

HAMILTON AQUATICS

ENTRY PACK

HAMILTON AQUATICS WINTER WONDER

Date	28-29 November 2026
Venue	Abu Dhabi Aquatics Club
Pool	25m, 10 lanes

Entry Deadline:
9 November 2026 (12:00 Midday-GST)

Withdrawal Deadline:
16 November 2026 (12:00 Midday-GST)

Entry Information

Age Group

Girls: 9, 10, 11, 12, 13, 14, 15/over
Boys: 9, 10, 11, 12, 13, 14, 15/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
(Maximum of 2 heats for 400IM)
400m Freestyle (Maximum of 2 heats)
200m Butterfly for 11+ only

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

Additional Prizes

Winter Wonder Fun: Festive Socks & Hats!

Bring some holiday cheer to the pool deck by wearing your most festive socks and hats! Taking part is optional, so get creative and have fun.

Prizes per session for :

- Sock Star
- Hat hero

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 Promoters 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.

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 swimmer's 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/guest

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.

Accommodation Assistance:
Special Hamilton Aquatics: Winter Wonder rates are available with Millennium Al Rawdah Hotel Abu Dhabi.

To book or for help with your stay, please contact:
Mobile: +971 56 622 7752 / +971 56 414 8040
Email: h1004.sales03@millenniumhotels.com

Please mention "Hamilton Aquatics Winter Wonder" when you book.

Programme of Events

Saturday

Session 01

Warm Up 08:00 | Start 09:00

Event No.	Event	Gender	Category	Format
101	400m Individual Medley	Girls	9, 10, 11, 12, 13, 14, 15/over	HDW
102	400m Individual Medley	Boys	9, 10, 11, 12, 13, 14, 15/over	HDW
103	50m Freestyle	Girls	9, 10, 11, 12, 13, 14, 15/over	HDW
104	50m Freestyle	Boys	9, 10, 11, 12, 13, 14, 15/over	HDW
105	200m Butterfly	Girls	11, 12, 13, 14, 15/over	HDW
106	200m Butterfly	Boys	11, 12, 13, 14, 15/over	HDW
107	100m Backstroke	Girls	9, 10, 11, 12, 13, 14, 15/over	HDW
108	100m Backstroke	Boys	9, 10, 11, 12, 13, 14, 15/over	HDW

Session 02

Warm Up 13:00 | Start 14:00

Event No.	Event	Gender	Category	Format
201	200m Freestyle	Girls	9, 10, 11, 12, 13, 14, 15/over	HDW
202	200m Freestyle	Boys	9, 10, 11, 12, 13, 14, 15/over	HDW
203	100m Breaststroke	Girls	9, 10, 11, 12, 13, 14, 15/over	HDW
204	100m Breaststroke	Boys	9, 10, 11, 12, 13, 14, 15/over	HDW
205	50m Butterfly	Girls	9, 10, 11, 12, 13, 14, 15/over	HDW
206	50m Butterfly	Boys	9, 10, 11, 12, 13, 14, 15/over	HDW
207	100m Individual Medley	Girls	9, 10, 11, 12, 13, 14, 15/over	HDW
208	100m Individual Medley	Boys	9, 10, 11, 12, 13, 14, 15/over	HDW

Programme of Events

Sunday

Session 03

Warm Up 08:00 | Start 09:00

Event No.	Event	Gender	Category	Format
301	400m Freestyle	Girls	9, 10, 11, 12, 13, 14, 15/over	HDW
302	400m Freestyle	Boys	9, 10, 11, 12, 13, 14, 15/over	HDW
303	50m Breaststroke	Girls	9, 10, 11, 12, 13, 14, 15/over	HDW
304	50m Breaststroke	Boys	9, 10, 11, 12, 13, 14, 15/over	HDW
305	100m Butterfly	Girls	9, 10, 11, 12, 13, 14, 15/over	HDW
306	100m Butterfly	Boys	9, 10, 11, 12, 13, 14, 15/over	HDW
307	200m Backstroke	Girls	9, 10, 11, 12, 13, 14, 15/over	HDW
308	200m Backstroke	Boys	9, 10, 11, 12, 13, 14, 15/over	HDW

Session 04

Warm Up 13:00 | Start 14:00

Event No.	Event	Gender	Category	Format
401	200m Individual Medley	Girls	9, 10, 11, 12, 13, 14, 15/over	HDW
402	200m Individual Medley	Boys	9, 10, 11, 12, 13, 14, 15/over	HDW
403	50m Backstroke	Girls	9, 10, 11, 12, 13, 14, 15/over	HDW
404	50m Backstroke	Boys	9, 10, 11, 12, 13, 14, 15/over	HDW
405	100m Freestyle	Girls	9, 10, 11, 12, 13, 14, 15/over	HDW
406	100m Freestyle	Boys	9, 10, 11, 12, 13, 14, 15/over	HDW
407	200m Breaststroke	Girls	9, 10, 11, 12, 13, 14, 15/over	HDW
408	200m Breaststroke	Boys	9, 10, 11, 12, 13, 14, 15/over	HDW

Qualifying Times

FEMALE								
	Events	**9yrs**	**10yrs**	**11yrs**	**12yrs**	**13yrs**	**14yrs**	**15yrs/ over**
Qualifying Time	50m Freestyle	00:37.46	00:36.37	00:35.31	00:31.28	00:31.12	00:30.08	00:29.76
Consideration Time		00:39.81	00:38.65	00:37.52	00:35.19	00:35.01	00:33.85	00:33.48
Qualifying Time	100m Freestyle	01:23.25	01:20.83	01:18.48	01:08.30	01:07.62	01:05.01	01:04.46
Consideration Time		01:28.47	01:25.89	01:23.39	01:16.84	01:16.07	01:13.14	01:12.52
Qualifying Time	200m Freestyle	02:50.50	02:45.53	02:40.71	02:29.34	02:27.43	02:21.70	02:20.26
Consideration Time		03:01.15	02:55.87	02:50.75	02:48.00	02:45.86	02:39.42	02:37.79
Qualifying Time	400m Freestyle	06:04.92	05:54.29	05:43.97	05:14.97	05:09.56	04:59.23	04:56.00
		Maximum of 2 heats						
Qualifying Time	50m Backstroke	00:43.68	00:42.41	00:41.17	00:36.35	00:35.23	00:33.68	00:33.51
Consideration Time		00:46.40	00:45.05	00:43.74	00:40.89	00:39.63	00:37.89	00:37.70
Qualifying Time	100m Backstroke	01:35.71	01:32.92	01:30.21	01:17.90	01:17.04	01:13.96	01:13.23
Consideration Time		01:41.70	01:38.74	01:35.86	01:27.64	01:26.67	01:23.21	01:22.38
Qualifying Time	200m Backstroke	03:15.78	03:10.08	03:04.54	02:48.29	02:43.77	02:39.20	02:37.09
Consideration Time		03:28.01	03:21.95	03:16.07	03:09.33	03:04.25	02:59.10	02:56.73
Qualifying Time	50m Breaststroke	00:49.30	00:47.86	00:46.47	00:40.19	00:38.25	00:36.85	00:36.61
Consideration Time		00:52.39	00:50.86	00:49.38	00:45.22	00:43.04	00:41.45	00:41.19
Qualifying Time	100m Breaststroke	01:48.81	01:45.64	01:42.56	01:27.88	01:27.44	01:23.67	01:22.93
Consideration Time		01:55.61	01:52.24	01:48.97	01:38.85	01:38.36	01:34.12	01:33.30
Qualifying Time	200m Breaststroke	03:42.27	03:35.80	03:29.51	03:09.06	03:08.12	03:00.58	02:59.22
Consideration Time		03:56.16	03:49.28	03:42.60	03:32.70	03:31.64	03:23.14	03:21.61
Qualifying Time	50m Butterfly	00:41.64	00:40.43	00:39.25	00:34.02	00:32.70	00:31.46	00:31.25
Consideration Time		00:44.25	00:42.96	00:41.71	00:38.27	00:36.79	00:35.39	00:35.16
Qualifying Time	100m Butterfly	01:36.60	01:33.79	01:31.06	01:17.51	01:15.95	01:12.40	01:11.41
Consideration Time		01:42.65	01:39.66	01:36.76	01:27.19	01:25.45	01:21.45	01:20.33
Qualifying Time	200m Butterfly			03:11.02	02:57.02	02:50.64	02:43.06	02:40.62
Consideration Time				03:22.96	03:19.14	03:11.97	03:03.45	03:00.70
Qualifying Time	100m Individual Medley	01:35.59	01:32.81	01:30.11	01:18.69	01:16.28	01:13.34	01:12.85
Consideration Time		01:37.99	01:35.14	01:32.37	01:22.63	01:20.09	01:17.00	01:16.49
Qualifying Time	200m Individual Medley	03:27.21	03:21.17	03:15.31	02:48.77	02:46.28	02:41.06	02:39.18
Consideration Time		03:40.16	03:33.75	03:27.52	03:09.86	03:07.07	03:01.20	02:59.08
Qualifying Time	400m Individual Medley	06:55.24	06:43.15	06:31.41	05:58.62	05:56.07	05:42.10	05:38.84
		Maximum of 2 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	**9yrs**	**10yrs**	**11yrs**	**12yrs**	**13yrs**	**14yrs**	**15yrs/ over**
Qualifying Time	50m Freestyle	00:35.31	00:34.28	00:33.28	00:30.35	00:29.04	00:27.62	00:26.79
Consideration Time		00:39.72	00:38.56	00:37.44	00:34.15	00:32.67	00:31.07	00:30.14
Qualifying Time	100m Freestyle	01:17.20	01:14.95	01:12.77	01:05.80	01:02.95	01:00.31	00:58.40
Consideration Time		01:26.85	01:24.32	01:21.86	01:14.02	01:10.82	01:07.84	01:05.71
Qualifying Time	200m Freestyle	02:47.93	02:43.04	02:38.29	02:23.70	02:18.03	02:12.40	02:08.29
Consideration Time		03:08.91	03:03.41	02:58.07	02:41.66	02:35.29	02:28.95	02:24.33
Qualifying Time	400m Freestyle	05:54.18	05:43.86	05:33.84	05:04.17	04:54.09	04:41.19	04:32.82
		Maximum of 2 heats						
Qualifying Time	50m Backstroke	00:40.48	00:39.30	00:38.16	00:35.03	00:33.20	00:31.95	00:30.38
Consideration Time		00:45.55	00:44.22	00:42.93	00:39.42	00:37.35	00:35.94	00:34.18
Qualifying Time	100m Backstroke	01:27.43	01:24.88	01:22.41	01:14.35	01:12.35	01:08.42	01:06.82
Consideration Time		01:38.37	01:35.50	01:32.72	01:23.65	01:21.40	01:16.97	01:15.17
Qualifying Time	200m Backstroke	03:07.89	03:02.42	02:57.11	02:41.48	02:37.38	02:28.85	02:25.94
Consideration Time		03:31.38	03:25.22	03:19.24	03:01.66	02:57.05	02:47.46	02:44.18
Qualifying Time	50m Breaststroke	00:46.83	00:45.47	00:44.15	00:39.10	00:37.61	00:35.91	00:33.90
Consideration Time		00:52.69	00:51.16	00:49.67	00:43.99	00:42.30	00:40.40	00:38.13
Qualifying Time	100m Breaststroke	01:41.87	01:38.90	01:36.02	01:24.33	01:20.42	01:17.11	01:15.35
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Qualifying Time	200m Breaststroke	03:41.35	03:34.90	03:28.64	03:04.42	02:55.75	02:48.19	02:44.09
Consideration Time		04:09.01	04:01.76	03:54.72	03:27.46	03:17.72	03:09.21	03:04.60
Qualifying Time	50m Butterfly	00:38.00	00:36.89	00:35.82	00:32.81	00:31.42	00:29.92	00:28.14
Consideration Time		00:42.76	00:41.51	00:40.30	00:36.92	00:35.34	00:33.66	00:31.67
Qualifying Time	100m Butterfly	01:26.27	01:23.76	01:21.32	01:12.81	01:10.32	01:06.70	01:04.02
Consideration Time		01:37.05	01:34.22	01:31.48	01:21.90	01:19.11	01:15.03	01:12.02
Qualifying Time	200m Butterfly			03:05.65	02:50.78	02:42.05	02:30.81	02:24.27
Consideration Time				03:28.86	03:12.13	03:02.30	02:49.66	02:42.31
Qualifying Time	100m Individual Medley	01:29.24	01:26.64	01:24.12	01:16.28	01:12.92	01:09.67	01:06.23
Consideration Time		01:33.71	01:30.98	01:28.33	01:20.10	01:16.57	01:13.15	01:09.55
Qualifying Time	200m Individual Medley	03:11.05	03:05.49	03:00.09	02:41.55	02:35.17	02:29.02	02:26.17
Consideration Time		03:34.94	03:28.68	03:22.60	03:01.73	02:54.57	02:47.65	02:44.45
Qualifying Time	400m Individual Medley	06:55.91	06:43.80	06:32.04	05:45.24	05:34.09	05:17.32	05:10.55
		Maximum of 2 heats						

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