

This competition is run under Hamilton Aquatics Promoters Conditions

This competition is run under Hamilton Aquatics promoter's conditions and is pending approval from Dubai Sports Council. Hamilton Aquatics reserve the right to cancel the competition based on advice from Dubai Sports Council.

- Venue:** Hamdan Sports Complex – Training Pool
- Pool:** 25m, with anti-wave lane ropes
- Timing:** An Omega Timing System will be used
- Closing Date:** **1 February 2023 at 12.00 midday (Dubai)**
- Date:** **24 February 2023**
- Age Groups:** Girls: 7/under*, 8, 9, 10, 11-12
Boys: 7/under*, 8, 9, 10, 11-12
*Minimum age 6
Age on last day of Gala
- Awards:** Medals for 1st to 3rd
Speeding tickets for swimmers who exceed the cut off times
- Events:** 50m on all strokes, 100m Backstroke & Individual Medley (8/over)
50m on all strokes (7/under)
25m butterfly (8/under only)
- All events will be heat declared winner
- Entry Fees:** AED 40 per event (for teams entering using Hy-tek)
(Inclusive of VAT) AED 50 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. 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.
- By submitting entry, participants agree to the conditions of entry for the competition and the [Hamilton Aquatics Promoters Conditions](#).

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Entry Conditions: All swimmers are able to enter the competition with either no times or times that are slower than the cut times listed below.
There are no cut off or speed limit times for 7/under.

In the event of oversubscription, entries will be processed on a first come first serve basis - 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:
(Inclusive of VAT) AED 25 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.

Please note coach passes will only be issued on production of 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.

Spectators: 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.**

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Programme of Events

Session 1	Warm Up TBC			Start TBC	
Event No.	101	25m Butterfly	Girls	7/u, 8	HDW
	102	25m Butterfly	Boys	7/u, 8	HDW
	103	50m Butterfly	Girls	7/u, 8, 9, 10, 11-12	HDW
	104	50m Butterfly	Boys	7/u, 8, 9, 10, 11-12	HDW
	105	50m Backstroke	Girls	7/u, 8, 9, 10, 11-12	HDW
	106	50m Backstroke	Boys	7/u, 8, 9, 10, 11-12	HDW
	107	50m Breaststroke	Girls	7/u, 8, 9, 10, 11-12	HDW
	108	50m Breaststroke	Boys	7/u, 8, 9, 10, 11-12	HDW
	109	100m Backstroke	Girls	8, 9, 10, 11-12	HDW
	110	100m Backstroke	Boys	8, 9, 10, 11-12	HDW
	111	50m Freestyle	Girls	7/u, 8, 9, 10, 11-12	HDW
	112	50m Freestyle	Boys	7/u, 8, 9, 10, 11-12	HDW

Hamilton Aquatics First Series

Cut Off Times

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	FEMALE					EVENTS	MALE				
	8yrs	9yrs	10yrs	11yrs	12yrs		8yrs	9yrs	10yrs	11yrs	12yrs
Cut Off Time	00:44.71	00:42.58	00:39.43	00:37.44	00:36.08	50m Freestyle	00:43.19	00:41.13	00:39.17	00:37.31	00:36.33
Cut Off Time	01:32.17	01:27.78	01:22.22	01:19.42	01:15.38	100m Freestyle	01:35.05	01:30.52	01:26.21	01:22.11	01:19.53
Cut Off Time	00:52.46	00:49.96	00:45.90	00:43.31	00:42.06	50m Backstroke	00:49.52	00:47.16	00:44.91	00:42.77	00:41.82
Cut Off Time	01:56.86	01:51.30	01:38.42	01:34.99	01:30.90	100m Backstroke	01:47.79	01:42.66	01:37.77	01:33.11	01:30.07
Cut Off Time	00:59.83	00:56.98	00:51.60	00:48.86	00:46.79	50m Breaststroke	00:57.49	00:54.76	00:52.15	00:49.67	00:47.49
Cut Off Time	02:15.27	02:08.83	01:52.01	01:46.47	01:41.99	100m Breaststroke	02:05.03	01:59.08	01:53.41	01:48.01	01:42.75
Cut Off Time	NA*					25m Butterfly	NA*				
Cut Off Time	00:50.50	00:48.09	00:43.50	00:41.36	00:39.56	50m Butterfly	00:47.31	00:45.06	00:42.91	00:40.87	00:39.92

* 8 years old swimmers can enter 25m Butterfly with NT

Speed Limit

Any swimmer who swims faster than the below Speed Limits will receive a speeding ticket.

	FEMALE				EVENTS	MALE			
	8yrs	9yrs	10yrs	11-12yrs		8yrs	9yrs	10yrs	11-12yrs
Speed Limit	00:42:00	00:40:00	00:37:00	00:34:00	50m Freestyle	00:41:00	00:39:00	00:37:00	00:34:00
Speed Limit	01:30:00	01:25:00	01:20:00	01:13:00	100m Freestyle	01:33:00	01:28:00	01:24:00	01:17:00
Speed Limit	00:50:00	00:47:00	00:43:00	00:40:00	50m Backstroke	00:47:00	00:45:00	00:42:00	00:39:00
Speed Limit	01:54:00	01:49:00	01:36:00	01:28:00	100m Backstroke	01:45:00	01:40:00	01:35:00	01:28:00
Speed Limit	00:57:00	00:54:00	00:49:00	00:44:00	50m Breaststroke	00:55:00	00:52:00	00:50:00	00:45:00
Speed Limit	02:13:00	02:06:00	01:50:00	01:39:00	100m Breaststroke	02:03:00	01:57:00	01:51:00	01:40:00
Speed Limit	00:48:00	00:46:00	00:41:00	00:37:00	50m Butterfly	00:45:00	00:43:00	00:40:00	00:37:00