

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:** **26 October 2022 at 12.00 midday (Dubai)**
- Date:** **18<sup>th</sup> and 25<sup>th</sup> of November 2022.**
- 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 1<sup>st</sup> to 3<sup>rd</sup>  
Speeding tickets for swimmers who exceed the cut off times
- Events:** 50m on all strokes, 100m Freestyle & 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](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.
- 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

**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 25 for the weekend including 1 full set of start sheets.  
(Inclusive of VAT)

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 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 | 100m Freestyle         | Girls | 8, 9, 10, 11-12      | HDW |
|           | 106 | 100m Freestyle         | Boys  | 8, 9, 10, 11-12      | HDW |
|           | 107 | 50m Backstroke         | Girls | 7/u, 8, 9, 10, 11-12 | HDW |
|           | 108 | 50m Backstroke         | Boys  | 7/u, 8, 9, 10, 11-12 | HDW |
|           | 109 | 50m Breaststroke       | Girls | 7/u, 8, 9, 10, 11-12 | HDW |
|           | 110 | 50m Breaststroke       | Boys  | 7/u, 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 |
|           | 113 | 100m Individual Medley | Girls | 8, 9, 10, 11-12      | HDW |
|           | 114 | 100m Individual Medley | Boys  | 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 |
| Cut Off Time | 01:43.40 | 01:38.48 | 01:24.86 | 01:21.33 | 01:18.79 | 100 Individual Medley | 01:34.23 | 01:29.74 | 01:25.47 | 01:21.40 | 01:18.46 |

\* 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    | 11yrs    | 12 yrs   |                       | 8yrs     | 9yrs     | 10yrs    | 11yrs    | 12 yrs   |
| Speed Limit | 00:42:00 | 00:40:00 | 00:37:00 | 00:35:00 | 00:34:00 | 50m Freestyle         | 00:41:00 | 00:39:00 | 00:37:00 | 00:35:00 | 00:34:00 |
| Speed Limit | 01:30:00 | 01:25:00 | 01:20:00 | 01:17:00 | 01:13:00 | 100m Freestyle        | 01:33:00 | 01:28:00 | 01:24:00 | 01:20:00 | 01:17:00 |
| Speed Limit | 00:50:00 | 00:47:00 | 00:43:00 | 00:41:00 | 00:40:00 | 50m Backstroke        | 00:47:00 | 00:45:00 | 00:42:00 | 00:40:00 | 00:39:00 |
| Speed Limit | 01:54:00 | 01:49:00 | 01:36:00 | 01:32:00 | 01:28:00 | 100m Backstroke       | 01:45:00 | 01:40:00 | 01:35:00 | 01:31:00 | 01:28:00 |
| Speed Limit | 00:57:00 | 00:54:00 | 00:49:00 | 00:46:00 | 00:44:00 | 50m Breaststroke      | 00:55:00 | 00:52:00 | 00:50:00 | 00:47:00 | 00:45:00 |
| Speed Limit | 02:13:00 | 02:06:00 | 01:50:00 | 01:44:00 | 01:39:00 | 100m Breaststroke     | 02:03:00 | 01:57:00 | 01:51:00 | 01:46:00 | 01:40:00 |
| Speed Limit | 00:48:00 | 00:46:00 | 00:41:00 | 00:39:00 | 00:37:00 | 50m Butterfly         | 00:45:00 | 00:43:00 | 00:40:00 | 00:38:00 | 00:37:00 |
| Speed Limit | 01:41:00 | 01:36:00 | 01:22:00 | 01:19:00 | 01:16:00 | 100 Individual Medley | 01:32:00 | 01:27:00 | 01:23:00 | 01:19:00 | 01:16:00 |

BELIEVE – SACRIFICE – ACHIEVE