



HAMILTON

AQUATICS



Hamilton Aquatics Last Chance Entry Pack

3-4 May 2025

Pool: 50m, 10 lane pool

Location: Hamdan Sports Complex

Entry deadline: 16 April 2025 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 2025

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)

The three fastest heats of each event will swim first. Once all events have concluded, the remaining heats will take place.

All events will be heat declared for age group winners.

Open Finals will be the top 10 fastest swimmers, regardless of age, they will advance to the finals of each event following the heat.

Awards

Medals for 1st to 3rd

Entry Fees

(Inclusive of VAT)

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

AED 75 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

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.

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.

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.

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/login>

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.**

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**



Programme of Events

Saturday 3 May 2025

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 Freestyle	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	103	50m Backstroke	Girls	12/u, 13, 14-15, 16/over	HDW
	104	50m Backstroke	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	105	100m Freestyle	Girls	12/u, 13, 14-15, 16/over	HDW
	106	100m Freestyle	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	107	200m Breaststroke	Girls	12/u, 13, 14-15, 16/over	HDW
	108	200m Breaststroke	Boys	12/u, 13, 14, 15-16, 17/over	HDW
Session 2		Warm Up 12:30		Start 13:30	
	109	200m Individual Medley	Girls	12/u, 13, 14-15, 16/over	HDW
	110	200m Individual Medley	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	111	50m Butterfly	Girls	12/u, 13, 14-15, 16/over	HDW
	112	50m Butterfly	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	113	100m Backstroke	Girls	12/u, 13, 14-15, 16/over	HDW
	114	100m Backstroke	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	115	200m Butterfly	Girls	12/u, 13, 14-15, 16/over	HDW
	116	200m Butterfly	Boys	12/u, 13, 14, 15-16, 17/over	HDW





Programme of Events

Saturday 3 May 2025

Session 3	Warm Up 17:00			Start 18:00	
Event No.	101	400m Freestyle	Girls	OPEN	Final
	102	400m Freestyle	Boys	OPEN	Final
	103	50m Backstroke	Girls	OPEN	Final
	104	50m Backstroke	Boys	OPEN	Final
	105	100m Freestyle	Girls	OPEN	Final
	106	100m Freestyle	Boys	OPEN	Final
	107	200m Breaststroke	Girls	OPEN	Final
	108	200m Breaststroke	Boys	OPEN	Final
	109	200m Individual Medley	Girls	OPEN	Final
	110	200m Individual Medley	Boys	OPEN	Final
	111	50m Butterfly	Girls	OPEN	Final
	112	50m Butterfly	Boys	OPEN	Final
	113	100m Backstroke	Girls	OPEN	Final
	114	100m Backstroke	Boys	OPEN	Final
	115	200m Butterfly	Girls	OPEN	Final
	116	200m Butterfly	Boys	OPEN	Final





Programme of Events

Sunday 4 May 2025

Session 4		Warm Up 08.00		Start 09.00	
Event No.	201	400m Individual Medley	Girls	12/u, 13, 14-15, 16/over	HDW
	202	400m Individual Medley	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	203	50m Freestyle	Girls	12/u, 13, 14-15, 16/over	HDW
	204	50m Freestyle	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	205	200m Backstroke	Girls	12/u, 13, 14-15, 16/over	HDW
	206	200m Backstroke	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	207	100m Breaststroke	Girls	12/u, 13, 14-15, 16/over	HDW
Session 5		Warm Up 12:30		Start 13:30	
	208	100m Breaststroke	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	209	100m Butterfly	Girls	12/u, 13, 14-15, 16/over	HDW
	210	100m Butterfly	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	211	200m Freestyle	Girls	12/u, 13, 14-15, 16/over	HDW
	212	200m Freestyle	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	213	50 Breaststroke	Girls	12/u, 13, 14-15, 16/over	HDW
	214	50 Breaststroke	Boys	12/u, 13, 14, 15-16, 17/over	HDW





Programme of Events

Sunday 4 May 2025

Session 6	Warm Up 17:00			Start 18:00	
Event No.	201	400m Individual Medley	Girls	OPEN	Final
	202	400m Individual Medley	Boys	OPEN	Final
	203	50m Freestyle	Girls	OPEN	Final
	204	50m Freestyle	Boys	OPEN	Final
	205	200m Backstroke	Girls	OPEN	Final
	206	200m Backstroke	Boys	OPEN	Final
	207	100m Breaststroke	Girls	OPEN	Final
	208	100m Breaststroke	Boys	OPEN	Final
	209	100m Butterfly	Girls	OPEN	Final
	210	100m Butterfly	Boys	OPEN	Final
	211	200m Freestyle	Girls	OPEN	Final
	212	200m Freestyle	Boys	OPEN	Final
	213	50 Breaststroke	Girls	OPEN	Final
	214	50 Breaststroke	Boys	OPEN	Final





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.

