

*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.*

**Venue:** [GEMS Dubai American Academy](#)

**Pool:** 25m, 8 lanes, with anti-wave lane ropes

**Timing:** An Omega Timing System will be used

**Date:** **3-5 December 2020**

**Age Groups:** **Session 1, 4 and 7**  
Girls: 11/under, 12  
Boys: 11/under, 12  
**Session 2, 5 and 8**  
Girls: 13, 14-15  
Boys: 13, 14  
**Session 3, 6 and 9**  
Girls: Open  
Boys: Open

**Age as of 31 December 2020**

**Events:** 50m on all strokes  
100m on all strokes  
200m on all strokes  
200m and 400m Individual Medley  
400m Freestyle

All events will be heat declared winner

**Entry Fees:** AED 55 per event (for teams entering using Hy-tek)  
(Inclusive of VAT) AED 65 per event (for paper entries)  
*Instructions on entering using Hy-tek are available on the Hamilton Aquatics website [here](#).*

**Entries:** Team entries can 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.

**Closing Date:** **25 November 2020 at 12.00 midday (Dubai)**

**Entry Conditions:** Hamilton Aquatics Performance swimmers will be able to enter the Hamilton Aquatics Open Meets without an entry time at the discretion of the coaching team.

Swimmers are guaranteed entry if their entry time is faster than the advertised qualifying times.

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 event will be rejected.

Swimmers entering 'Open' events are guaranteed entry if their time is faster than the advertised qualifying times.

Processing of entries will be based on a first come, first serve basis. Entries will be limited in line with the current restrictions.

**Guidelines:** All entrants will proceed through gate 5 to the venue where temperature will be checked.

Swimmers and coaches must always adhere to a minimum 2m social distance.

Each swimming club will have their own designated athlete zone in the seating area.

All staff and coaches must wear a face mask at all times (no face shields allowed).

Swimmers must wear masks into the facility and only be removed when preparing to enter the swimming pool.

Athletes will enter and exit poolside via the one-way system.

***Should any users (Coaches or athletes) fail to comply with the rules they will receive a verbal warning and repeat offenders will be asked to leave the venue and not permitted to continue activities (refunds will not be granted).***

**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:**  
(Inclusive of VAT) AED 100 for the weekend.

One **FREE** coach pass will be issued for every 30 swimmers in line with internationally recognised coach to swimmer ratios. If you require more coach passes, please email [competitions@hamiltonaquatics.ae](mailto:competitions@hamiltonaquatics.ae).

*Please note that the ratio of additional coach passes is 10 swimmers to 1 coach. Coach passes will only be issued with a valid UAE swimming federation membership or a valid police check and proof of local Swimming Federation membership or similar. Any coach pass purchased on the day will be subject to an additional AED 25 administration fee.*

**Warm-Ups:** Warm-ups will be split as follows:

Session 1, 4 and 7 TBC

Session 2, 5 and 8 TBC

Session 3, 6 and 9 TBC

**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.**

**Live Results:** Live results are available on the Hamilton Aquatics website at [www.hamiltonaquatics.ae/live-results](http://www.hamiltonaquatics.ae/live-results) . Results will be updated at the end of each event. Results can be accessed via your mobile phone or tablet using mobile data. Hamilton Aquatics will not provide public Wi-Fi access.

## Programme of Events

### Thursday – 3 December 2020

Session 1		Warm Up TBC		Start TBC	
Event No.	101	400m Individual Medley	Boys	11/under, 12	HDW
	102	100m Butterfly	Girls	11/under, 12	HDW
	103	200m Freestyle	Boys	11/under, 12	HDW
	104	100m Breaststroke	Girls	11/under, 12	HDW
	105	100m Breaststroke	Boys	11/under, 12	HDW
	106	200m Freestyle	Girls	11/under, 12	HDW
	107	100m Backstroke	Boys	11/under, 12	HDW
	108	200m Individual Medley	Girls	11/under, 12	HDW
	109	50m Butterfly	Boys	11/under, 12	HDW
	110	50m Backstroke	Girls	11/under, 12	HDW
Session 2		Warm Up TBC		Start TBC	
Event No.	201	400m Individual Medley	Boys	13, 14	HDW
	202	100m Butterfly	Girls	13, 14-15	HDW
	203	200m Freestyle	Boys	13, 14	HDW
	204	100m Breaststroke	Girls	13, 14-15	HDW
	205	100m Breaststroke	Boys	13, 14	HDW
	206	200m Freestyle	Girls	13, 14-15	HDW
	207	100m Backstroke	Boys	13, 14	HDW
	208	200m Individual Medley	Girls	13, 14-15	HDW
	209	50m Butterfly	Boys	13, 14	HDW
	210	50m Backstroke	Girls	13, 14-15	HDW
Session 3		Warm Up TBC		Start TBC	
Event No.	301	400m Individual Medley	Boys	Open	HDW
	302	100m Butterfly	Girls	Open	HDW
	303	200m Freestyle	Boys	Open	HDW
	304	100m Breaststroke	Girls	Open	HDW
	305	100m Breaststroke	Boys	Open	HDW
	306	200m Freestyle	Girls	Open	HDW
	307	100m Backstroke	Boys	Open	HDW
	308	200m Individual Medley	Girls	Open	HDW
	309	50m Butterfly	Boys	Open	HDW
	310	50m Backstroke	Girls	Open	HDW

## Programme of Events

Friday – 4 December 2020

Session 4	Warm Up TBC	Start TBC
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Event No.	Distance	Stroke	Gender	Age Group	HDW
401	400m Individual Medley		Girls	11/under, 12	HDW
402	200m Individual Medley		Boys	11/under, 12	HDW
403	100m Freestyle		Girls	11/under, 12	HDW
404	200m Butterfly		Boys	11/under, 12	HDW
405	200m Breaststroke		Girls	11/under, 12	HDW
406	200m Backstroke		Boys	11/under, 12	HDW
407	200m Backstroke		Girls	11/under, 12	HDW
408	100m Freestyle		Boys	11/under, 12	HDW
409	50m Butterfly		Girls	11/under, 12	HDW
410	50m Breaststroke		Boys	11/under, 12	HDW

Session 5	Warm Up TBC	Start TBC
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Event No.	Distance	Stroke	Gender	Age Group	HDW
501	400m Individual Medley		Girls	13, 14-15	HDW
502	200m Individual Medley		Boys	13, 14	HDW
503	100m Freestyle		Girls	13, 14-15	HDW
504	200m Butterfly		Boys	13, 14	HDW
505	200m Breaststroke		Girls	13, 14-15	HDW
506	200m Backstroke		Boys	13, 14	HDW
507	200m Backstroke		Girls	13, 14-15	HDW
508	100m Freestyle		Boys	13, 14	HDW
509	50m Butterfly		Girls	13, 14-15	HDW
510	50m Breaststroke		Boys	13, 14	HDW

Session 6	Warm Up TBC	Start TBC
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Event No.	Distance	Stroke	Gender	Age Group	HDW
601	400m Individual Medley		Girls	Open	HDW
602	200m Individual Medley		Boys	Open	HDW
603	100m Freestyle		Girls	Open	HDW
604	200m Butterfly		Boys	Open	HDW
605	200m Breaststroke		Girls	Open	HDW
606	200m Backstroke		Boys	Open	HDW
607	200m Backstroke		Girls	Open	HDW
608	100m Freestyle		Boys	Open	HDW
609	50m Butterfly		Girls	Open	HDW
610	50m Breaststroke		Boys	Open	HDW

## Programme of Events

### Saturday – 5 December 2020

Session 7		Warm Up TBC		Start TBC	
Event No.	701	400m Freestyle	Boys	11/under, 12	HDW
	702	400m Freestyle	Girls	11/under, 12	HDW
	703	50m Backstroke	Boys	11/under, 12	HDW
	704	50m Breaststroke	Girls	11/under, 12	HDW
	705	100m Butterfly	Boys	11/under, 12	HDW
	706	200m Butterfly	Girls	11/under, 12	HDW
	707	200m Breaststroke	Boys	11/under, 12	HDW
	708	100m Backstroke	Girls	11/under, 12	HDW
	709	50m Freestyle	Boys	11/under, 12	HDW
	710	50m Freestyle	Girls	11/under, 12	HDW

  

Session 8		Warm Up TBC		Start TBC	
Event No.	801	400m Freestyle	Boys	13, 14	HDW
	802	400m Freestyle	Girls	13, 14-15	HDW
	803	50m Backstroke	Boys	13, 14	HDW
	804	50m Breaststroke	Girls	13, 14-15	HDW
	805	100m Butterfly	Boys	13, 14	HDW
	806	200m Butterfly	Girls	13, 14-15	HDW
	807	200m Breaststroke	Boys	13, 14	HDW
	808	100m Backstroke	Girls	13, 14-15	HDW
	809	50m Freestyle	Boys	13, 14	HDW
	810	50m Freestyle	Girls	13, 14-15	HDW

  

Session 9		Warm Up TBC		Start TBC	
Event No.	901	400m Freestyle	Boys	Open	HDW
	902	400m Freestyle	Girls	Open	HDW
	903	50m Backstroke	Boys	Open	HDW
	904	50m Breaststroke	Girls	Open	HDW
	905	100m Butterfly	Boys	Open	HDW
	906	200m Butterfly	Girls	Open	HDW
	907	200m Breaststroke	Boys	Open	HDW
	908	100m Backstroke	Girls	Open	HDW
	909	50m Freestyle	Boys	Open	HDW
	910	50m Freestyle	Girls	Open	HDW

# Hamilton Aquatics Short Course Qualifying Times

This competition is run under Hamilton Aquatics Promoters Conditions and has been approved by Dubai Sports Council

	Female					EVENTS	Male				
	11yrs/under	12yrs	13yrs	14-15yrs	Open		11yrs/under	12yrs	13yrs	14yrs	Open
Qualifying Time	00:33.24	00:31.14	00:31.11	00:30.11	00:30.11	50m Freestyle	00:32.53	00:31.42	00:29.72	00:28.16	00:27.06
Consideration Time	00:34.90	00:32.70	00:32.66	00:31.61			00:34.16	00:32.99	00:31.21	00:29.57	
Qualifying Time	01:13.41	01:09.76	01:07.55	01:05.07	01:05.07	100m Freestyle	01:11.68	01:09.02	01:04.52	01:01.62	00:58.59
Consideration Time	01:17.08	01:13.24	01:10.93	01:08.32			01:15.26	01:12.47	01:07.74	01:04.70	
Qualifying Time	02:41.23	02:34.53	02:28.55	02:21.79	02:21.79	200m Freestyle	02:36.22	02:31.05	02:22.69	02:16.79	02:08.76
Consideration Time	02:49.29	02:42.26	02:35.98	02:28.88			02:44.03	02:38.60	02:29.82	02:23.63	
Qualifying Time	05:47.02	05:27.20	05:10.15	04:57.97	04:57.97	400m Freestyle	05:33.57	05:23.21	05:07.97	04:53.41	04:36.05
Consideration Time	06:04.37	05:43.56	05:25.66	05:12.87			05:50.25	05:39.37	05:23.37	05:08.09	
Qualifying Time	00:39.17	00:37.58	00:36.92	00:34.27	00:34.27	50m Backstroke	00:36.78	00:36.08	00:34.29	00:33.04	00:31.06
Consideration Time	00:41.13	00:39.46	00:38.76	00:35.99			00:38.62	00:37.89	00:36.01	00:34.69	
Qualifying Time	01:28.26	01:22.57	01:17.32	01:13.88	01:13.88	100m Backstroke	01:20.62	01:17.85	01:16.13	01:10.82	01:08.09
Consideration Time	01:32.67	01:26.70	01:21.19	01:17.58			01:24.65	01:21.74	01:19.93	01:14.37	
Qualifying Time	03:06.85	02:57.37	02:42.84	02:38.86	02:38.86	200m Backstroke	02:55.12	02:50.85	02:47.67	02:36.53	02:29.98
Consideration Time	03:16.19	03:06.24	02:50.98	02:46.80			03:03.88	02:59.40	02:56.06	02:44.35	
Qualifying Time	00:43.43	00:40.74	00:39.49	00:38.31	00:38.31	50m Breaststroke	00:44.23	00:40.88	00:38.03	00:36.47	00:33.72
Consideration Time	00:45.60	00:42.77	00:41.47	00:40.23			00:46.44	00:42.93	00:39.93	00:38.30	
Qualifying Time	01:34.79	01:29.52	01:26.94	01:23.06	01:23.06	100m Breaststroke	01:36.73	01:28.56	01:22.52	01:20.70	01:14.22
Consideration Time	01:39.53	01:34.00	01:31.28	01:27.22			01:41.56	01:32.99	01:26.64	01:24.73	
Qualifying Time	03:18.23	03:12.88	03:08.37	02:59.31	02:59.31	200m Breaststroke	03:32.12	03:15.91	02:58.63	02:57.27	02:43.97
Consideration Time	03:28.14	03:22.52	03:17.78	03:08.27			03:42.73	03:25.71	03:07.56	03:06.14	
Qualifying Time	00:37.24	00:34.42	00:33.43	00:31.82	00:31.82	50m Butterfly	00:34.89	00:34.24	00:31.93	00:30.70	00:28.84
Consideration Time	00:39.10	00:36.14	00:35.10	00:33.41			00:36.64	00:35.95	00:33.53	00:32.24	
Qualifying Time	01:23.98	01:20.93	01:15.13	01:11.75	01:11.75	100m Butterfly	01:20.52	01:16.86	01:12.78	01:08.77	01:03.82
Consideration Time	01:28.18	01:24.98	01:18.89	01:15.34			01:24.55	01:20.70	01:16.42	01:12.21	
Qualifying Time	03:14.93	03:08.98	02:50.78	02:41.15	02:41.15	200m Butterfly	03:09.90	03:09.14	02:52.69	02:37.85	02:24.51
Consideration Time	03:24.68	03:18.43	02:59.32	02:49.21			03:19.39	03:18.59	03:01.32	02:45.74	
Qualifying Time	01:24.39	01:20.37	01:16.54	01:12.71	01:12.71	100 Individual Medley	01:22.64	01:18.71	01:14.96	01:11.21	01:07.65
Consideration Time	01:28.60	01:24.39	01:20.37	01:16.35			01:26.78	01:22.64	01:18.71	01:14.77	
Qualifying Time	03:03.11	02:54.66	02:47.05	02:40.77	02:40.77	200m Individual Medley	02:58.56	02:49.16	02:39.39	02:32.88	02:25.83
Consideration Time	03:12.27	03:03.40	02:55.40	02:48.81			03:07.49	02:57.62	02:47.35	02:40.53	
Qualifying Time	06:17.04	06:15.85	05:57.66	05:40.79	05:40.79	400m Individual Medley	06:40.33	06:05.17	05:49.61	05:31.80	05:19.36
Consideration Time	06:35.90	06:34.64	06:15.55	05:57.83			07:00.34	06:23.43	06:07.09	05:48.39	

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 18 months.

The promoter will request validation of any stated entry time.