



ABU DHABI AQUATICS CLUB INTERNATIONAL SWIMMING CHAMPIONSHIP



11-13 DECEMBER 2026

Name: **ABU DHABI AQUATICS CLUB INTERNATIONAL SWIMMING CHAMPIONSHIP**

Level: This will be a Competitive/Performance (C/B) level that supports the development and progression of swimmers who compete regularly, as well as high-level swimmers.
It is designed for swimmers with extensive competitive experience who are aiming to qualify for the national teams and to improve their capabilities to compete in a variety of events.

Venue: **Mohammed Bin Zayed City Swimming Pool - Abu Dhabi**

Pool: 50m, 10 lanes, with anti-wave lane ropes

Timing: Omega Timing System

Date: Friday 11th, Saturday 12th & Sunday 13th December 2026

Age Groups: Female Seniors: 12,13, 14,15, 16& over
Male Seniors: 12,13, 14,15, 16& over
Girls Juniors: 8-9, 10, and 11 years old
Boys Juniors: 8-9, 10, and 11 years old
Female Masters: 25-30, 31-40 and 41 & above
Male Masters: 25-30, 31-40 and 41 & above
(Age as of 31st December 2026)

Events: All swimmers can participate in an unlimited number of events

Awards: Medals for 1st - 3rd place (Boys and Girls)
Best Swimmer Trophy in each age group

Entries: Team entries can be made using Hy-Tek or using the manual entry form and sent email to:
Events@adaquaticsclub.ae

Closing Date: Monday, November 23rd 2026, at 12 noon (Abu Dhabi).

Entry Fees: (Exclusive of VAT)	Free of Charge
Spectators Fees: (Exclusive of VAT)	Free of charge
Anti- Doping:	It is a condition of attending a Abu Dhabi International event that swimmers may be required to be tested for prohibited substances in accordance with the UAE Authority of Sports /WADA/World Aquatics Anti-Doping rules. For further information visit the Anti-Doping section of the UAE Authority of Sports website.
Swimsuits:	All swimsuits must adhere to World Aquatics regulations and display the World Aquatics approved stamp. (https://www.fina.org/sites/default/files/frsa.pdf)
Health & Safety:	Please refer to the Health & Safety guidelines at the back of this document.
Contact us:	For more information, please contact us via Email: Events@adaquaticsclub.ae

Competition Schedule

Friday Morning

Day 1 - Session 1 - Warm Up 7:30

Event Start 8:30 – 12:30

NO	Event	Age	Gender	Round
101	200m Freestyle	12, 13, 14, 15, 16& over	Female	HDW
102	200m Freestyle	12, 13, 14, 15, 16& over	Male	HDW
103	100m Breaststroke	12, 13, 14, 15, 16& over	Female	Heats
104	100m Breaststroke	12, 13, 14, 15, 16& over	Male	Heats
105	100m Backstroke	12, 13, 14, 15, 16& over	Female	Heats
106	100m Backstroke	12, 13, 14, 15, 16& over	Male	Heats
107	200m Butterfly	12, 13, 14, 15, 16& over	Female	HDW
108	200m Butterfly	12, 13, 14, 15, 16& over	Male	HDW
109	50m Freestyle	12, 13, 14, 15, 16& over	Female	Heats
110	50m Freestyle	12, 13, 14, 15, 16& over	Male	Heats
111	1500m Freestyle	Open age group (12 & over) 1 Heat Only	Female	HDW
112	1500m Freestyle	Open age group (12 & over) 2 Heats Only	Male	HDW

Friday Afternoon

Day 1 - Session 2 - Warm Up 14:00

Event Start 15:00 – 17:00

NO	Event	Age	Gender	Round
201	200m Butterfly	10 and 11	Girls	HDW
202	200m Butterfly	10 and 11	Boys	HDW
203	50m Backstroke	8-9, 10, and 11	Girls	Heats
204	50m Backstroke	8-9, 10, and 11	Boys	Heats
205	100m Freestyle	8-9, 10, and 11	Girls	Heats
206	100m Freestyle	8-9, 10, and 11	Boys	Heats
207	50m Breaststroke	8-9, 10, and 11	Girls	Heats
208	50m Breaststroke	8-9, 10, and 11	Boys	Heats

Friday Evening

Day 1 - Session 3 - Warm Up 17:30

Event Start 18:00 – 20:00

NO	Event	Age	Gender	Round
205	100m Freestyle	8-9, 10, and 11	Girls	Finals
206	100m Freestyle	8-9, 10, and 11	Boys	Finals
103	100m Breaststroke	12, 13, 14, 15, 16& over and Masters	Female	Finals
104	100m Breaststroke	12, 13, 14, 15, 16& over and Masters	Male	Finals
203	50m Backstroke	8-9, 10, and 11	Girls	Finals
204	50m Backstroke	8-9, 10, and 11	Boys	Finals
105	100m Backstroke	12, 13, 14, 15, 16& over and Masters	Female	Finals
106	100m Backstroke	12, 13, 14, 15, 16& over and Masters	Male	Finals
207	50m Breaststroke	8-9, 10, and 11	Girls	Finals
208	50m Breaststroke	8-9, 10, and 11	Boys	Finals
109	50m Freestyle	12, 13, 14, 15, 16& over and Masters	Female	Finals
110	50m Freestyle	12, 13, 14, 15, 16& over and Masters	Male	Finals

Saturday Morning

Day 2 - Session 4 - Warm Up 7:30

Event Start 8:30 – 11:30

NO	Event	Age	Gender	Round
401	400m Freestyle	Open age group (11 & over)	Female	HDW
402	400m Freestyle	Open age group (11 & over)	Male	HDW
403	50m Breaststroke	12, 13, 14, 15, 16& over	Female	Heats
404	50m Breaststroke	12, 13, 14, 15, 16& over	Male	Heats
405	200m Backstroke	12, 13, 14, 15, 16& over	Female	HDW
406	200m Backstroke	12, 13, 14, 15, 16& over	Male	HDW
407	200m IM	12, 13, 14, 15, 16& over	Female	HDW
408	200m IM	12, 13, 14, 15, 16& over	Male	HDW
409	50m Butterfly	12, 13, 14, 15, 16& over	Female	Heats
410	50m Butterfly	12, 13, 14, 15, 16& over	Male	Heats

Saturday Afternoon

Day 2 - Session 5 - Warm Up 13:00

Event Start 14:00 – 16:30

NO	Event	Age	Gender	Round
501	200 IM	8-9, 10, and 11	Girls	HDW
502	200 IM	8-9, 10, and 11	Boys	HDW
503	50m Freestyle	8-9, 10, and 11	Girls	Heats
504	50m Freestyle	8-9, 10, and 11	Boys	Heats
505	100m Butterfly	8-9, 10, and 11	Girls	HDW
506	100m Butterfly	8-9, 10, and 11	Boys	HDW
507	100m Backstroke	8-9, 10, and 11	Girls	Heats
508	100m Backstroke	8-9, 10, and 11	Boys	Heats
509	200m Breaststroke	8-9, 10, and 11	Girls	HDW
510	200m Breaststroke	8-9, 10, and 11	Boys	HDW

Saturday Evening

Day 2 - Session 6 - Warm Up 17:00

Event Start 17:30 – 20:00

NO	Event	Age	Gender	Round
507	100m Backstroke	8-9, 10, and 11	Girls	Finals
508	100m Backstroke	8-9, 10, and 11	Boys	Finals
403	50m Breaststroke	12, 13, 14, 15, 16& over and Masters	Female	Finals
404	50m Breaststroke	12, 13, 14, 15, 16& over and Masters	Male	Finals
503	50m Freestyle	8-9, 10, and 11	Girls	Finals
504	50m Freestyle	8-9, 10, and 11	Boys	Finals
409	50m Butterfly	12, 13, 14, 15, 16& over and Masters	Female	Finals
410	50m Butterfly	12, 13, 14, 15, 16& over and Masters	Male	Finals

Sunday Morning

Day 3 - Session 7 - Warm Up 7:30

Event Start 8:30 – 12:00

NO	Event	Age	Gender	Round
701	800m Freestyle	Open age group (11 & over) 2 Heat Only	Female	HDW
702	800m Freestyle	Open age group (11 & over) 3 Heat Only	Male	HDW
703	200m Breaststroke	12, 13, 14, 15, 16& over	Female	HDW
704	200m Breaststroke	12, 13, 14, 15, 16& over	Male	HDW
705	50m Backstroke	12, 13, 14, 15, 16& over	Female	Heats
706	50m Backstroke	12, 13, 14, 15, 16& over	Male	Heats
707	100m Butterfly	12, 13, 14, 15, 16& over	Female	Heats
708	100m Butterfly	12, 13, 14, 15, 16& over	Male	Heats
709	400m IM	Open age group (11& over)	Female	HDW
710	400m IM	Open age group (11& over)	Male	HDW
711	100m Freestyle	12, 13, 14, 15, 16& over	Female	Heats
712	100m Freestyle	12, 13, 14, 15, 16& over	Male	Heats

Sunday Afternoon

Day 3 - Session 8 - Warm Up 12:30

Event Start 13:30 – 16:00

NO	Event	Age	Gender	Round
801	200m Freestyle	8-9, 10, and 11	Girls	HDW
802	200m Freestyle	8-9, 10, and 11	Boys	HDW
803	50m Butterfly	8-9, 10, and 11	Girls	Heats
804	50m Butterfly	8-9, 10, and 11	Boys	Heats
805	100m Breaststroke	8-9, 10, and 11	Girls	Heats
806	100m Breaststroke	8-9, 10, and 11	Boys	Heats
807	200m Backstroke	8-9, 10, and 11	Girls	HDW
808	200m Backstroke	8-9, 10, and 11	Boys	HDW

Sunday Evening

Day 3 - Session 9 - Warm Up 16:30

Event Start 17:00 – 18:30

NO	Event	Age	Gender	Round
805	100m Breaststroke	8-9, 10, and 11	Girls	Finals
806	100m Breaststroke	8-9, 10, and 11	Boys	Finals
705	50m Backstroke	12, 13, 14, 15, 16& over and Masters	Female	Finals
706	50m Backstroke	12, 13, 14, 15, 16& over and Masters	Male	Finals
803	50m Butterfly	8-9, 10, and 11	Girls	Finals
804	50m Butterfly	8-9, 10, and 11	Boys	Finals
711	100m Freestyle	12, 13, 14, 15, 16& over and Masters	Female	Finals
712	100m Freestyle	12, 13, 14, 15, 16& over and Masters	Male	Finals
707	100m Butterfly	12, 13, 14, 15, 16& over	Female	Finals
708	100m Butterfly	12, 13, 14, 15, 16& over	Male	Finals

QUALIFICATION TIMES – LONG COURSE

	Female								EVENTS	Male							
	8-9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs/over		8-9yrs	10yrs	11yrs	12 yrs	13yrs	14yrs	15yrs	16yrs/over
Qualifying Time	00:39.03	00:36.15	00:34.32	00:33.07	00:31.88	00:30.79	00:30.32	00:28.31	50m Freestyle	00:37.70	00:35.91	00:34.20	00:33.30	00:31.09	00:29.81	00:28.31	00:27.45
Consideration Time	00:42.16	00:39.04	00:37.07	00:35.72	00:34.43	00:33.25	00:32.74	00:30.57		00:40.72	00:38.78	00:36.93	00:35.96	00:33.58	00:32.20	00:30.57	00:29.65
Qualifying Time	01:27.60	01:20.47	01:15.37	01:12.80	01:09.10	01:06.64	01:05.98	01:01.49	100m Freestyle	01:22.98	01:19.03	01:15.26	01:12.90	01:08.05	01:04.92	01:01.49	01:00.09
Consideration Time	01:34.61	01:26.90	01:21.40	01:18.63	01:14.62	01:11.98	01:11.26	01:06.41		01:29.62	01:25.35	01:21.28	01:18.73	01:13.49	01:10.11	01:06.41	01:04.90
Qualifying Time	02:52.82	02:44.59	02:45.16	02:40.78	02:31.11	02:24.69	02:22.83	02:15.26	200m Freestyle	03:00.80	02:52.19	02:43.99	02:39.25	02:29.75	02:22.17	02:15.26	02:12.43
Consideration Time	03:06.65	02:57.76	02:58.38	02:53.64	02:43.20	02:36.26	02:34.26	02:26.09		03:15.26	03:05.97	02:57.11	02:51.99	02:41.73	02:33.55	02:26.09	02:23.02
Qualifying Time	N/A	N/A	05:41.57						400m Freestyle	N/A	N/A	05:20.92					
Consideration Time	N/A	N/A	06:32.81							N/A	N/A	06:09.05					
Qualifying Time	N/A	N/A	10:06.05						800m Freestyle	N/A	N/A	09:36.79					
Qualifying Time	N/A	N/A	N/A	19:15.63					1500m Freestyle	N/A	N/A	N/A	18:21.84				
Qualifying Time	00:45.80	00:42.08	00:39.70	00:38.56	00:36.91	00:34.77	00:34.29	00:31.78	50m Backstroke	00:43.23	00:41.17	00:39.21	00:38.33	00:35.88	00:33.81	00:31.78	00:31.53
Consideration Time	00:49.46	00:45.45	00:42.88	00:41.64	00:39.87	00:37.55	00:37.03	00:34.33		00:46.69	00:44.46	00:42.35	00:41.40	00:38.75	00:36.51	00:34.33	00:34.05
Qualifying Time	01:42.02	01:30.21	01:27.07	01:23.32	01:18.52	01:14.82	01:14.49	01:10.44	100m Backstroke	01:34.10	01:29.62	01:25.35	01:22.57	01:17.52	01:15.02	01:10.44	01:10.00
Consideration Time	01:50.18	01:37.43	01:34.04	01:29.99	01:24.80	01:20.80	01:20.45	01:16.08		01:41.63	01:36.79	01:32.18	01:29.17	01:23.72	01:21.02	01:16.08	01:15.60
Qualifying Time	03:19.35	03:09.86	03:19.79	03:13.89	02:46.58	02:41.49	02:39.74	02:33.46	200m Backstroke	03:22.83	03:13.17	03:03.97	02:59.14	02:47.65	02:43.25	02:33.46	02:33.04
Consideration Time	03:35.30	03:25.05	03:35.78	03:29.40	02:59.91	02:54.41	02:52.51	02:45.74		03:39.05	03:28.62	03:18.69	03:13.48	03:01.06	02:56.31	02:45.74	02:45.28
Qualifying Time	00:52.23	00:47.30	00:44.79	00:42.89	00:40.13	00:38.28	00:37.07	00:35.70	50m Breaststroke	00:50.19	00:47.80	00:45.53	00:43.53	00:40.84	00:38.19	00:35.70	00:35.02
Consideration Time	00:56.41	00:51.08	00:48.38	00:46.32	00:43.34	00:41.35	00:40.04	00:38.55		00:54.21	00:51.63	00:49.17	00:47.02	00:44.10	00:41.24	00:38.55	00:37.82
Qualifying Time	01:58.09	01:42.68	01:37.60	01:33.49	01:28.44	01:24.91	01:24.39	01:19.76	100m Breaststroke	01:49.16	01:43.96	01:39.01	01:34.19	01:28.47	01:24.88	01:19.76	01:18.53
Consideration Time	02:07.54	01:50.89	01:45.41	01:40.97	01:35.51	01:31.70	01:31.14	01:26.14		01:57.89	01:52.28	01:46.93	01:41.72	01:35.54	01:31.68	01:26.14	01:24.81
Qualifying Time	03:49.92	03:38.97	03:26.00	03:20.33	03:10.74	03:04.19	03:03.28	02:54.72	200m Breaststroke	03:58.59	03:47.23	03:36.41	03:26.75	03:12.83	03:05.08	02:54.72	02:52.71
Consideration Time	04:08.32	03:56.49	03:42.48	03:36.36	03:26.00	03:18.93	03:17.94	03:08.70		04:17.68	04:05.41	03:53.72	03:43.29	03:28.25	03:19.89	03:08.70	03:06.53
Qualifying Time	00:44.09	00:39.88	00:37.91	00:36.26	00:34.51	00:32.91	00:31.99	00:29.53	50m Butterfly	00:41.31	00:39.34	00:37.47	00:36.59	00:33.80	00:31.98	00:29.53	00:29.10
Consideration Time	00:47.61	00:43.07	00:40.95	00:39.16	00:37.27	00:35.54	00:34.55	00:31.89		00:44.61	00:42.49	00:40.46	00:39.52	00:36.50	00:34.54	00:31.89	00:31.43
Qualifying Time	01:44.37	01:32.65	01:25.11	01:21.94	01:17.04	01:13.43	01:12.17	01:07.98	100m Butterfly	01:36.26	01:31.68	01:27.31	01:24.18	01:17.70	01:13.96	01:07.98	01:06.03
Consideration Time	01:52.72	01:40.06	01:31.92	01:28.50	01:23.20	01:19.30	01:17.95	01:13.41		01:43.96	01:39.01	01:34.30	01:30.92	01:23.91	01:19.88	01:13.41	01:11.31
Qualifying Time	03:26.32	03:16.49	03:09.74	03:03.98	02:52.25	02:43.26	02:42.93	02:32.93	200m Butterfly	03:36.08	03:25.79	03:15.99	03:11.96	02:54.09	02:44.39	02:32.93	02:31.07
Consideration Time	03:42.82	03:32.21	03:24.92	03:18.70	03:06.03	02:56.32	02:55.96	02:45.17		03:53.36	03:42.25	03:31.67	03:27.32	03:08.02	02:57.54	02:45.17	02:43.16
Qualifying Time	03:45.68	03:14.46	03:06.37	03:00.57	02:49.66	02:43.55	02:40.59	02:33.79	200m Individual Medley	03:25.66	03:15.87	03:06.54	02:59.81	02:46.91	02:41.73	02:33.79	02:32.11
Consideration Time	04:03.74	03:30.02	03:21.28	03:15.01	03:03.24	02:56.64	02:53.43	02:46.10		03:42.11	03:31.54	03:21.46	03:14.20	03:00.26	02:54.67	02:46.10	02:44.28
Qualifying Time	N/A	N/A	06:22.16						400m Individual Medley	N/A	N/A	06:03.09					
Consideration Time	N/A	N/A	07:19.48							N/A	N/A	06:57.56					

This competition will be run under UAE Aquatics Federation and World Aquatics rules and regulations

Accreditation

Coaches

- All teams must submit the names, positions, and passport-size photos (JPG format) of all coaches attending the meet to allow accreditation passes to be prepared.
- The accreditation ratio is 1 coach per 15 swimmers.
- Any additional coach accreditation pass beyond this ratio will be charged AED 100 per pass.
- If a team has 5 swimmers or fewer, each coach accreditation pass will be charged AED 50 per pass.

Swimmers

- Teams must submit a clear passport-size photo (JPG format) for each swimmer, with the file name clearly indicating the swimmer's full name.
- If a team has 5 swimmers or fewer, each swimmer accreditation pass will be charged AED 50 per pass.

Deadlines

- Photos of coaches and swimmers must be submitted before the deadline stated in the Entry Confirmation Email.
- Any accreditation requests submitted after the deadline will be subject to an additional fee of AED 100 per person.

Withdrawals and Penalties

Before the Deadline

- Once entries are confirmed, teams may withdraw swimmers until the withdrawal deadline specified in the Entry Confirmation Email, without penalty.

After the Deadline

- Teams may still withdraw swimmers after the deadline; however, full payment will be required regardless of withdrawal.

During Heats

- Any absent swimmer during heats will incur a penalty of AED 100 per event, per swimmer, unless a valid medical certificate is provided.
- The medical certificate must be issued no more than 24 hours prior to the event date.

During Finals

- Any absent swimmer during finals will incur a penalty of AED 200 per event, even if a medical certificate is provided.
- The penalty applies per swimmer, per event.

This competition will be run under UAE Aquatics Federation and World Aquatics rules and regulations

UAE Swimming Federation Statement – Safety, Accidents and Incidents

Safety is the responsibility of every individual involved in the sport.

Identified risks must be reported to either a Club or Meet Official and formally reported to the facility operator.

All accidents must be formally reported.

General

1. By law all facilities are required to have a Safety Statement in operation. Clubs and Meet Organisers should satisfy themselves that this is the case.
2. Any accidents, however minor, must be reported to UAE Swimming Federation (completion of the Standard Accident Report Form).
3. All volunteers who assist at Dubai International Events are advised to read the UAE Swimming Federation Safety Statement which is available upon request.

Clubs

1. All Clubs should obtain and read a copy of the Safety Statement of the pool they are hiring.
2. It is recommended that Clubs identify risks and formally report them in writing to the relevant personnel at the facility.

Meets

(Club, Regional and National)

1. Following a meet at which an incident/accident occurred, the Organiser and Race Referee must complete a Meet Accident Report Form and include their contact details.
2. All who attend meets are urged to report any accidents to either the Meet Organiser who immediately reports to the Race Referee or to the Referee directly. Where an accident occurs,
3. “Safety at Swim Meets” must be included in all Programmes for all Meets run under UAE Swimming Federation rules.
4. Officials should be advised to report any concerns they have over possible risks at the facility and to ensure that reporting procedures are followed.
5. Under World Aquatics Law the Referee is in total control of all persons attending the meet and the Referee should take all reasonable steps to ensure their safety.

This competition will be run under UAE Aquatics Federation and World Aquatics rules and regulations

Safety at Swim Meets

All accidents, however minor must be reported, in writing, to UAE Swimming Federation.

We would ask the co-operation of swimmers, coaches, spectators and clubs in the application of the following safety measures which are in place for everyone's safety:

I. General:

- i. Everyone attending Meets must familiarize themselves with the locations and operation of emergency exits.
- ii. Anyone observing anything they consider to be a safety hazard should report it to a Meet Official.
- iii. All persons attending Meets must take all steps to ensure their own safety and the safety of others.
- iv. All walkways must be kept clear of bags, equipment, etc.

2. Starting:

- i. It is the responsibility of competitors, coaches and clubs to ensure that all swimmers are sufficiently competent to dive start from competition starting blocks. Alternatively, swimmers are reminded that they may start from the poolside.
- ii. In the event of a false start, swimmers should perform a safe entry and not fall into the water.

3. Warm-Up:

- i. Swimmers and coaches must ensure that they (and swimmers in their charge) take no action that would endanger themselves or others.
- ii. The instructions of those in authority must be obeyed immediately.
- iii. Swimmers are not permitted to dive or jump into lanes other than sprint lanes and then only when the area is sufficiently clear to make a safe entry.
- iv. Do not start sprinting in a sprint lane until non-sprinting swimmers have cleared it.
- v. On finishing a sprint immediately clear the way for the following swimmer(s).

4. Around the Pool (e.g., spectator area, foyer area, etc.)

Swimmers are not permitted to enter dry areas without first having changed and put on footwear.

- i. Where there is a balcony or rail - swimmers are not permitted to climb over it.
- ii. Glass bottles are not permitted outside designated refreshment areas.

Thank you for your co-operation in making the Meet a safe experience for all.