

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 Bin Mohammed Bin Rashid Sports Complex, Dubai, UAE
[Please click here for directions](#)
- Pool:** 50m, 10 lanes, with anti-wave lane ropes
- Timing:** An Omega Timing System will be used
- Date:** 24-25 June 2023
- Closing Date:** **31 May 2023 – Sunday at 12 midday (Dubai)**
- Age Groups:** Girls: 12/u, 13, 14-15, 16/over
Boys: 12/u, 13, 14, 15-16, 17/over
- Eligibility of Age:** Age as of 31 December 2023
- Events:** 50m on all strokes
100m on all strokes
200m on all strokes
200m Individual Medley
400m Individual Medley (Maximum of 5 heats)
400m Freestyle (Maximum of 6 heats)
800m Freestyle Mixed (Maximum of 2 heats)
- Finals for 100m on all strokes**
All other events will be heat declared winner
- Awards:** Medals for 1st to 3rd
- 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 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: 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.
800m Freestyle will be a maximum of 2 heats with the fastest swimmers entered.

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
(Inclusive of VAT)

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.

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: Full details will be available together with the final information.

Spectators: AED 30 per session
(Inclusive of VAT) 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 24 June 2023

Session 1		Warm Up 08.00		Start 09.00	
Event No.	101	400m Freestyle	Girls	12/u, 13, 14-15, 16/over	HDW
	102	400m Freestyle	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	103	100m Breaststroke	Girls	12/u, 13, 14-15, 16/over	Heat
	104	100m Breaststroke	Boys	12/u, 13, 14, 15-16, 17/over	Heat
	105	50m Butterfly	Girls	12/u, 13, 14-15, 16/over	HDW
	106	50m Butterfly	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	107	200m Backstroke	Girls	12/u, 13, 14-15, 16/over	HDW
	108	200m Backstroke	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	109	100m Breaststroke	Girls	12/u, 13, 14-15, 16/over	Final
	110	100m Breaststroke	Boys	12/u, 13, 14, 15-16, 17/over	Final

Session 2		Warm Up TBC		Start TBC	
Event No.	201	200m Individual Medley	Girls	12/u, 13, 14-15, 16/over	HDW
	202	200m Individual Medley	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	203	100m Butterfly	Girls	12/u, 13, 14-15, 16/over	Heat
	204	100m Butterfly	Boys	12/u, 13, 14, 15-16, 17/over	Heat
	205	50m Freestyle	Girls	12/u, 13, 14-15, 16/over	HDW
	206	50m Freestyle	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	207	200m Breaststroke	Girls	12/u, 13, 14-15, 16/over	HDW
	208	200m Breaststroke	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	209	800m Freestyle	Mixed	Open	HDW
	210	100m Butterfly	Girls	12/u, 13, 14-15, 16/over	Final
	211	100m Butterfly	Boys	12/u, 13, 14, 15-16, 17/over	Final

Sunday 25 June 2023

Session 3		Warm Up 08.00		Start 09.00	
Event No.	301	200m Freestyle	Girls	12/u, 13, 14-15, 16/over	HDW
	302	200m Freestyle	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	303	100m Backstroke	Girls	12/u, 13, 14-15, 16/over	Heat
	304	100m Backstroke	Boys	12/u, 13, 14, 15-16, 17/over	Heat
	305	50m Breaststroke	Girls	12/u, 13, 14-15, 16/over	HDW
	306	50m Breaststroke	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	307	200m Butterfly	Girls	12/u, 13, 14-15, 16/over	HDW
	308	200m Butterfly	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	309	100m Backstroke	Girls	12/u, 13, 14-15, 16/over	Final
	310	100m Backstroke	Boys	12/u, 13, 14, 15-16, 17/over	Final

Session 4		Warm Up TBC		Start TBC	
Event No.	401	400m Individual Medley	Girls	12/u, 13, 14-15, 16/over	HDW
	402	400m Individual Medley	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	403	100m Freestyle	Girls	12/u, 13, 14-15, 16/over	Heat
	404	100m Freestyle	Boys	12/u, 13, 14, 15-16, 17/over	Heat
	405	50m Backstroke	Girls	12/u, 13, 14-15, 16/over	HDW
	406	50m Backstroke	Boys	12/u, 13, 14, 15-16, 17/over	HDW
	407	100m Freestyle	Girls	12/u, 13, 14-15, 16/over	Final
	408	100m Freestyle	Boys	12/u, 13, 14, 15-16, 17/over	Final

Hamilton Aquatics Summer Sizzler Qualifying Times

	FEMALE					MALE				
	12/under	13yrs	14-15yrs	16yrs/over	EVENTS	12/under	13yrs	14yrs	15-16yrs	17yrs/over
Qualifying Time	00:34.57	00:33.32	00:32.19	00:31.69	50m Freestyle	00:34.81	00:32.51	00:31.17	00:29.59	00:28.70
Consideration Time	00:38.38	00:36.99	00:35.73	00:35.18		00:38.64	00:36.08	00:34.59	00:32.85	00:31.86
Qualifying Time	01:16.11	01:12.24	01:09.67	01:08.98	100m Freestyle	01:16.22	01:11.14	01:07.87	01:04.29	01:02.82
Consideration Time	01:24.49	01:20.18	01:17.34	01:16.57		01:24.60	01:18.97	01:15.33	01:11.36	01:09.73
Qualifying Time	02:48.09	02:37.98	02:31.27	02:29.33	200m Freestyle	02:46.49	02:36.56	02:28.64	02:21.41	02:18.45
Consideration Time	03:06.58	02:55.36	02:47.91	02:45.75		03:04.80	02:53.78	02:44.99	02:36.97	02:33.68
Qualifying Time	05:57.10	05:32.62	05:18.84	05:18.68	400m Freestyle	05:55.47	05:35.50	05:18.71	05:01.97	04:57.69
	Maximum of 6 heats						Maximum of 6 heats			
Qualifying Time	00:40.31	00:38.59	00:36.35	00:35.84	50m Backstroke	00:40.08	00:37.51	00:35.34	00:33.23	00:32.96
Consideration Time	00:44.74	00:42.84	00:40.34	00:39.79		00:44.49	00:41.63	00:39.23	00:36.88	00:36.58
Qualifying Time	01:27.11	01:22.09	01:18.22	01:17.88	100m Backstroke	01:26.32	01:21.04	01:18.43	01:13.64	01:13.18
Consideration Time	01:36.69	01:31.12	01:26.82	01:26.45		01:35.82	01:29.95	01:27.05	01:21.75	01:21.23
Qualifying Time	03:22.70	02:54.15	02:48.83	02:47.00	200m Backstroke	03:07.29	02:55.27	02:50.67	02:40.44	02:40.00
Consideration Time	03:45.00	03:13.31	03:07.40	03:05.37		03:27.89	03:14.55	03:09.45	02:58.09	02:57.59
Qualifying Time	00:44.84	00:41.96	00:40.02	00:38.76	50m Breaststroke	00:45.51	00:42.69	00:39.92	00:37.32	00:36.61
Consideration Time	00:49.77	00:46.57	00:44.43	00:43.02		00:50.52	00:47.39	00:44.31	00:41.43	00:40.64
Qualifying Time	01:37.74	01:32.46	01:28.77	01:28.22	100m Breaststroke	01:38.47	01:32.49	01:28.74	01:23.38	01:22.10
Consideration Time	01:48.49	01:42.63	01:38.53	01:37.93		01:49.30	01:42.66	01:38.50	01:32.55	01:31.13
Qualifying Time	03:29.44	03:19.41	03:12.56	03:11.61	200m Breaststroke	03:36.14	03:21.59	03:13.49	03:02.67	03:00.56
Consideration Time	03:52.48	03:41.35	03:33.74	03:32.68		03:59.92	03:43.77	03:34.78	03:22.76	03:20.42
Qualifying Time	00:37.91	00:36.08	00:34.41	00:33.45	50m Butterfly	00:38.26	00:35.33	00:33.43	00:30.87	00:30.43
Consideration Time	00:42.08	00:40.04	00:38.19	00:37.13		00:42.46	00:39.22	00:37.11	00:34.26	00:33.77
Qualifying Time	01:25.67	01:20.54	01:16.77	01:15.45	100m Butterfly	01:28.01	01:21.23	01:17.32	01:11.07	01:09.03
Consideration Time	01:35.09	01:29.40	01:25.21	01:23.75		01:37.69	01:30.16	01:25.83	01:18.88	01:16.62
Qualifying Time	03:12.35	03:00.08	02:50.68	02:50.33	200m Butterfly	03:20.69	03:02.01	02:51.86	02:39.88	02:37.94
Consideration Time	03:33.51	03:19.89	03:09.46	03:09.07		03:42.76	03:22.03	03:10.76	02:57.47	02:55.31
Qualifying Time	03:08.78	02:57.37	02:50.99	02:47.89	200m Individual Medley	03:07.99	02:54.50	02:49.08	02:40.78	02:39.02
Consideration Time	03:29.54	03:16.89	03:09.79	03:06.35		03:28.66	03:13.69	03:07.68	02:58.47	02:56.51
Qualifying Time	06:39.53	06:21.41	06:02.98	06:01.54	400m Individual Medley	06:45.92	06:19.60	06:07.85	05:43.45	05:38.50
	Maximum of 5 heats						Maximum of 5 heats			



Hamilton Aquatics Summer Sizzler Qualifying Times

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.



BELIEVE – SACRIFICE – ACHIEVE

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