td>200 Backstroke</td><td>3KD/-</td></tr> <tr><td>200 Breaststroke</td><td>3KD/-</td></tr> <tr><td>200 Butterfly</td><td>3KD/-</td></tr> <tr><td>200 IM</td><td>3KD/-</td></tr> <tr><td>400 IM</td><td>3KD/-</td></tr> <tr><td>400 Free style</td><td>3KD/-</td></tr> <tr><td>1500 Freestyle</td><td>3KD/-</td></tr> <tr><td>4x50 Freestyle</td><td>10KD/-</td></tr> <tr><td>4x50 IM</td><td>10KD/-</td></tr> <tr><td>4x100 Freestyle</td><td>10KD/-</td></tr> <tr><td>4x100 IM</td><td>10KD/-</td></tr> </tbody> </table>		Event	Cost	50 Free	3KD/-	50 Backstroke	3KD/-	50 Breaststroke	3KD/-	50 Butterfly	3KD/-	100 Freestyle	3KD/-	100 Backstroke	3KD/-	100 Breaststroke	3KD/-	100 Butterfly	3KD/-	200 Freestyle	3KD/-	200 Backstroke	3KD/-	200 Breaststroke	3KD/-	200 Butterfly	3KD/-	200 IM	3KD/-	400 IM	3KD/-	400 Free style	3KD/-	1500 Freestyle	3KD/-	4x50 Freestyle	10KD/-	4x50 IM	10KD/-	4x100 Freestyle	10KD/-	4x100 IM	10KD/-
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<p>Registration</p>	<p>Clubs/ Academies must submit all completed entries via email to competitions@proformanceaquatic.com no later than 4:00 pm on Sept 12, 2016.</p> <p>No changes or corrections will be accepted after Sept 19, 2016.</p> <p>Please submit your entries in Hy-Tek format using the Team Manager Entry file provided.</p> <p>Manual entries will be charged a fee of 5KD/- per swimmer (international swimmers only)</p> <p>Late entries will be charged an additional fee of 10KD/- per event per swimmer and will be accepted based on availability and at the discretion of the Event Organizer.</p> <p>Entry times shall not be older than twelve months prior to the first day of the competition. Entries will be accepted if the swimmer meets the qualifying time, achieved in an official race. The event organizer reserves the right to request for proof of timing.</p> <p>Entries will not be accepted If no timings are provided by the club/ academy. Proformance Aquatic reserves the right to enter swimmers with no timings.</p> <p>Payment should be provided no later than 8:00am Friday Oct 14th, 2016. Payment must be made in cash in Kuwaiti dinars</p>
<p>Qualifying Times</p>	<p>Swimmers registering for this event must meet the qualifying times. Please refer to the Qualifying Time Table. (LCM: Long course meter)</p> <p>Consideration will be given for swimmers who do not meet the Qualifying Times based on availability and at the discretion of the Event Organizer.</p> <p>Proformance Aquatic reserves the right to enter swimmers who do not meet the Qualifying Times.</p>
<p>Lunch</p>	<p>There will be lunch available for purchase at the venue for swimmers and spectators on Friday and Saturday.</p>
<p>Queries</p>	<p>All queries and correspondence regarding this event must be done via email to: competitions@proformanceaquatic.com</p>

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QUALIFYING TIME TABLE

Event	Group	Qualifying Time
1500 Freestyle	Boys 10	26:15.29
	Boys 11-12	23:35.29
	Boys 13-14	21:35.29
	Boys 15 and Over	20:44.69

Event	Group	Qualifying Time
400IM	Boys 10	7:28.72
	Boys 11-12	6:42.49
	Boys 13-14	6:08.79
	Boys 15 and Over	5:51.59

Event	Group	Qualifying Time
50 Butterfly	Boys 8 & under	55.09
	Boys 9-10	46.79
	Boys 11-12	39.29
	Boys 13-14	37.29
	Boys 15 and Over	36.89

Event	Group	Qualifying Time
100 Backstroke	Boys 8 & under	1:55.39
	Boys 9-10	1:43.89
	Boys 11-12	1:30.09
	Boys 13-14	1:18.99
	Boys 15 and Over	1:15.49

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Event	Group	Qualifying Time
200 Freestyle	Boys 8 & under	3:45.39
	Boys 9-10	3:13.29
	Boys 11-12	2:46.19
	Boys 13-14	2:33.79
	Boys 15 and Over	2:27.89

Event	Group	Qualifying Time
100 Breast Stroke	Boys 8 & under	2:18.39
	Boys 9-10	1:58.39
	Boys 11-12	1:39.99
	Boys 13-14	1:28.09
	Boys 15 and Over	1:25.49

Event	Group	Qualifying Time
100 Butterfly	Boys 8 & under	2:05.69
	Boys 9-10	1:52.79
	Boys 11-12	1:28.29
	Boys 13-14	1:16.29
	Boys 15 and Over	1:12.69

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Event	Group	Qualifying Time
200 IM	Boys 8 & under	4:05.89
	Boys 9-10	3:42.49
	Boys 11-12	3:11.39
	Boys 13-14	2:53.69
	Boys 15 and Over	2:45.49

Event	Group	Qualifying Time
50 Freestyle	Boys 8 & under	49.69
	Boys 9-10	39.69
	Boys 11-12	35.09
	Boys 13-14	31.99
	Boys 15 and Over	30.19

Event	Group	Qualifying Time
400 Freestyle	Boys 10	6:38.39
	Boys 11-12	5:48.69
	Boys 13-14	5:27.89
	Boys 15 and Over	5:12.79

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Event	Group	Qualifying time
50 Backstroke	Boys 8 & under	55.69
	Boys 9-10	49.49
	Boys 11-12	41.49
	Boys 13-14	37.39
	Boys 15 and Over	36.59

Event	Group	Qualifying time
200 Breaststroke	Boys 8 & under	4:20.00
	Boys 9-10	4:00.00
	Boys 11-12	3:33.59
	Boys 13-14	3:14.49
	Boys 15 and Over	3:04.09

Event	Group	Qualifying time
100 Freestyle	Boys 8 & under	1:48.69
	Boys 9-10	1:30.89
	Boys 11-12	1:16.29
	Boys 13-14	1:10.79
	Boys 15 and Over	1:07.39

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Event	Group	Qualifying time
200 Butterfly	Boys 10	3:55.19
	Boys 11-12	3:08.09
	Boys 13-14	2:49.59
	Boys 15 and Over	2:41.49

Event	Group	Qualifying time
50 Breaststroke	Boys 8 & under	1:00.59
	Boys 9-10	54.69
	Boys 11-12	45.99
	Boys 13-14	45.39
	Boys 15 and Over	43.00

Event	Group	Qualifying time
200 Backstroke	Boys 8 & under	3:50.00
	Boys 9-10	3:30.00
	Boys 11-12	3:08.29
	Boys 13-14	2:49.89
	Boys 15 and Over	2:41.39

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