

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:** 6-7 May 2023
- Closing Date:** **12 April 2023 – 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 and 400m Individual Medley (Maximum of 5 heats for 400IM)
400m Freestyle (Maximum of 6 heats)
800m Freestyle Mixed (maximum of 2 heats)
- Medley Skins** (Girls 13/under, Girls 14/over, Boys 14/under, Boys 15/over)
- Winners:** All events will be heat declared winner
- Awards:** Medals for 1st to 3rd
- Prizes:** **Medley Skins**
Champion- Girls
Champion- Boys
- 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: Hamilton Aquatics swimmers that qualify for 4 or more individual events may enter up to 4 additional events based on coaches recommendations, not exceeding a total of 8 events over the competition weekend.
800m Freestyle will be a maximum of 2 heats with the fastest swimmers entered.
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.

Skins Events: Skins will be run in 8 lanes.

Medley Skins (Girls 13/under, Girls 14/over, Boys 14/under, Boys 15/over)
The 8 fastest swimmers from the 200m individual medley (based on times recorded at the Hamilton Aquatics Last Chance) will be invited to take part in the medley skins event. If a swimmer declines to take part, the next fastest will be invited and so on until there are 8 competitors.

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.
(Inclusive of VAT) 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.

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.**

Hamilton Aquatics Last Chance Meet

Programme of Events

Saturday 6 May 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 Individual Medley | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 103 | 50m Butterfly | Girls | 12/u, 13, 14-15, 16/over | HDW |
| | 104 | 50m Backstroke | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 105 | 100m Breaststroke | Girls | 12/u, 13, 14-15, 16/over | HDW |
| | 106 | 100m Freestyle | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 107 | 200m Backstroke | Girls | 12/u, 13, 14-15, 16/over | HDW |
| | 108 | 200m Breaststroke | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |

| Session 2 | | Warm Up TBC | | Start TBC | |
|-----------|-----|------------------------|-------|------------------------------|-----|
| Event No. | 201 | 200m Individual Medley | Girls | 12/u, 13, 14-15, 16/over | HDW |
| | 202 | 200m Freestyle | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 203 | 50m Freestyle | Girls | 12/u, 13, 14-15, 16/over | HDW |
| | 204 | 50m Breaststroke | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 205 | 100m Butterfly | Girls | 12/u, 13, 14-15, 16/over | HDW |
| | 206 | 100m Backstroke | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 207 | 200m Breaststroke | Girls | 12/u, 13, 14-15, 16/over | HDW |
| | 208 | 200m Butterfly | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 209 | Medley Skins | Girls | 13/under (Invite Only) | HDW |
| | 210 | Medley Skins | Girls | 14/over (Invite Only) | HDW |

Sunday 7 May 2023

| Session 3 | | Warm Up 08.00 | | Start 09.00 | |
|-----------|-----|------------------------|-------|------------------------------|-----|
| Event No. | 301 | 400m Freestyle | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 302 | 400m Individual Medley | Girls | 12/u, 13, 14-15, 16/over | HDW |
| | 303 | 50m Butterfly | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 304 | 50m Backstroke | Girls | 12/u, 13, 14-15, 16/over | HDW |
| | 305 | 100m Breaststroke | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 306 | 100m Freestyle | Girls | 12/u, 13, 14-15, 16/over | HDW |
| | 307 | 200m Backstroke | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 308 | 200m Butterfly | Girls | 12/u, 13, 14-15, 16/over | HDW |

| Session 4 | | Warm Up TBC | | Start TBC | |
|-----------|-----|------------------------|-------|------------------------------|-----|
| Event No. | 401 | 200m Individual Medley | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 402 | 200m Freestyle | Girls | 12/u, 13, 14-15, 16/over | HDW |
| | 403 | 50m Freestyle | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 404 | 50m Breaststroke | Girls | 12/u, 13, 14-15, 16/over | HDW |
| | 405 | 100m Butterfly | Boys | 12/u, 13, 14, 15-16, 17/over | HDW |
| | 406 | 100m Backstroke | Girls | 12/u, 13, 14-15, 16/over | HDW |
| | 407 | 800m Freestyle | Mixed | Open | HDW |
| | 408 | Medley Skins | Boys | 14/under (Invite Only) | HDW |
| | 409 | Medley Skins | Boys | 15/over (Invite Only) | HDW |

Hamilton Aquatics Last Chance Meet Qualifying Times

| | FEMALE | | | | | MALE | | | | |
|--------------------|--------------------|----------|----------|------------|------------------------|----------|--------------------|----------|----------|------------|
| | 12/under | 13yrs | 14-15yrs | 16yrs/over | EVENTS | 12/under | 13yrs | 14yrs | 15-16yrs | 17yrs/over |
| Qualifying Time | 00:32.47 | 00:31.30 | 00:30.23 | 00:29.76 | 50m Freestyle | 00:32.69 | 00:30.53 | 00:29.27 | 00:27.79 | 00:26.95 |
| Consideration Time | 00:37.34 | 00:35.99 | 00:34.76 | 00:34.23 | | 00:37.60 | 00:35.11 | 00:33.66 | 00:31.96 | 00:31.00 |
| Qualifying Time | 01:11.48 | 01:07.84 | 01:05.43 | 01:04.78 | 100m Freestyle | 01:11.58 | 01:06.81 | 01:03.74 | 01:00.37 | 00:59.00 |
| Consideration Time | 01:22.20 | 01:18.02 | 01:15.25 | 01:14.50 | | 01:22.31 | 01:16.83 | 01:13.30 | 01:09.43 | 01:07.85 |
| Qualifying Time | 02:37.86 | 02:28.36 | 02:22.06 | 02:20.24 | 200m Freestyle | 02:36.35 | 02:27.03 | 02:19.59 | 02:12.80 | 02:10.02 |
| Consideration Time | 03:01.54 | 02:50.62 | 02:43.37 | 02:41.27 | | 02:59.81 | 02:49.09 | 02:40.53 | 02:32.73 | 02:29.52 |
| Qualifying Time | 05:35.36 | 05:12.37 | 04:59.43 | 04:59.28 | 400m Freestyle | 05:33.83 | 05:15.08 | 04:59.31 | 04:43.59 | 04:39.57 |
| | Maximum of 6 heats | | | | | | Maximum of 6 heats | | | |
| Qualifying Time | 00:37.86 | 00:36.24 | 00:34.13 | 00:33.66 | 50m Backstroke | 00:37.64 | 00:35.23 | 00:33.19 | 00:31.21 | 00:30.95 |
| Consideration Time | 00:43.53 | 00:41.68 | 00:39.25 | 00:38.71 | | 00:43.28 | 00:40.51 | 00:38.17 | 00:35.89 | 00:35.60 |
| Qualifying Time | 01:21.81 | 01:17.09 | 01:13.46 | 01:13.14 | 100m Backstroke | 01:21.07 | 01:16.11 | 01:13.65 | 01:09.16 | 01:08.72 |
| Consideration Time | 01:34.08 | 01:28.65 | 01:24.47 | 01:24.11 | | 01:33.23 | 01:27.52 | 01:24.70 | 01:19.54 | 01:19.03 |
| Qualifying Time | 03:10.36 | 02:43.55 | 02:38.55 | 02:36.83 | 200m Backstroke | 02:55.89 | 02:44.60 | 02:40.29 | 02:30.67 | 02:30.26 |
| Consideration Time | 03:38.91 | 03:08.09 | 03:02.33 | 03:00.36 | | 03:22.27 | 03:09.29 | 03:04.33 | 02:53.27 | 02:52.80 |
| Qualifying Time | 00:42.11 | 00:39.40 | 00:37.59 | 00:36.40 | 50m Breaststroke | 00:42.74 | 00:40.09 | 00:37.49 | 00:35.05 | 00:34.38 |
| Consideration Time | 00:48.42 | 00:45.31 | 00:43.23 | 00:41.86 | | 00:49.15 | 00:46.11 | 00:43.12 | 00:40.31 | 00:39.54 |
| Qualifying Time | 01:31.79 | 01:26.83 | 01:23.37 | 01:22.85 | 100m Breaststroke | 01:32.48 | 01:26.86 | 01:23.34 | 01:18.31 | 01:17.10 |
| Consideration Time | 01:45.56 | 01:39.85 | 01:35.87 | 01:35.28 | | 01:46.35 | 01:39.89 | 01:35.84 | 01:30.05 | 01:28.67 |
| Qualifying Time | 03:16.69 | 03:07.27 | 03:00.84 | 02:59.94 | 200m Breaststroke | 03:22.99 | 03:09.32 | 03:01.71 | 02:51.55 | 02:49.57 |
| Consideration Time | 03:46.19 | 03:35.36 | 03:27.97 | 03:26.94 | | 03:53.44 | 03:37.72 | 03:28.97 | 03:17.28 | 03:15.01 |
| Qualifying Time | 00:35.60 | 00:33.88 | 00:32.31 | 00:31.41 | 50m Butterfly | 00:35.93 | 00:33.18 | 00:31.40 | 00:28.99 | 00:28.57 |
| Consideration Time | 00:40.94 | 00:38.96 | 00:37.16 | 00:36.12 | | 00:41.32 | 00:38.16 | 00:36.11 | 00:33.34 | 00:32.86 |
| Qualifying Time | 01:20.45 | 01:15.64 | 01:12.09 | 01:10.86 | 100m Butterfly | 01:22.65 | 01:16.29 | 01:12.62 | 01:06.74 | 01:04.83 |
| Consideration Time | 01:32.52 | 01:26.99 | 01:22.91 | 01:21.49 | | 01:35.05 | 01:27.73 | 01:23.51 | 01:16.75 | 01:14.55 |
| Qualifying Time | 03:00.64 | 02:49.12 | 02:40.29 | 02:39.96 | 200m Butterfly | 03:08.47 | 02:50.93 | 02:41.40 | 02:30.15 | 02:28.32 |
| Consideration Time | 03:27.74 | 03:14.49 | 03:04.34 | 03:03.96 | | 03:36.74 | 03:16.57 | 03:05.61 | 02:52.67 | 02:50.57 |
| Qualifying Time | 01:20.37 | 01:16.54 | 01:12.71 | 01:11.99 | 100 Individual Medley | 01:18.71 | 01:14.96 | 01:11.21 | 01:07.65 | 01:06.97 |
| Consideration Time | 01:24.39 | 01:20.37 | 01:16.35 | 01:15.59 | | 01:22.64 | 01:18.71 | 01:14.77 | 01:11.03 | 01:10.32 |
| Qualifying Time | 02:57.29 | 02:46.58 | 02:40.58 | 02:37.67 | 200m Individual Medley | 02:56.54 | 02:43.88 | 02:38.79 | 02:31.00 | 02:29.34 |
| Consideration Time | 03:23.88 | 03:11.56 | 03:04.66 | 03:01.32 | | 03:23.02 | 03:08.46 | 03:02.61 | 02:53.65 | 02:51.74 |
| Qualifying Time | 06:15.21 | 05:58.20 | 05:40.89 | 05:39.54 | 400m Individual Medley | 06:21.21 | 05:56.49 | 05:45.46 | 05:22.55 | 05:17.89 |
| | Maximum of 5 heats | | | | | | Maximum of 5 heats | | | |



Hamilton Aquatics Last Chance Meet 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

Hamilton Aquatics, Office 1012, Detroit House, Motor City, Dubai, United Arab Emirates
+971 4 450 8832 enquiry@hamiltonaquatics.ae www.hamiltonaquatics.ae

MonViso[®]
ITALIAN NATURAL MINERAL WATER