

SSF KSA NATIONAL CHAMPIONSHIP DEC 2024
DAMMAM, 19- - 22-12-2024

Event 9
2024-12-20

Men, 400m Freestyle

11 years and older
Results

11 - 12: 5:55.00; 13 - 14: 5:19.00; 15 - 17: 4:58.00; 18 - 90: 4:50.00

Points: FINA 2023

Rank	Age	Time	Pts	100m	200m	300m	400m
11 - 12 years							
1.		4:44.48	462 Q	1:07.80	1:14.61	1:12.62	1:09.45
		50m: 32.34	32.34	150m: 1:45.20	37.40	250m: 2:58.30	35.89
		100m: 1:07.80	35.46	200m: 2:22.41	37.21	300m: 3:35.03	36.73
						350m: 4:10.87	35.84
						400m: 4:44.48	33.61
2.	12	5:00.05	394 Q	1:08.42	1:16.06	1:18.00	1:17.57
		50m: 32.58	32.58	150m: 1:46.31	37.89	250m: 3:03.52	39.04
		100m: 1:08.42	35.84	200m: 2:24.48	38.17	300m: 3:42.48	38.96
						350m: 4:22.48	40.00
						400m: 5:00.05	37.57
3.	12	5:07.52	366 Q	1:12.31	1:19.23	1:20.09	1:15.89
		50m: 34.33	34.33	150m: 1:51.79	39.48	250m: 3:11.52	39.98
		100m: 1:12.31	37.98	200m: 2:31.54	39.75	300m: 3:51.63	40.11
						350m: 4:30.13	38.50
						400m: 5:07.52	37.39
4.	12	5:10.96	354 Q	1:13.27	1:20.41	1:19.48	1:17.80
		50m: 34.73	34.73	150m: 1:53.52	40.25	250m: 3:13.94	40.26
		100m: 1:13.27	38.54	200m: 2:33.68	40.16	300m: 3:53.16	39.22
						350m: 4:32.10	38.94
						400m: 5:10.96	38.86
5.	12	5:19.73	326 Q	1:15.04	1:23.26	1:22.68	1:18.75
		50m: 34.76	34.76	150m: 1:57.00	41.96	250m: 3:19.67	41.37
		100m: 1:15.04	40.28	200m: 2:38.30	41.30	300m: 4:00.98	41.31
						350m: 4:41.48	40.50
						400m: 5:19.73	38.25
6.	11	5:19.75	326 Q	1:13.37	1:20.61	1:23.49	1:22.28
		50m: 34.14	34.14	150m: 1:53.26	39.89	250m: 3:15.06	41.08
		100m: 1:13.37	39.23	200m: 2:33.98	40.72	300m: 3:57.47	42.41
						350m: 4:39.99	42.52
						400m: 5:19.75	39.76
7.	11	5:22.88	316 Q	1:15.83	1:22.89	1:23.52	1:20.64
		50m: 35.88	35.88	150m: 1:56.91	41.08	250m: 3:20.32	41.60
		100m: 1:15.83	39.95	200m: 2:38.72	41.81	300m: 4:02.24	41.92
						350m: 4:43.40	41.16
						400m: 5:22.88	39.48
8.	12	5:23.77	314 Q	1:11.71	1:22.33	1:24.76	1:24.97
		50m: 33.50	33.50	150m: 1:52.80	41.09	250m: 3:16.03	41.99
		100m: 1:11.71	38.21	200m: 2:34.04	41.24	300m: 3:58.80	42.77
						350m: 4:41.74	42.94
						400m: 5:23.77	42.03
9.	11	5:35.78	281 R	1:16.85	1:26.50	1:28.10	1:24.33
		50m: 36.36	36.36	150m: 1:59.16	42.31	250m: 3:27.61	44.26
		100m: 1:16.85	40.49	200m: 2:43.35	44.19	300m: 4:11.45	43.84
						350m: 4:53.98	42.53
						400m: 5:35.78	41.80
10.	12	5:39.58	272 R	1:12.77	1:28.23	1:29.57	1:29.01
		50m: 33.81	33.81	150m: 1:57.28	44.51	250m: 3:26.91	45.91
		100m: 1:12.77	38.96	200m: 2:41.00	43.72	300m: 4:10.57	43.66
						350m: 4:56.72	46.15
						400m: 5:39.58	42.86
11.	11	5:42.51	265	1:20.59	1:28.24	1:27.93	1:25.75
		50m: 38.20	38.20	150m: 2:05.31	44.72	250m: 3:33.55	44.72
		100m: 1:20.59	42.39	200m: 2:48.83	43.52	300m: 4:16.76	43.21
						350m: 5:00.88	44.12
						400m: 5:42.51	41.63
12.	12	5:45.95	257	1:20.35	1:30.69	1:30.11	1:24.80
		50m: 37.81	37.81	150m: 2:05.55	45.20	250m: 3:35.86	44.82
		100m: 1:20.35	42.54	200m: 2:51.04	45.49	300m: 4:21.15	45.29
						350m: 5:05.22	44.07
						400m: 5:45.95	40.73
13.	12	5:46.13	257	1:20.28	1:30.73	1:30.34	1:24.78
		50m: 37.61	37.61	150m: 2:05.89	45.61	250m: 3:36.04	45.03
		100m: 1:20.28	42.67	200m: 2:51.01	45.12	300m: 4:21.35	45.31
						350m: 5:05.53	44.18
						400m: 5:46.13	40.60
13 - 14 years							
1.	13	4:18.35	618 Q	1:02.91	1:06.58	1:04.87	1:03.99
		50m: 30.46	30.46	150m: 1:36.15	33.24	250m: 2:41.74	32.25
		100m: 1:02.91	32.45	200m: 2:09.49	33.34	300m: 3:14.36	32.62
						350m: 3:47.24	32.88
						400m: 4:18.35	31.11
2.	14	4:32.48	526 Q	1:04.25	1:08.84	1:09.47	1:09.92
		50m: 30.89	30.89	150m: 1:38.48	34.23	250m: 2:47.87	34.78
		100m: 1:04.25	33.36	200m: 2:13.09	34.61	300m: 3:22.56	34.69
						350m: 3:57.95	35.39
						400m: 4:32.48	34.53
3.	13	4:36.68	503 Q	1:04.19	1:09.55	1:11.57	1:11.37
		50m: 30.62	30.62	150m: 1:38.85	34.66	250m: 2:49.14	35.40
		100m: 1:04.19	33.57	200m: 2:13.74	34.89	300m: 3:25.31	36.17
						350m: 4:00.85	35.54
						400m: 4:36.68	35.83
4.	14	4:39.28	489 Q	1:05.51	1:10.32	1:11.08	1:12.37
		50m: 30.96	30.96	150m: 1:40.58	35.07	250m: 2:51.15	35.32
		100m: 1:05.51	34.55	200m: 2:15.83	35.25	300m: 3:26.91	35.76
						350m: 4:03.44	36.53
						400m: 4:39.28	35.84
5.	14	4:46.92	451 Q	1:06.07	1:12.45	2:28.40	
		50m: 31.66	31.66	150m: 1:41.90	35.83	250m: 2:55.97	37.45
		100m: 1:06.07	34.41	200m: 2:18.52	36.62	300m: 4:46.92	1:50.95
						350m: 4:10.93	
						400m: 4:46.92	35.99

SSF KSA NATIONAL CHAMPIONSHIP DEC 2024
DAMMAM, 19- - 22-12-2024

Event 9, Boys, 400m Freestyle 14 - 13, , years

Rank	Age				Time	Pts	100m	200m	300m	400m		
6.	AHMED MAHMOUD, W.		13	SHB	4:47.75	447 Q	1:04.74	1:13.68	1:15.68	1:13.65		
	50m:	30.71	30.71	150m:	1:41.20	36.46	250m:	2:56.20	37.78	350m:	4:11.45	37.35
	100m:	1:04.74	34.03	200m:	2:18.42	37.22	300m:	3:34.10	37.90	400m:	4:47.75	36.30
7.	YASSIEN ISLAM, A.		13	ADL	4:50.52	434 Q	1:09.51	1:14.00	1:14.84	1:12.17		
	50m:	32.40	32.40	150m:	1:45.86	36.35	250m:	3:01.15	37.64	350m:	4:15.37	37.02
	100m:	1:09.51	37.11	200m:	2:23.51	37.65	300m:	3:38.35	37.20	400m:	4:50.52	35.15
8.	ADAM SALAM, HAJJ		14	A-FUT	4:50.60	434 Q	1:07.89	1:14.80	1:16.67	1:11.24		
	50m:	31.79	31.79	150m:	1:45.24	37.35	250m:	3:01.00	38.31	350m:	4:17.15	37.79
	100m:	1:07.89	36.10	200m:	2:22.69	37.45	300m:	3:39.36	38.36	400m:	4:50.60	33.45
9.	AHMED ALI, ALSAEED		13	SFA	4:54.08	419 R	1:04.74	1:14.02	1:19.68	1:15.64		
	50m:	30.72	30.72	150m:	1:40.88	36.14	250m:	2:56.81	38.05	350m:	4:17.59	39.15
	100m:	1:04.74	34.02	200m:	2:18.76	37.88	300m:	3:38.44	41.63	400m:	4:54.08	36.49
10.	MOHAMMED YASIR, A.		14	FTH	4:54.15	418 R	1:06.75	1:14.23	1:16.83	1:16.34		
	50m:	31.77	31.77	150m:	1:43.06	36.31	250m:	2:58.88	37.90	350m:	4:16.91	39.10
	100m:	1:06.75	34.98	200m:	2:20.98	37.92	300m:	3:37.81	38.93	400m:	4:54.15	37.24
11.	ANAS MOHAMED, R.		13	A-QIMAH	4:54.43	417	1:10.97	1:15.38	1:16.41	1:11.67		
	50m:	33.86	33.86	150m:	1:48.66	37.69	250m:	3:04.44	38.09	350m:	4:19.22	36.46
	100m:	1:10.97	37.11	200m:	2:26.35	37.69	300m:	3:42.76	38.32	400m:	4:54.43	35.21
12.	AHMED TAMER, Z.		14	ABH	4:54.65	416	1:10.17	1:15.43	1:16.48	1:12.57		
	50m:	33.48	33.48	150m:	1:47.23	37.06	250m:	3:03.45	37.85	350m:	4:18.99	36.91
	100m:	1:10.17	36.69	200m:	2:25.60	38.37	300m:	3:42.08	38.63	400m:	4:54.65	35.66
13.	YOUSEF AYMAN, GENDI		14	A-FLIRZ	5:00.56	392	1:09.65	1:16.07	1:18.48	1:16.36		
	50m:	32.89	32.89	150m:	1:47.52	37.87	250m:	3:04.68	38.96	350m:	4:23.02	38.82
	100m:	1:09.65	36.76	200m:	2:25.72	38.20	300m:	3:44.20	39.52	400m:	5:00.56	37.54
14.	ABDULMUHSN HUSAIN, A13			FTH	5:01.98	387	1:08.99	1:15.45	1:16.80	1:20.74		
	50m:	32.62	32.62	150m:	1:45.93	36.94	250m:	3:00.65	36.21	350m:	4:22.52	41.28
	100m:	1:08.99	36.37	200m:	2:24.44	38.51	300m:	3:41.24	40.59	400m:	5:01.98	39.46
15.	AMER ABDULLAH, A.		14	HIL	5:03.76	380	1:09.52	1:17.60	1:19.65	1:16.99		
	50m:	32.59	32.59	150m:	1:48.01	38.49	250m:	3:06.75	39.63	350m:	4:26.37	39.60
	100m:	1:09.52	36.93	200m:	2:27.12	39.11	300m:	3:46.77	40.02	400m:	5:03.76	37.39
16.	ABD ELHADI MAHMOUD, (14			A-SAMA	5:06.58	369	1:11.48	1:19.71	1:19.07	1:16.32		
	50m:	33.47	33.47	150m:	1:51.31	39.83	250m:	3:10.66	39.47	350m:	4:29.99	39.73
	100m:	1:11.48	38.01	200m:	2:31.19	39.88	300m:	3:50.26	39.60	400m:	5:06.58	36.59
	MAMMON AHMED, H.		13	A-SAMA	NT							
	OMAR SALAH, A.		14	SLM	NT							
	EYAD HAITHAM, A.		14	A-SHRK	4:39.90		1:05.04	1:11.37	1:13.24	1:10.25		
	50m:	31.13	31.13	150m:	1:40.37	35.33	250m:	2:52.57	36.16	350m:	4:05.26	35.61
	100m:	1:05.04	33.91	200m:	2:16.41	36.04	300m:	3:29.65	37.08	400m:	4:39.90	34.64

15 - 17 years

1.	GHANEM ESSA, ALSULHI		15	HJR	4:21.45	596 Q	1:02.28	1:06.73	1:06.65	1:05.79		
	50m:	29.70	29.70	150m:	1:35.52	33.24	250m:	2:42.24	33.23	350m:	3:49.16	33.50
	100m:	1:02.28	32.58	200m:	2:09.01	33.49	300m:	3:15.66	33.42	400m:	4:21.45	32.29
2.	MOSTAFA AHMED, M.		15	QDS	4:27.24	558 Q	1:02.51	1:08.38	1:09.09	1:07.26		
	50m:	29.59	29.59	150m:	1:36.54	34.03	250m:	2:45.51	34.62	350m:	3:54.83	34.85
	100m:	1:02.51	32.92	200m:	2:10.89	34.35	300m:	3:19.98	34.47	400m:	4:27.24	32.41
3.	OMAR SHERIF, ROSHDY		17	ABH	4:28.76	549 Q	1:03.51	1:10.16	1:08.51	1:06.58		
	50m:	30.03	30.03	150m:	1:38.28	34.77	250m:	2:47.32	33.65	350m:	3:56.37	34.19
	100m:	1:03.51	33.48	200m:	2:13.67	35.39	300m:	3:22.18	34.86	400m:	4:28.76	32.39
4.	RIDHA MAHDI, ALOSAIF		17	KHJ	4:32.48	526 Q	1:04.23	1:10.38	1:09.94	1:07.93		
	50m:	30.09	30.09	150m:	1:39.02	34.79	250m:	2:49.77	35.16	350m:	3:59.50	34.95
	100m:	1:04.23	34.14	200m:	2:14.61	35.59	300m:	3:24.55	34.78	400m:	4:32.48	32.98
5.	YOUSSEF TAREK, H.		15	IBT	4:39.18	489 Q	1:05.93	1:10.49	1:11.29	1:11.47		
	50m:	31.74	31.74	150m:	1:40.88	34.95	250m:	2:52.07	35.65	350m:	4:03.12	35.41
	100m:	1:05.93	34.19	200m:	2:16.42	35.54	300m:	3:27.71	35.64	400m:	4:39.18	36.06
6.	MOHAMED ISLAM, A.		16	ADL	4:41.56	477 Q	1:05.03	1:10.48	1:12.69	1:13.36		
	50m:	31.23	31.23	150m:	1:40.17	35.14	250m:	2:51.80	36.29	350m:	4:05.07	36.87
	100m:	1:05.03	33.80	200m:	2:15.51	35.34	300m:	3:28.20	36.40	400m:	4:41.56	36.49

SSF KSA NATIONAL CHAMPIONSHIP DEC 2024
DAMMAM, 19- - 22-12-2024

Event 9, Boys, 400m Freestyle 17 - 15, , years

Rank	Age				Time	Pts	100m	200m	300m	400m		
7.	KHALED YAHYA, .	15	ITHD		4:42.68	471 Q	1:04.68	1:10.90	1:13.67	1:13.43		
	50m:	30.50	30.50	150m:	1:39.72	35.04	250m:	2:51.56	35.98	350m:	4:05.99	36.74
	100m:	1:04.68	34.18	200m:	2:15.58	35.86	300m:	3:29.25	37.69	400m:	4:42.68	36.69
8.	MAHER ABDULRAHMAN, /16	16	WJ		4:47.62	447 Q	1:04.99	1:12.60	1:14.79	1:15.24		
	50m:	30.96	30.96	150m:	1:41.00	36.01	250m:	2:54.86	37.27	350m:	4:10.29	37.91
	100m:	1:04.99	34.03	200m:	2:17.59	36.59	300m:	3:32.38	37.52	400m:	4:47.62	37.33
9.	ALI FAISAL, ALSAIHATI	15	KHJ		4:49.12	441 R	1:08.97	1:13.46	1:14.37	1:12.32		
	50m:	32.70	32.70	150m:	1:45.64	36.67	250m:	2:59.27	36.84	350m:	4:13.78	36.98
	100m:	1:08.97	36.27	200m:	2:22.43	36.79	300m:	3:36.80	37.53	400m:	4:49.12	35.34
10.	OMAR MOUSTAFA, A.	16	DMK		4:49.25	440 R	1:07.61	1:12.55	1:14.26	1:14.83		
	50m:	32.06	32.06	150m:	1:43.59	35.98	250m:	2:57.60	37.44	350m:	4:12.88	38.46
	100m:	1:07.61	35.55	200m:	2:20.16	36.57	300m:	3:34.42	36.82	400m:	4:49.25	36.37
11.	AHMED MOHAMED, R.	16	A-QIMAH		4:51.65	429	1:09.55	1:15.34	1:13.79	1:12.97		
	50m:	32.60	32.60	150m:	1:47.42	37.87	250m:	3:02.28	37.39	350m:	4:16.04	37.36
	100m:	1:09.55	36.95	200m:	2:24.89	37.47	300m:	3:38.68	36.40	400m:	4:51.65	35.61
12.	MOHAMED ASHRAF, S.	16	FSL		4:51.69	429	1:06.27	1:14.78	1:16.91	1:13.73		
	50m:	31.49	31.49	150m:	1:43.04	36.77	250m:	2:59.36	38.31	350m:	4:15.82	37.86
	100m:	1:06.27	34.78	200m:	2:21.05	38.01	300m:	3:37.96	38.60	400m:	4:51.69	35.87
13.	SAIF ZAHRAN, A.	16	NSR		4:52.63	425	1:04.93	1:15.14	1:16.87	1:15.69		
	50m:	30.44	30.44	150m:	1:42.08	37.15	250m:	2:58.64	38.57	350m:	4:15.76	38.82
	100m:	1:04.93	34.49	200m:	2:20.07	37.99	300m:	3:36.94	38.30	400m:	4:52.63	36.87
14.	SUHAIB YAHYA, HAKAMI	16	ITHD		4:57.80	403	1:08.67	1:14.24	1:16.97	1:17.92		
	50m:	33.13	33.13	150m:	1:45.45	36.78	250m:	3:01.01	38.10	350m:	4:19.27	39.39
	100m:	1:08.67	35.54	200m:	2:22.91	37.46	300m:	3:39.88	38.87	400m:	4:57.80	38.53
	ALI WAJDI, ALMARHOON	16	SFA									
	MOHAMMED OUSAMA, E.	15	OKD									

NT
NT

18 years and older

1.	MOHAMMED HANI, A.	18	ADL		4:24.44	576 Q	1:03.55	1:08.68	1:09.75	1:02.46		
	50m:	29.92	29.92	150m:	1:37.71	34.16	250m:	2:47.39	35.16	350m:	3:55.49	33.51
	100m:	1:03.55	33.63	200m:	2:12.23	34.52	300m:	3:21.98	34.59	400m:	4:24.44	28.95
2.	AHMED ALI, ALHASHIM	27	ADL		4:24.64	575 Q	1:04.97	1:08.33	1:08.73	1:02.61		
	50m:	31.39	31.39	150m:	1:39.05	34.08	250m:	2:47.45	34.15	350m:	3:55.21	33.18
	100m:	1:04.97	33.58	200m:	2:13.30	34.25	300m:	3:22.03	34.58	400m:	4:24.64	29.43
3.	YOUSSEF KARIM, E.	18	KHD		4:30.47	538 Q	1:04.29	1:09.85	1:10.41	1:05.92		
	50m:	29.69	29.69	150m:	1:39.60	35.31	250m:	2:49.57	35.43	350m:	3:59.38	34.83
	100m:	1:04.29	34.60	200m:	2:14.14	34.54	300m:	3:24.55	34.98	400m:	4:30.47	31.09
4.	AMAR YASSER, A.	24	SFA		4:33.43	521 Q	1:04.02	1:09.55	1:10.70	1:09.16		
	50m:	30.83	30.83	150m:	1:38.57	34.55	250m:	2:49.03	35.46	350m:	3:59.39	35.12
	100m:	1:04.02	33.19	200m:	2:13.57	35.00	300m:	3:24.27	35.24	400m:	4:33.43	34.04
5.	ABDULMOHSSEN JASSIM22.		FTH		4:48.99	441 Q	1:06.75	1:11.77	1:14.14	1:16.33		
	50m:	31.64	31.64	150m:	1:42.38	35.63	250m:	2:55.41	36.89	350m:	4:11.53	38.87
	100m:	1:06.75	35.11	200m:	2:18.52	36.14	300m:	3:32.66	37.25	400m:	4:48.99	37.46
	HASSAN ALI, ALBAQSHI	21	FTH									

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