



# HAMILTON

## AQUATICS



Hamilton Aquatics Spring Meet Entry Pack

20-21 April 2024

Pool: 25m, 10 lanes pool

Location: Hamdan Sports Complex

Entry deadline: 27 March 2024 12 midday (Dubai)



# 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 31 December 2024

## 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)  
200 Butterfly for 11+ only

All events will be heat declared winner

## Awards

Medals for 1<sup>st</sup> to 3<sup>rd</sup> 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](#).**



# 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.

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 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).

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/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.**

***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 April 2024**

Session 1	Warm Up 08.00			Start TBC	
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Event No.	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 2	Warm Up TBC			Start TBC	
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Event No.	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 21 April 2024**

Session 3		Warm Up 08.00		Start TBC	
Event No.	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 4		Warm Up TBC		Start TBC	
Event No.	401	200m Breaststroke	Girls	9, 10, 11, 12, 13, 14, 15/over	HDW
	402	200m Breaststroke	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 Individual Medley	Girls	9, 10, 11, 12, 13, 14, 15/over	HDW
	408	200m Individual Medley	Boys	9, 10, 11, 12, 13, 14, 15/over	HDW







## Hamilton Aquatics Spring Meet

### Qualifying Times

	FEMALE								MALE						
	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs/over	EVENTS	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs/over
Qualifying Time	00:40.81	00:37.79	00:35.00	00:33.34	00:33.38	00:32.51	00:32.02	50m Freestyle	00:37.45	00:35.66	00:33.96	00:32.56	00:31.14	00:29.62	00:29.72
Consideration Time	00:46.93	00:43.46	00:40.25	00:38.35	00:38.38	00:37.38	00:36.82		00:43.06	00:41.01	00:39.06	00:37.44	00:35.81	00:34.06	00:34.18
Qualifying Time	01:31.58	01:24.12	01:16.81	01:13.25	01:12.52	01:10.20	01:09.23	100m Freestyle	01:21.88	01:17.98	01:14.27	01:10.57	01:07.51	01:04.67	01:04.50
Consideration Time	01:45.32	01:36.74	01:28.33	01:24.23	01:23.40	01:20.73	01:19.61		01:34.16	01:29.68	01:25.41	01:21.15	01:17.64	01:14.38	01:14.18
Qualifying Time	03:00.68	02:52.08	02:44.30	02:40.15	02:38.12	02:33.00	02:30.94	200m Freestyle	02:58.10	02:49.62	02:41.54	02:34.11	02:28.03	02:21.99	02:21.40
Consideration Time	03:27.78	03:17.89	03:08.95	03:04.17	03:01.83	02:55.95	02:53.59		03:24.82	03:15.06	03:05.78	02:57.23	02:50.24	02:43.29	02:42.61
Qualifying Time	06:26.90	06:08.47	05:51.29	05:37.79	05:31.99	05:23.75	05:18.07	400m Freestyle	06:15.63	05:57.75	05:40.71	05:26.21	05:15.39	05:01.55	05:00.49
	Maximum of 2 heats								Maximum of 2 heats						
Qualifying Time	00:47.88	00:43.99	00:40.59	00:38.98	00:37.78	00:36.23	00:35.87	50m Backstroke	00:42.94	00:40.89	00:38.95	00:37.58	00:35.60	00:34.26	00:33.18
Consideration Time	00:55.06	00:50.59	00:46.67	00:44.83	00:43.45	00:41.66	00:41.25		00:49.38	00:47.03	00:44.79	00:43.21	00:40.94	00:39.40	00:38.15
Qualifying Time	01:46.66	01:34.31	01:29.29	01:23.55	01:22.62	01:19.90	01:18.75	100m Backstroke	01:32.73	01:28.32	01:24.11	01:19.74	01:17.59	01:13.38	01:13.66
Consideration Time	02:02.66	01:48.46	01:42.68	01:36.08	01:35.01	01:31.88	01:30.56		01:46.64	01:41.56	01:36.73	01:31.70	01:29.23	01:24.38	01:24.71
Qualifying Time	03:28.41	03:18.49	03:06.81	03:00.48	02:55.64	02:51.28	02:50.18	200m Backstroke	03:19.27	03:09.78	03:00.74	02:53.17	02:48.78	02:39.64	02:40.05
Consideration Time	03:59.67	03:48.26	03:34.84	03:27.56	03:21.99	03:16.98	03:15.70		03:49.16	03:38.25	03:27.86	03:19.15	03:14.09	03:03.58	03:04.06
Qualifying Time	00:54.61	00:49.45	00:45.46	00:43.10	00:41.03	00:39.48	00:39.54	50m Breaststroke	00:49.68	00:47.31	00:45.06	00:41.93	00:40.33	00:38.51	00:36.83
Consideration Time	01:02.80	00:56.87	00:52.27	00:49.57	00:47.18	00:45.41	00:45.48		00:57.13	00:54.41	00:51.82	00:48.22	00:46.38	00:44.29	00:42.35
Qualifying Time	02:03.46	01:47.34	01:39.17	01:33.46	01:33.77	01:30.56	01:28.90	100m Breaststroke	01:48.04	01:42.89	01:37.99	01:30.44	01:26.25	01:22.69	01:22.81
Consideration Time	02:21.98	02:03.44	01:54.05	01:47.48	01:47.84	01:44.15	01:42.23		02:04.24	01:58.33	01:52.69	01:44.00	01:39.18	01:35.09	01:35.23
Qualifying Time	04:00.37	03:48.93	03:24.77	03:21.07	03:21.75	03:16.01	03:11.30	200m Breaststroke	03:54.76	03:43.58	03:32.93	03:17.77	03:08.48	03:00.37	03:01.19
Consideration Time	04:36.43	04:23.27	03:55.48	03:51.23	03:52.01	03:45.42	03:39.99		04:29.97	04:17.11	04:04.87	03:47.44	03:36.76	03:27.43	03:28.37
Qualifying Time	00:46.09	00:41.69	00:38.51	00:36.49	00:35.07	00:33.78	00:33.69	50m Butterfly	00:40.30	00:38.39	00:36.56	00:35.19	00:33.69	00:32.09	00:30.76
Consideration Time	00:53.00	00:47.94	00:44.29	00:41.96	00:40.33	00:38.85	00:38.75		00:46.35	00:44.14	00:42.04	00:40.47	00:38.75	00:36.90	00:35.38
Qualifying Time	01:49.11	01:36.86	01:27.01	01:23.12	01:21.45	01:18.46	01:16.82	100m Butterfly	01:31.49	01:27.14	01:22.99	01:18.08	01:15.42	01:11.53	01:10.78
Consideration Time	02:05.48	01:51.39	01:40.06	01:35.59	01:33.67	01:30.23	01:28.34		01:45.22	01:40.21	01:35.43	01:29.79	01:26.73	01:22.26	01:21.40
Qualifying Time			03:13.47	03:09.84	03:03.00	02:56.68	02:53.08	200m Butterfly			03:09.47	03:03.15	02:53.79	02:41.74	02:38.75
Consideration Time			03:42.49	03:38.31	03:30.45	03:23.19	03:19.04				03:37.89	03:30.63	03:19.86	03:06.00	03:02.56
Qualifying Time	01:45.21	01:36.07	01:28.64	01:24.40	01:21.81	01:18.89	01:18.40	100m Individual Medley	01:34.65	01:30.14	01:25.85	01:21.81	01:18.20	01:14.71	01:12.49
Consideration Time	01:50.47	01:40.87	01:33.08	01:28.62	01:25.90	01:22.83	01:22.32		01:39.38	01:34.65	01:30.14	01:25.90	01:22.11	01:18.45	01:16.12
Qualifying Time	03:55.94	03:23.30	03:09.14	03:01.00	02:58.33	02:54.13	02:51.33	200m Individual Medley	03:22.63	03:12.98	03:03.79	02:53.25	02:46.42	02:39.82	02:40.50
Consideration Time	04:31.33	03:53.80	03:37.51	03:28.15	03:25.08	03:20.25	03:17.02		03:53.03	03:41.93	03:31.36	03:19.23	03:11.38	03:03.79	03:04.58
Qualifying Time	07:26.25	07:05.00	06:28.03	06:24.60	06:21.87	06:10.39	06:03.37	400m Individual Medley	07:21.12	07:00.11	06:40.11	06:10.26	05:58.30	05:40.32	05:42.32
	Maximum of 2 heats								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.

