



HAMILTON

AQUATICS



Hamilton Aquatics Short Course
Entry Pack

11-12 October 2025
Pool: 25m, 10 lanes
Location: Abu Dhabi Aquatics Club

Entry deadline: 22 September 2025 12 midday (Dubai)



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 2025

Events

50m on all strokes
100m on all strokes
200m on all strokes
100m, 200m and 400m Individual Medley
(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 for 1st to 3rd

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

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.

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.

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.

Coach passes are for coaches only and cannot be shared. Coaches must wear the coach pass provided at all times.

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

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>

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.



Program of Events

Saturday 11 October 2025

Session 1	Warm Up 08:00	Start 09:00	
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Event No.	101	400m Individual Medley	Girls	11/u, 12, 13, 14-15, 16/over	HDW
	102	400m Individual Medley	Boys	11/u, 12, 13, 14, 15-16, 17/over	HDW
	103	100m Freestyle	Girls	11/u, 12, 13, 14-15, 16/over	HDW
	104	100m Freestyle	Boys	11/u, 12, 13, 14, 15-16, 17/over	HDW
	105	200m Butterfly	Girls	11/u, 12, 13, 14-15, 16/over	HDW
	106	200m Butterfly	Boys	11/u, 12, 13, 14, 15-16, 17/over	HDW
	107	50m Backstroke	Girls	11/u, 12, 13, 14-15, 16/over	HDW
	108	50m Backstroke	Boys	11/u, 12, 13, 14, 15-16, 17/over	HDW

Session 2	Warm Up 13:00	Start 14:00	
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Event No.	201	200m Freestyle	Girls	11/u, 12, 13, 14-15, 16/over	HDW
	202	200m Freestyle	Boys	11/u, 12, 13, 14, 15-16, 17/over	HDW
	203	100m Breaststroke	Girls	11/u, 12, 13, 14-15, 16/over	HDW
	204	100m Breaststroke	Boys	11/u, 12, 13, 14, 15-16, 17/over	HDW
	205	50m Butterfly	Girls	11/u, 12, 13, 14-15, 16/over	HDW
	206	50m Butterfly	Boys	11/u, 12, 13, 14, 15-16, 17/over	HDW
	207	100m Individual Medley	Girls	11/u, 12, 13, 14-15, 16/over	HDW
	208	100m Individual Medley	Boys	11/u, 12, 13, 14, 15-16, 17/over	HDW
	209	800m Freestyle	Mixed	Open	HDW





Program of Events

Sunday 12 October 2025

Session 3		Warm Up 08:00		Start 09:00			
Event No.	301	400m Freestyle	Girls	11/u, 12, 13, 14-15, 16/over	HDW		
	302	400m Freestyle	Boys	11/u, 12, 13, 14, 15-16, 17/over	HDW		
	303	50m Breaststroke	Girls	11/u, 12, 13, 14-15, 16/over	HDW		
	304	50m Breaststroke	Boys	11/u, 12, 13, 14, 15-16, 17/over	HDW		
	305	100m Butterfly	Girls	11/u, 12, 13, 14-15, 16/over	HDW		
	306	100m Butterfly	Boys	11/u, 12, 13, 14, 15-16, 17/over	HDW		
	307	200m Backstroke	Girls	11/u, 12, 13, 14-15, 16/over	HDW		
	308	200m Backstroke	Boys	11/u, 12, 13, 14, 15-16, 17/over	HDW		

Session 4		Warm Up 13:00		Start 14:00			
Event No.	401	200m Breaststroke	Girls	11/u, 12, 13, 14-15, 16/over	HDW		
	402	200m Breaststroke	Boys	11/u, 12, 13, 14, 15-16, 17/over	HDW		
	403	100m Backstroke	Girls	11/u, 12, 13, 14-15, 16/over	HDW		
	404	100m Backstroke	Boys	11/u, 12, 13, 14, 15-16, 17/over	HDW		
	405	50m Freestyle	Girls	11/u, 12, 13, 14-15, 16/over	HDW		
	406	50m Freestyle	Boys	11/u, 12, 13, 14, 15-16, 17/over	HDW		
	407	200m Individual Medley	Girls	11/u, 12, 13, 14-15, 16/over	HDW		
	408	200m Individual Medley	Boys	11/u, 12, 13, 14, 15-16, 17/over	HDW		





Hamilton Aquatics Short Course Qualifying Times

	Female					EVENTS	Male					
	11yrs/u	12yrs	13yrs	14-15yrs	16yrs/over		11yrs/u	12yrs	13yrs	14yrs	15-16yrs	17yrs/over
Qualifying Time	00:35.40	00:31.17	00:31.20	00:30.16	00:29.50	50m Freestyle	00:33.36	00:30.43	00:29.11	00:27.69	00:27.41	00:26.30
Consideration Time	00:37.61	00:35.07	00:35.10	00:33.93	00:33.19		00:37.53	00:34.24	00:32.75	00:31.15	00:30.84	00:29.59
Qualifying Time	01:18.68	01:08.47	01:07.79	01:05.17	01:04.07	100m Freestyle	01:12.95	01:05.96	01:03.11	01:00.46	00:59.52	00:57.58
Consideration Time	01:23.60	01:17.03	01:16.26	01:13.32	01:12.08		01:22.07	01:14.21	01:11.00	01:08.01	01:06.96	01:04.78
Qualifying Time	02:41.11	02:29.71	02:27.80	02:22.06	02:19.16	200m Freestyle	02:38.69	02:24.06	02:18.38	02:12.73	02:10.50	02:06.73
Consideration Time	02:51.18	02:48.42	02:46.28	02:39.82	02:36.56		02:58.52	02:42.07	02:35.68	02:29.32	02:26.81	02:22.57
Qualifying Time	05:44.83	05:15.76	05:10.34	04:59.98	04:53.51	400m Freestyle	05:34.68	05:04.93	04:54.83	04:41.89	04:37.88	04:29.13
Maximum of 6 Heats							Maximum of 6 Heats					
Qualifying Time	00:41.27	00:36.44	00:35.32	00:33.70	00:33.49	50m Backstroke	00:38.26	00:35.12	00:33.28	00:32.03	00:30.84	00:30.08
Consideration Time	00:43.85	00:40.99	00:39.73	00:37.91	00:37.68		00:43.04	00:39.52	00:37.44	00:36.03	00:34.69	00:33.84
Qualifying Time	01:30.44	01:18.10	01:17.23	01:14.15	01:12.68	100m Backstroke	01:22.62	01:14.54	01:12.53	01:08.59	01:08.09	01:05.88
Consideration Time	01:36.10	01:27.86	01:26.89	01:23.42	01:21.76		01:32.95	01:23.86	01:21.60	01:17.16	01:16.60	01:14.11
Qualifying Time	03:05.00	02:48.71	02:44.18	02:39.60	02:35.37	200m Backstroke	02:57.55	02:41.88	02:37.77	02:29.22	02:28.24	02:24.37
Consideration Time	03:16.56	03:09.80	03:04.71	02:59.55	02:54.79		03:19.74	03:02.12	02:57.49	02:47.88	02:46.77	02:42.42
Qualifying Time	00:46.59	00:40.29	00:38.35	00:36.94	00:36.47	50m Breaststroke	00:44.26	00:39.20	00:37.70	00:36.00	00:34.25	00:33.72
Consideration Time	00:49.50	00:45.33	00:43.15	00:41.55	00:41.03		00:49.79	00:44.10	00:42.41	00:40.50	00:38.53	00:37.93
Qualifying Time	01:42.82	01:27.37	01:27.66	01:23.88	01:22.40	100m Breaststroke	01:36.26	01:24.54	01:20.62	01:17.30	01:16.60	01:14.47
Consideration Time	01:49.24	01:38.29	01:38.61	01:34.36	01:32.70		01:48.29	01:35.10	01:30.70	01:26.96	01:26.18	01:23.77
Qualifying Time	03:30.04	03:07.96	03:08.59	03:01.03	02:58.30	200m Breaststroke	03:29.16	03:04.88	02:56.19	02:48.61	02:47.23	02:41.77
Consideration Time	03:43.16	03:31.45	03:32.17	03:23.65	03:20.59		03:55.31	03:27.98	03:18.22	03:09.68	03:08.14	03:01.99
Qualifying Time	00:39.35	00:34.11	00:32.78	00:31.54	00:31.12	50m Butterfly	00:35.91	00:32.89	00:31.50	00:29.99	00:28.57	00:27.86
Consideration Time	00:41.81	00:38.37	00:36.88	00:35.48	00:35.01		00:40.40	00:37.01	00:35.43	00:33.74	00:32.15	00:31.34
Qualifying Time	01:31.29	01:17.70	01:16.14	01:12.58	01:10.59	100m Butterfly	01:21.52	01:12.99	01:10.50	01:06.87	01:05.35	01:03.01
Consideration Time	01:37.00	01:27.41	01:25.66	01:21.65	01:19.41		01:31.71	01:22.11	01:19.31	01:15.22	01:13.52	01:10.88
Qualifying Time	03:11.50	02:57.46	02:51.07	02:43.47	02:38.57	200m Butterfly	03:06.12	02:51.21	02:42.46	02:31.19	02:26.60	02:22.67
Consideration Time	03:23.47	03:19.64	03:12.45	03:03.91	02:58.39		03:29.38	03:12.61	03:02.76	02:50.09	02:44.93	02:40.51
Qualifying Time	01:30.34	01:18.89	01:16.47	01:13.52	01:12.55	100m Individual Medley	01:24.33	01:16.47	01:13.10	01:09.84	01:07.26	01:05.53
Consideration Time	01:32.60	01:22.84	01:20.29	01:17.19	01:16.18		01:28.55	01:20.30	01:16.76	01:13.33	01:10.63	01:08.81
Qualifying Time	03:15.80	02:49.19	02:46.70	02:41.46	02:37.69	200m Individual Medley	03:00.54	02:41.95	02:35.56	02:29.39	02:28.57	02:24.51
Consideration Time	03:28.04	03:10.34	03:07.54	03:01.65	02:57.40		03:23.11	03:02.19	02:55.01	02:48.07	02:47.15	02:42.57
Qualifying Time	06:32.39	05:59.52	05:56.96	05:42.96	05:36.42	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							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.

