

WINTER THROWDOWN

Race Information Pack

**CALIBRE**
MASTERS SWIM CLUB

DATE

**Saturday 14
November**

TIME

**2 PM onwards ·
finishing approx.
7-8 PM**

ENTRY FEE

AED 250

FIELD SIZE

**Limited to 100
swimmers**

Royal Grammar School Guildford Dubai — enter via Parking Gate 4 (Google Maps / Waze route directly there). Full detailed schedule released closer to the date.

Open to **every ability level** — you don't need to be a competitive or advanced swimmer. Anyone can take part.

EVENTS & AGE GROUPS

- 50m & 100m — Freestyle, Backstroke, Breaststroke, Butterfly
- 100m Individual Medley (IM)
- Skins — 50m knockout final

18-34

35-44

45+

Three age groups, all events. Enter as many individual events as you like.

SKINS — HOW IT WORKS

- Qualify by completing 2 individual 50s + 2 individual 100s — one must be the 100m IM
- Fastest 6 per age group & gender in the 100m IM qualify for the Skins final
- 50m knockout: stroke drawn at random each round; slowest swimmer eliminated; new round every 3 minutes
- Women race first, men follow 90 seconds later
- Round 1: standard "take your marks, go." Later rounds: 10-second warning, then "go" only

PRIZES & EXTRAS

- Cash + sponsor giveaways for 1st, 2nd & 3rd in every event — except the 100m IM, which doubles as the Skins qualifier
- Full prize breakdown released soon
- Food, hydration & supplements provided for every athlete taking part
- Plenty of extra giveaways on the day — no one leaves empty-handed

SPECTATORS

Welcome, free of charge.

HOW TO REGISTER

AED 250 entry via our online form — pick your events, enter your seed times, and pay securely by card in one step.

WINTER THROWDOWN

Order of Events

WARM-UP STARTS

2:00 PM

RACES START

2:45 PM

Swim-downs are integrated between events. Exact timings for each event will be released closer to the date.

RUNNING ORDER

1. 100m Butterfly
2. 100m Backstroke
3. 100m Breaststroke
4. 100m Freestyle
5. 50m Butterfly
6. 50m Backstroke
7. 50m Breaststroke
8. 50m Freestyle
9. 100m Individual Medley
10. Skins — 50m Knockout Final