



HAMILTON AQUATICS



Hamilton Aquatics Summer Sizzler
Entry Pack

20-21 June 2026

Pool: 50m, 10 lanes

Location: Hamdan Sports Complex

Entry Deadline: 27 May 2026 12 Midday (Dubai)

Withdrawal Deadline: 03 June 2026 12 Midday (Dubai)



Entry Information

Age Group

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

Age as of 31 December 2026

Events

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

Finals for 100m on all strokes
All other events will be heat declared winner

Awards

Medals for 1st to 3rd

Entry Fees

AED 65 per event (for teams entering using Hy-Tek)
AED 75 per event (for paper entries)

(Inclusive of VAT)

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

Event Information

Entries:

Team entries should be made using Hy-Tek and sent via email to competitions@hamiltonaquatics.ae.

The entry file is available on request.

All individual entries **MUST** be made via email to competitions@hamiltonaquatics.ae. Entry forms are available on request.

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

By submitting entry, participants agree to the conditions of entry for the competition and the [Hamilton Aquatics Promoters Conditions](#).

Entry conditions:

Any Hamilton Aquatics swimmers that qualify 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.

800m Freestyle will be limited to a maximum of 2 mixed gender heats.

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 a 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 **FREE** coach pass will be issued per academy.

If you require more coach passes, please email

competitions@hamiltonaquatics.ae.

Entered teams must have one coach attending for every 15 swimmers. One FREE coach pass will be issued per entered team. Teams will be

issued and charged for (1) 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 (Diving Pool)

The cool-down pool will be available during this competition. Full details will be provided in the Final Information document.

Spectators:

(inclusive of VAT)

AED 30 per session

AED 50 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>

The spectator ticket purchased at the door using the POS system will be charged an extra AED10 per ticket.

Meet Mobile:

The Meet Mobile App is free to download from the Apple App Store (iPhone Apps) and Google Play and will allow access to heat sheets and results throughout the weekend. **Please note that this is not a free App.**

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



Programme of Events

Saturday 20 June 2026

| Session 1 | Session 1 | Warm Up 08.00 | | Start 09.00 | |
|-----------|-----------|------------------------|-------|------------------------------|-------|
| Event No. | 101 | 400m Individual Medley | Girls | 12/u, 13, 14-15, 16/over | HDW |
| | 102 | 400m Individual Medley | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 103 | 100m Freestyle | Girls | 12/u, 13, 14-15, 16/over | Heat |
| | 104 | 100m Freestyle | Boys | 12/u, 13, 14, 15-16, 17/over | Heat |
| | 105 | 200m Backstroke | Girls | 12/u, 13, 14-15, 16/over | HDW |
| | 106 | 200m Backstroke | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 107 | 50m Butterfly | Girls | 12/u, 13, 14-15, 16/over | HDW |
| | 108 | 50m Butterfly | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 109 | 100m Freestyle | Girls | 12/u, 13, 14-15, 16/over | Final |
| | 110 | 100m Freestyle | Boys | 12/u, 13, 14, 15-16, 17/over | Final |

| Session 2 | Session 2 | Warm Up TBC | | Start TBC | |
|-----------|-----------|------------------------|-------|------------------------------|-------|
| Event No. | 201 | 200m Individual Medley | Girls | 12/u, 13, 14-15, 16/over | HDW |
| | 202 | 200m Individual Medley | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 203 | 100m Butterfly | Girls | 12/u, 13, 14-15, 16/over | Heat |
| | 204 | 100m Butterfly | Boys | 12/u, 13, 14, 15-16, 17/over | Heat |
| | 205 | 50m Freestyle | Girls | 12/u, 13, 14-15, 16/over | HDW |
| | 206 | 50m Freestyle | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 207 | 200m Breaststroke | Girls | 12/u, 13, 14-15, 16/over | HDW |
| | 208 | 200m Breaststroke | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 209 | 800m Freestyle | Mixed | Open | HDW |
| | 210 | 100m Butterfly | Girls | 12/u, 13, 14-15, 16/over | Final |
| | 211 | 100m Butterfly | Boys | 12/u, 13, 14, 15-16, 17/over | Final |





Programme of Events

Sunday 21 June 2026

| Session 3 | Session 3 | Warm Up 08.00 | | Start 09.00 | |
|-----------|-----------|------------------|-------|------------------------------|-------|
| Event No. | 301 | 200m Freestyle | Girls | 12/u, 13, 14-15, 16/over | HDW |
| | 302 | 200m Freestyle | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 303 | 100m Backstroke | Girls | 12/u, 13, 14-15, 16/over | Heat |
| | 304 | 100m Backstroke | Boys | 12/u, 13, 14, 15-16, 17/over | Heat |
| | 305 | 50m Breaststroke | Girls | 12/u, 13, 14-15, 16/over | HDW |
| | 306 | 50m Breaststroke | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 307 | 200m Butterfly | Girls | 12/u, 13, 14-15, 16/over | HDW |
| | 308 | 200m Butterfly | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 309 | 100m Backstroke | Girls | 12/u, 13, 14-15, 16/over | Final |
| | 310 | 100m Backstroke | Boys | 12/u, 13, 14, 15-16, 17/over | Final |

| Session 4 | Session 4 | Warm Up TBC | | Start TBC | |
|-----------|-----------|-------------------|-------|------------------------------|-------|
| Event No. | 401 | 400m Freestyle | Girls | 12/u, 13, 14-15, 16/over | HDW |
| | 402 | 400m Freestyle | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 403 | 100m Breaststroke | Girls | 12/u, 13, 14-15, 16/over | Heat |
| | 404 | 100m Breaststroke | Boys | 12/u, 13, 14, 15-16, 17/over | Heat |
| | 405 | 50m Backstroke | Girls | 12/u, 13, 14-15, 16/over | HDW |
| | 406 | 50m Backstroke | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 407 | 100m Breaststroke | Girls | 12/u, 13, 14-15, 16/over | Final |
| | 408 | 100m Breaststroke | Boys | 12/u, 13, 14, 15-16, 17/over | Final |





Hamilton Aquatics Summer Sizzler

Qualifying Times

| | FEMALE | | | | EVENTS | MALE | | | | |
|--------------------|--------------------|----------|----------|------------|------------------------|--------------------|----------|----------|----------|------------|
| | 12yrs | 13yrs | 14-15yrs | 16yrs/over | | 12yrs | 13yrs | 14yrs | 15-16yrs | 17yrs/over |
| Qualifying Time | 00:33.34 | 00:33.38 | 00:32.26 | 00:31.56 | 50m Freestyle | 00:32.56 | 00:31.14 | 00:29.62 | 00:29.32 | 00:28.13 |
| Consideration Time | 00:38.35 | 00:38.38 | 00:37.10 | 00:36.30 | | 00:37.44 | 00:35.81 | 00:34.06 | 00:33.72 | 00:32.35 |
| Qualifying Time | 01:13.25 | 01:12.52 | 01:09.72 | 01:08.54 | 100m Freestyle | 01:10.57 | 01:07.51 | 01:04.67 | 01:03.67 | 01:01.60 |
| Consideration Time | 01:24.23 | 01:23.40 | 01:20.17 | 01:18.82 | | 01:21.15 | 01:17.64 | 01:14.38 | 01:13.22 | 01:10.84 |
| Qualifying Time | 02:40.15 | 02:38.12 | 02:31.97 | 02:28.87 | 200m Freestyle | 02:34.11 | 02:28.03 | 02:21.99 | 02:19.60 | 02:15.57 |
| Consideration Time | 03:04.17 | 03:01.83 | 02:54.77 | 02:51.20 | | 02:57.23 | 02:50.24 | 02:43.29 | 02:40.54 | 02:35.91 |
| Qualifying Time | 05:37.79 | 05:31.99 | 05:20.91 | 05:13.99 | 400m Freestyle | 05:26.21 | 05:15.39 | 05:01.55 | 04:57.27 | 04:47.91 |
| | Maximum of 6 heats | | | | | Maximum of 6 heats | | | | |
| Qualifying Time | 00:38.98 | 00:37.78 | 00:36.05 | 00:35.83 | 50m Backstroke | 00:37.58 | 00:35.60 | 00:34.26 | 00:32.99 | 00:32.18 |
| Consideration Time | 00:44.83 | 00:43.45 | 00:41.45 | 00:41.20 | | 00:43.21 | 00:40.94 | 00:39.40 | 00:37.94 | 00:37.00 |
| Qualifying Time | 01:23.55 | 01:22.62 | 01:19.32 | 01:17.75 | 100m Backstroke | 01:19.74 | 01:17.59 | 01:13.38 | 01:12.84 | 01:10.48 |
| Consideration Time | 01:36.08 | 01:35.01 | 01:31.22 | 01:29.41 | | 01:31.70 | 01:29.23 | 01:24.38 | 01:23.77 | 01:21.05 |
| Qualifying Time | 03:00.48 | 02:55.64 | 02:50.73 | 02:46.21 | 200m Backstroke | 02:53.17 | 02:48.78 | 02:39.64 | 02:38.58 | 02:34.44 |
| Consideration Time | 03:27.56 | 03:21.99 | 03:16.34 | 03:11.14 | | 03:19.15 | 03:14.09 | 03:03.58 | 03:02.37 | 02:57.61 |
| Qualifying Time | 00:43.10 | 00:41.03 | 00:39.51 | 00:39.01 | 50m Breaststroke | 00:41.93 | 00:40.33 | 00:38.51 | 00:36.64 | 00:36.07 |
| Consideration Time | 00:49.57 | 00:47.18 | 00:45.44 | 00:44.87 | | 00:48.22 | 00:46.38 | 00:44.29 | 00:42.13 | 00:41.48 |
| Qualifying Time | 01:33.46 | 01:33.77 | 01:29.73 | 01:28.15 | 100m Breaststroke | 01:30.44 | 01:26.25 | 01:22.69 | 01:21.95 | 01:19.66 |
| Consideration Time | 01:47.48 | 01:47.84 | 01:43.19 | 01:41.37 | | 01:44.00 | 01:39.18 | 01:35.09 | 01:34.24 | 01:31.61 |
| Qualifying Time | 03:21.07 | 03:21.75 | 03:13.65 | 03:10.74 | 200m Breaststroke | 03:17.77 | 03:08.48 | 03:00.37 | 02:58.90 | 02:53.06 |
| Consideration Time | 03:51.23 | 03:52.01 | 03:42.70 | 03:39.35 | | 03:47.44 | 03:36.76 | 03:27.43 | 03:25.74 | 03:19.01 |
| Qualifying Time | 00:36.49 | 00:35.07 | 00:33.74 | 00:33.29 | 50m Butterfly | 00:35.19 | 00:33.69 | 00:32.09 | 00:30.57 | 00:29.80 |
| Consideration Time | 00:41.96 | 00:40.33 | 00:38.80 | 00:38.28 | | 00:40.47 | 00:38.75 | 00:36.90 | 00:35.15 | 00:34.27 |
| Qualifying Time | 01:23.12 | 01:21.45 | 01:17.64 | 01:15.51 | 100m Butterfly | 01:18.08 | 01:15.42 | 01:11.53 | 01:09.91 | 01:07.40 |
| Consideration Time | 01:35.59 | 01:33.67 | 01:29.28 | 01:26.84 | | 01:29.79 | 01:26.73 | 01:22.26 | 01:20.39 | 01:17.51 |
| Qualifying Time | 03:09.84 | 03:03.00 | 02:54.88 | 02:49.63 | 200m Butterfly | 03:03.15 | 02:53.79 | 02:41.74 | 02:36.83 | 02:32.63 |
| Consideration Time | 03:38.31 | 03:30.45 | 03:21.11 | 03:15.08 | | 03:30.63 | 03:19.86 | 03:06.00 | 03:00.36 | 02:55.52 |
| Qualifying Time | 03:01.00 | 02:58.33 | 02:52.73 | 02:48.69 | 200m Individual Medley | 02:53.25 | 02:46.42 | 02:39.82 | 02:38.94 | 02:34.59 |
| Consideration Time | 03:28.15 | 03:25.08 | 03:18.64 | 03:14.00 | | 03:19.23 | 03:11.38 | 03:03.79 | 03:02.78 | 02:57.78 |
| Qualifying Time | 06:24.60 | 06:21.87 | 06:06.88 | 05:59.89 | 400m Individual Medley | 06:10.26 | 05:58.30 | 05:40.32 | 05:38.10 | 05:27.99 |
| | Maximum of 5 heats | | | | | Maximum of 5 heats | | | | |

Times can be achieved in either a 25m or 50m pool. 25m times must be converted to 50m 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.

