**Nautilus Sohar Cup by ABIS 2023 # 2**

Venue Sultan Qaboos Sports Complex, Muscat

Pool 50m, 8 lanes, with anti-wave lane ropes

Timing Omega Timing System

Date 8 December 2023

Age Groups: 9 & under, 10-11, 12-13, 14-15, 16 & over

Age as of 8 December 2023

Awards Medals for 1st to 3rd places;

Top male and female swimmers are to be announced based on cumulative scores earned throughout all 3 legs of the 2023/2024 Cup

Events 50m on all strokes for all age groups

100m on all strokes for all age groups

200m free and 200m IM for all age groups

200m fly, back, breast, and 400m events for ages 10 and above

Entry Fees OMR 4 per event for Hy-Tek entries

OMR 5 per event for manual entries; penalties/surcharge to be charged for entries submitted after the deadline

Closing Date November 29 2023 at 12.00 midday

Entries All entries MUST be made via email to [competitions@nautilusswimmingclub.com](mailto:competitions@nautilusswimmingclub.com)

Maximum 5 individual entries

Payments A single payment covering all entries should be made by each entering club or individual. Payments must be the exact amount and can either be paid by bank transfer or cash by December 5, 2023.

**Program**

**Session 1 Session 2**

200m Butterfly 100m Breaststroke

100m Freestyle 200m Freestyle

50m Butterfly 50m Backstroke

200m Breaststroke 200m IM

50m Freestyle 100m Butterfly

100m Backstroke 200m Backstroke

400m IM 400m Freestyle

50m Breaststroke