



# HAMILTON

## AQUATICS



Hamilton Aquatics Last Chance Entry Pack

4-5 May 2024

Pool: 50m, 10 lane pool

Location: Hamdan Sports Complex

Entry deadline: 10 April 2024 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 2024

## Events

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

Medley Skins (Girls 13/under, Girls 14/over,  
Boys 14/under, Boys 15/over)

All events will be heat declared winner

## Awards

Medals for 1<sup>st</sup> to 3<sup>rd</sup>

Prizes - Champion - Girls  
Champion - Boys

## 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](#).**



# Event Information

## Entries:

Team entries should be made using Hy-Tek and sent via email to [competitions@hamiltonaquatics.ae](mailto:competitions@hamiltonaquatics.ae)

The entry file is available on request.

All individual entries **MUST** be made via email to [competitions@hamiltonaquatics.ae](mailto: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.

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

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.

## Skins Events:

Skins will be run in 8 lanes.

The 8 fastest swimmers from the 200m individual medley (based on times recorded at the Hamilton Aquatics Last Chance) will be invited to take part in the medley skins event. If a swimmer declines to take part, the next fastest will be invited and so on until there are 8 competitors.

Each 50m race will be swum every 3 minutes which operate on a knockout basis, with the final two remaining swimmers racing each other in a head-to-head final race.

The knocked-out swimmer in each round will draw the next stroke to be swim out of the hat (each stroke is included twice so no stroke can be swum more than this).

## 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 604 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](mailto: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 swimming federation 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.

## Spectators:

(inclusive of VAT)

AED 30 per session

AED 50 full day.

Childrens 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/login>

## 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.**



# Programme of Events

**Saturday 04 May 2024**

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

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 Freestyle	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	203	50m Freestyle	Girls	12/u, 13, 14-15, 16/over	HDW
	204	50m Breaststroke	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	205	100m Butterfly	Girls	12/u, 13, 14-15, 16/over	HDW
	206	100m Backstroke	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	207	200m Breaststroke	Girls	12/u, 13, 14-15, 16/over	HDW
	208	200m Butterfly	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	209	Medley Skins	Girls	13/under (Invite Only)	HDW
	210	Medley Skins	Girls	14/over (Invite Only)	HDW





# Programme of Events

**Sunday 05 May 2024**

Session 3	Session 3	Warm Up 08.00		Start 09.00	
Event No.	301	400m Freestyle	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	302	400m Individual Medley	Girls	12/u, 13, 14-15, 16/over	HDW
	303	50m Butterfly	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	304	50m Backstroke	Girls	12/u, 13, 14-15, 16/over	HDW
	305	100m Breaststroke	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	306	100m Freestyle	Girls	12/u, 13, 14-15, 16/over	HDW
	307	200m Backstroke	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	308	200m Butterfly	Girls	12/u, 13, 14-15, 16/over	HDW

Session 4	Session 4	Warm Up TBC		Start TBC	
Event No.	401	200m Individual Medley	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	402	200m Freestyle	Girls	12/u, 13, 14-15, 16/over	HDW
	403	50m Freestyle	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	404	50m Breaststroke	Girls	12/u, 13, 14-15, 16/over	HDW
	405	100m Butterfly	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	406	100m Backstroke	Girls	12/u, 13, 14-15, 16/over	HDW
	407	800m Freestyle	Mixed	Open	HDW
	408	Medley Skins	Boys	14/under (Invite Only)	HDW
	409	Medley Skins	Boys	15/over (Invite Only)	HDW







## Hamilton Aquatics Last Chance Qualifying Times

	FEMALE					MALE				
	12/under	13yrs	14-15yrs	16yrs/over	EVENTS	12/under	13yrs	14yrs	15-16yrs	17yrs/over
Qualifying Time	00:31.31	00:31.34	00:30.30	00:29.64	50m Freestyle	00:30.57	00:29.24	00:27.82	00:27.54	00:26.42
Consideration Time	00:36.01	00:36.05	00:34.84	00:34.09		00:35.16	00:33.63	00:31.99	00:31.67	00:30.39
Qualifying Time	01:08.79	01:08.10	01:05.47	01:04.37	100m Freestyle	01:06.27	01:03.40	01:00.74	00:59.80	00:57.85
Consideration Time	01:19.11	01:18.32	01:15.29	01:14.03		01:16.21	01:12.92	01:09.85	01:08.77	01:06.52
Qualifying Time	02:30.40	02:28.49	02:22.72	02:19.81	200m Freestyle	02:24.73	02:19.02	02:13.35	02:11.10	02:07.32
Consideration Time	02:52.96	02:50.76	02:44.13	02:40.78		02:46.44	02:39.87	02:33.35	02:30.77	02:26.42
Qualifying Time	05:17.23	05:11.78	05:01.37	04:54.87	400m Freestyle	05:06.35	04:56.20	04:43.20	04:39.17	04:30.38
Maximum of 6 heats						Maximum of 6 heats				
Qualifying Time	00:36.61	00:35.48	00:33.85	00:33.65	50m Backstroke	00:35.29	00:33.43	00:32.18	00:30.98	00:30.22
Consideration Time	00:42.10	00:40.80	00:38.93	00:38.70		00:40.58	00:38.45	00:37.00	00:35.63	00:34.75
Qualifying Time	01:18.46	01:17.59	01:14.50	01:13.02	100m Backstroke	01:14.89	01:12.87	01:08.91	01:08.41	01:06.19
Consideration Time	01:30.23	01:29.23	01:25.67	01:23.97		01:26.12	01:23.80	01:19.25	01:18.67	01:16.11
Qualifying Time	02:49.50	02:44.95	02:40.34	02:36.09	200m Backstroke	02:42.63	02:38.50	02:29.92	02:28.93	02:25.04
Consideration Time	03:14.92	03:09.69	03:04.39	02:59.50		03:07.03	03:02.28	02:52.41	02:51.27	02:46.80
Qualifying Time	00:40.48	00:38.53	00:37.11	00:36.64	50m Breaststroke	00:39.38	00:37.88	00:36.17	00:34.41	00:33.88
Consideration Time	00:46.55	00:44.31	00:42.68	00:42.14		00:45.29	00:43.56	00:41.60	00:39.57	00:38.96
Qualifying Time	01:27.77	01:28.06	01:24.27	01:22.79	100m Breaststroke	01:24.93	01:21.00	01:17.66	01:16.96	01:14.81
Consideration Time	01:40.94	01:41.27	01:36.91	01:35.20		01:37.67	01:33.15	01:29.30	01:28.50	01:26.03
Qualifying Time	03:08.83	03:09.47	03:01.87	02:59.13	200m Breaststroke	03:05.74	02:57.01	02:49.39	02:48.01	02:42.52
Consideration Time	03:37.15	03:37.89	03:29.15	03:26.00		03:33.60	03:23.56	03:14.80	03:13.21	03:06.90
Qualifying Time	00:34.27	00:32.93	00:31.68	00:31.26	50m Butterfly	00:33.05	00:31.64	00:30.13	00:28.71	00:27.99
Consideration Time	00:39.41	00:37.87	00:36.44	00:35.95		00:38.00	00:36.39	00:34.65	00:33.01	00:32.18
Qualifying Time	01:18.06	01:16.50	01:12.91	01:10.92	100m Butterfly	01:13.33	01:10.83	01:07.18	01:05.65	01:03.30
Consideration Time	01:29.77	01:27.97	01:23.85	01:21.55		01:24.33	01:21.45	01:17.25	01:15.50	01:12.79
Qualifying Time	02:58.28	02:51.86	02:44.24	02:39.31	200m Butterfly	02:52.00	02:43.21	02:31.90	02:27.29	02:23.34
Consideration Time	03:25.02	03:17.64	03:08.87	03:03.20		03:17.81	03:07.69	02:54.68	02:49.38	02:44.84
Qualifying Time	02:49.98	02:47.48	02:42.21	02:38.42	200m Individual Medley	02:42.70	02:36.29	02:30.09	02:29.26	02:25.18
Consideration Time	03:15.48	03:12.60	03:06.55	03:02.19		03:07.11	02:59.73	02:52.60	02:51.65	02:46.96
Qualifying Time	06:01.19	05:58.62	05:44.55	05:37.98	400m Individual Medley	05:47.72	05:36.49	05:19.60	05:17.52	05:08.03
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.

