



ENTRY PACK

HAMILTON AQUATICS SHORT COURSE

Date	17-18 October 2026
Venue	Abu Dhabi Aquatics Club
Pool	25m, 10 lanes

Entry Deadline:

28 September 2026 12:00 Midday (GST)

Withdrawal Deadline:

5 October 2026 12:00 Midday (GST)

Entry Information

Age Group

Girls: 11/under, 12, 13, 14-15, 16/over
Boys: 11/under, 12, 13, 14, 15-16, 17/over

Age as of 31st December 2026

Events

50m on all strokes
100m on all strokes
200m on all strokes
100m, 200m and 400m Individual Medley (IM)
(Maximum of 5 heats for 400IM)
400m Freestyle (Maximum of 6 heats)
800m Freestyle Mixed (Maximum of 2 heats)

All events will be heat declared winner.

Awards

Medals awarded to 1st–3rd place in each age group

Entry Fees

(Inclusive of VAT)

AED 55 per event (for teams entering using Hy-Tek)
AED 65 per event (for paper entries)

Instructions on entering using Hy-Tek are available on the Hamilton Aquatics website [here](#)

Entry Information

Entries:

Team entries should be made using Hy-Tek and sent via email to

competitions@hamiltonaquatics.ae

The entry file and entry form are available on request.

All individual entries MUST be made via email to

competitions@hamiltonaquatics.ae

All entries MUST have proof of time and should be sent with the entries.

By submitting an entry, participants agree to the conditions of entry for the competition and the [Hamilton Aquatics Promoter's Conditions](#)

Entry conditions:

Any Hamilton Aquatics swimmer who qualifies for 4 or more individual events may enter up to 4 additional events, not exceeding a total of 8 events over the competition weekend.

800m Freestyle will be limited to a maximum of two mixed-gender heats, with the 20 fastest entered swimmers accepted based on submitted entry times supported by valid proof of time.

Swimmers will be considered for entry if their entry time is faster than the advertised consideration times. In the event of oversubscription, the slowest swimmers in each age group, in each event, will be rejected – this applies to visiting clubs only.

Payments:

A single payment covering all entries must be made by each entering club or individual. Payments must be made in advance via Bank Transfer or by cheque and delivered to Hamilton Aquatics Office at 504 Detroit House Building, Motor City, Dubai.

Cheques must be made payable to "Hamilton Aquatics Swimming Training". Bank transfer information is noted on the invoice.

Cash payments will not be accepted on event day.

Coach passes:

AED 100 for the weekend.

One complimentary coach pass will be issued per entered team.

If you require more coach passes, please email

competitions@hamiltonaquatics.ae

Entered teams must have one coach attending for every 15 swimmers. Teams will be issued and charged for one additional coach pass for every 15 additional swimmers or part thereof.

Team managers, strength and conditioning coaches, masseuses and other team staff all require a coach pass to access the swimmers' area and poolside.

Please note that coach passes will only be issued with a valid UAE Aquatics membership or proof of home country Swimming Federation membership. Any coach pass purchased on the day will be subject to an additional AED 50 administration fee.

Warm-ups:

Full details will be available together with final information.

Cool-Down Pool

Please note that a designated cool-down pool will be available for this competition; details will be confirmed in the final information.

Spectators:

(inclusive of VAT)

AED 30 per session

AED 50 for a full day

Children under 12 years are free.

Spectator tickets must be purchased in advance, via the following link (tickets will be released one week prior to the event): <https://esm.ae/buy-ticket/events>

Tickets purchased at the door will incur an additional AED 10 per ticket.

Meet Mobile:

The Meet Mobile App is available to download from the Apple App Store (iPhone) and Google Play. The app provides access to heat sheets and results throughout the weekend. Please note that access to the app's features is subject to a paid subscription.

All swimmers entering Hamilton Aquatics Competitions with a UAE-based club should be registered with UAE Aquatics. Overseas swimmers should be registered with the Swimming Federation or National Governing Body with which their club is affiliated. Hamilton Aquatics reserves the right to reject entries if either of these stipulations is not adhered to.

Programme of Events

Saturday

Session 01

Warm Up 08:00 | Start 09:00

Event No.	Event	Gender	Category	Format
101	400m Individual Medley	Girls	11/under, 12, 13, 14-15, 16/over	HDW
102	400m Individual Medley	Boys	11/under, 12, 13, 14, 15-16, 17/over	HDW
103	100m Freestyle	Girls	11/under, 12, 13, 14-15, 16/over	HDW
104	100m Freestyle	Boys	11/under, 12, 13, 14, 15-16, 17/over	HDW
105	200m Butterfly	Girls	11/under, 12, 13, 14-15, 16/over	HDW
106	200m Butterfly	Boys	11/under, 12, 13, 14, 15-16, 17/over	HDW
107	50m Backstroke	Girls	11/under, 12, 13, 14-15, 16/over	HDW
108	50m Backstroke	Boys	11/under, 12, 13, 14, 15-16, 17/over	HDW

Session 02

Warm Up 13:00 | Start 14:00

Event No.	Event	Gender	Category	Format
201	200m Freestyle	Girls	11/under, 12, 13, 14-15, 16/over	HDW
202	200m Freestyle	Boys	11/under, 12, 13, 14, 15-16, 17/over	HDW
203	100m Breaststroke	Girls	11/under, 12, 13, 14-15, 16/over	HDW
204	100m Breaststroke	Boys	11/under, 12, 13, 14, 15-16, 17/over	HDW
205	50m Butterfly	Girls	11/under, 12, 13, 14-15, 16/over	HDW
206	50m Butterfly	Boys	11/under, 12, 13, 14, 15-16, 17/over	HDW
207	100m Individual Medley	Girls	11/under, 12, 13, 14-15, 16/over	HDW
208	100m Individual Medley	Boys	11/under, 12, 13, 14, 15-16, 17/over	HDW
209	800m Freestyle	Mixed	Open	HDW

Programme of Events

Sunday

Session 03

Warm Up 08:00 | Start 09:00

Event No.	Event	Gender	Category	Format
301	400m Freestyle	Girls	11/under, 12, 13, 14-15, 16/over	HDW
302	400m Freestyle	Boys	11/under, 12, 13, 14, 15-16, 17/over	HDW
303	50m Breaststroke	Girls	11/under, 12, 13, 14-15, 16/over	HDW
304	50m Breaststroke	Boys	11/under, 12, 13, 14, 15-16, 17/over	HDW
305	100m Butterfly	Girls	11/under, 12, 13, 14-15, 16/over	HDW
306	100m Butterfly	Boys	11/under, 12, 13, 14, 15-16, 17/over	HDW
307	200m Backstroke	Girls	11/under, 12, 13, 14-15, 16/over	HDW
308	200m Backstroke	Boys	11/under, 12, 13, 14, 15-16, 17/over	HDW

Session 04

Warm Up 13:00 | Start 14:00

Event No.	Event	Gender	Category	Format
401	200m Breaststroke	Girls	11/under, 12, 13, 14-15, 16/over	HDW
402	200m Breaststroke	Boys	11/under, 12, 13, 14, 15-16, 17/over	HDW
403	100m Backstroke	Girls	11/under, 12, 13, 14-15, 16/over	HDW
404	100m Backstroke	Boys	11/under, 12, 13, 14, 15-16, 17/over	HDW
405	50m Freestyle	Girls	11/under, 12, 13, 14-15, 16/over	HDW
406	50m Freestyle	Boys	11/under, 12, 13, 14, 15-16, 17/over	HDW
407	200m Individual Medley	Girls	11/under, 12, 13, 14-15, 16/over	HDW
408	200m Individual Medley	Boys	11/under, 12, 13, 14, 15-16, 17/over	HDW

Qualifying Times

FEMALE						
	Events	11/under	12yrs	13yrs	14-15yrs	16yrs/ over
Qualifying Time	50m Freestyle	00:35.40	00:31.17	00:31.20	00:30.16	00:29.50
Consideration Time		00:37.61	00:35.07	00:35.10	00:33.93	00:33.19
Qualifying Time	100m Freestyle	01:18.68	01:08.47	01:07.79	01:05.17	01:04.07
Consideration Time		01:23.60	01:17.03	01:16.26	01:13.32	01:12.08
Qualifying Time	200m Freestyle	02:41.11	02:29.71	02:27.80	02:22.06	02:19.16
Consideration Time		02:51.18	02:48.42	02:46.28	02:39.82	02:36.56
Qualifying Time	400m Freestyle	05:44.83	05:15.76	05:10.34	04:59.98	04:53.51
		Maximum of 6 heats				
Qualifying Time	50m Backstroke	00:41.27	00:36.44	00:35.32	00:33.70	00:33.49
Consideration Time		00:43.85	00:40.99	00:39.73	00:37.91	00:37.68
Qualifying Time	100m Backstroke	01:30.44	01:18.10	01:17.23	01:14.15	01:12.68
Consideration Time		01:36.10	01:27.86	01:26.89	01:23.42	01:21.76
Qualifying Time	200m Backstroke	03:05.00	02:48.71	02:44.18	02:39.60	02:35.37
Consideration Time		03:16.56	03:09.80	03:04.71	02:59.55	02:54.79
Qualifying Time	50m Breaststroke	00:46.59	00:40.29	00:38.35	00:36.94	00:36.47
Consideration Time		00:49.50	00:45.33	00:43.15	00:41.55	00:41.03
Qualifying Time	100m Breaststroke	01:42.82	01:27.37	01:27.66	01:23.88	01:22.40
Consideration Time		01:49.24	01:38.29	01:38.61	01:34.36	01:32.70
Qualifying Time	200m Breaststroke	03:30.04	03:07.96	03:08.59	03:01.03	02:58.30
Consideration Time		03:43.16	03:31.45	03:32.17	03:23.65	03:20.59
Qualifying Time	50m Butterfly	00:39.35	00:34.11	00:32.78	00:31.54	00:31.12
Consideration Time		00:41.81	00:38.37	00:36.88	00:35.48	00:35.01
Qualifying Time	100m Butterfly	01:31.29	01:17.70	01:16.14	01:12.58	01:10.59
Consideration Time		01:37.00	01:27.41	01:25.66	01:21.65	01:19.41
Qualifying Time	200m Butterfly	03:11.50	02:57.46	02:51.07	02:43.47	02:38.57
Consideration Time		03:23.47	03:19.64	03:12.45	03:03.91	02:58.39
Qualifying Time	100m Individual Medley	01:30.34	01:18.89	01:16.47	01:13.52	01:12.55
Consideration Time		01:32.60	01:22.84	01:20.29	01:17.19	01:16.18
Qualifying Time	200m Individual Medley	03:15.80	02:49.19	02:46.70	02:41.46	02:37.69
Consideration Time		03:28.04	03:10.34	03:07.54	03:01.65	02:57.40
Qualifying Time	400m Individual Medley	06:32.39	05:59.52	05:56.96	05:42.96	05:36.42
		Maximum of 5 heats				

Times can be achieved in either a 25m or 50m pool. 50m times must be converted to 25m times. Times must be achieved in competition licensed or ratified by the country within which the meet was held and should not be older than 12 months. The promoter will request validation of any stated entry time.

Qualifying Time: Meeting the standard means the swimmer is eligible to enter.

Consideration Time: Meeting the standard means the swimmer may be considered, depending on available capacity.

Qualifying Times

MALE							
	Events	11/under	12yrs	13yrs	14yrs	15-16yrs	17yrs/ over
Qualifying Time	50m Freestyle	00:33.36	00:30.43	00:29.11	00:27.69	00:27.41	00:26.30
Consideration Time		00:37.53	00:34.24	00:32.75	00:31.15	00:30.84	00:29.59
Qualifying Time	100m Freestyle	01:12.95	01:05.96	01:03.11	01:00.46	00:59.52	00:57.58
Consideration Time		01:22.07	01:14.21	01:11.00	01:08.01	01:06.96	01:04.78
Qualifying Time	200m Freestyle	02:38.69	02:24.06	02:18.38	02:12.73	02:10.50	02:06.73
Consideration Time		02:58.52	02:42.07	02:35.68	02:29.32	02:26.81	02:22.57
Qualifying Time	400m Freestyle	05:34.68	05:04.93	04:54.83	04:41.89	04:37.88	04:29.13
		Maximum of 6 heats					
Qualifying Time	50m Backstroke	00:38.26	00:35.12	00:33.28	00:32.03	00:30.84	00:30.08
Consideration Time		00:43.04	00:39.52	00:37.44	00:36.03	00:34.69	00:33.84
Qualifying Time	100m Backstroke	01:22.62	01:14.54	01:12.53	01:08.59	01:08.09	01:05.88
Consideration Time		01:32.95	01:23.86	01:21.60	01:17.16	01:16.60	01:14.11
Qualifying Time	200m Backstroke	02:57.55	02:41.88	02:37.77	02:29.22	02:28.24	02:24.37
Consideration Time		03:19.74	03:02.12	02:57.49	02:47.88	02:46.77	02:42.42
Qualifying Time	50m Breaststroke	00:44.26	00:39.20	00:37.70	00:36.00	00:34.25	00:33.72
Consideration Time		00:49.79	00:44.10	00:42.41	00:40.50	00:38.53	00:37.93
Qualifying Time	100m Breaststroke	01:36.26	01:24.54	01:20.62	01:17.30	01:16.60	01:14.47
Consideration Time		01:48.29	01:35.10	01:30.70	01:26.96	01:26.18	01:23.77
Qualifying Time	200m Breaststroke	03:29.16	03:04.88	02:56.19	02:48.61	02:47.23	02:41.77
Consideration Time		03:55.31	03:27.98	03:18.22	03:09.68	03:08.14	03:01.99
Qualifying Time	50m Butterfly	00:35.91	00:32.89	00:31.50	00:29.99	00:28.57	00:27.86
Consideration Time		00:40.40	00:37.01	00:35.43	00:33.74	00:32.15	00:31.34
Qualifying Time	100m Butterfly	01:21.52	01:12.99	01:10.50	01:06.87	01:05.35	01:03.01
Consideration Time		01:31.71	01:22.11	01:19.31	01:15.22	01:13.52	01:10.88
Qualifying Time	200m Butterfly	03:06.12	02:51.21	02:42.46	02:31.19	02:26.60	02:22.67
Consideration Time		03:29.38	03:12.61	03:02.76	02:50.09	02:44.93	02:40.51
Qualifying Time	100m Individual Medley	01:24.33	01:16.47	01:13.10	01:09.84	01:07.26	01:05.53
Consideration Time		01:28.55	01:20.30	01:16.76	01:13.33	01:10.63	01:08.81
Qualifying Time	200m Individual Medley	03:00.54	02:41.95	02:35.56	02:29.39	02:28.57	02:24.51
Consideration Time		03:23.11	03:02.19	02:55.01	02:48.07	02:47.15	02:42.57
Qualifying Time	400m Individual Medley	06:33.02	05:46.11	05:34.93	05:18.12	05:16.05	05:06.60
		Maximum of 5 heats					

Times can be achieved in either a 25m or 50m pool. 50m times must be converted to 25m times. Times must be achieved in competition licensed or ratified by the country within which the meet was held and should not be older than 12 months. The promoter will request validation of any stated entry time.

Qualifying Time: Meeting the standard means the swimmer is eligible to enter.

Consideration Time: Meeting the standard means the swimmer may be considered, depending on available capacity.



Entry Deadline:

28 September 2026 12:00 Midday (GST)

Withdrawal Deadline:

5 October 2026 12:00 Midday (GST)

