



AL AIN INTERNATIONAL SWIMMING CHAMPIONSHIP



16-18 October 2026



- Name:** **AL AIN 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:** **United Arab Emirates University – Al Ain**
- Pool:** 50m, 8 lanes, with anti-wave lane ropes
- Timing:** Omega Timing System
- Date:** Friday 16th, Saturday 17th & Sunday 18th October 2026
- Age Groups:** Female Seniors: 8-9, 10, 11, 12,13, 14,15& over
Male Seniors: 8-9, 10, 11, 12,13, 14,15& over
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:
swimmingcommunity2021@gmail.com
- Closing Date:** Monday, 28th September 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: swimmingcommunity2021@gmail.com

Competition Schedule

Friday Afternoon

Day 1 - Session 1 - Warm Up 14:30

Event Start 15:30 – 18:30

NO	Event	Age	Gender	Round
101	200m Butterfly	12, 13, 14, 15& over	Female	HDW
102	200m Butterfly	12, 13, 14, 15& over	Male	HDW
103	100m Backstroke	8-9, 10, 11, 12, 13, 14, 15& over and Masters	Female	HDW
104	100m Backstroke	8-9, 10, 11, 12, 13, 14, 15& over and Masters	Male	HDW
105	200m Freestyle	8-9, 10, 11, 12, 13, 14, 15& over	Female	HDW
106	200m Freestyle	8-9, 10, 11, 12, 13, 14, 15& over	Male	HDW

Saturday Morning

Day 2 - Session 2 - Warm Up 8:30

Event Start 9:30 – 12:30

NO	Event	Age	Gender	Round
201	200m IM	10, 11, 12, 13, 14, 15& over	Female	HDW
202	200m IM	10, 11, 12, 13, 14, 15& over	Male	HDW
203	50m Backstroke	8-9, 10, 11, 12, 13, 14, 15& over and Masters	Female	HDW
204	50m Backstroke	8-9, 10, 11, 12, 13, 14, 15& over and Masters	Male	HDW
205	100m Breaststroke	8-9, 10, 11, 12, 13, 14, 15& over and Masters	Female	HDW
206	100m Breaststroke	8-9, 10, 11, 12, 13, 14, 15& over and Masters	Male	HDW

Saturday Afternoon

Day 2 - Session 3 - Warm Up 14:30

Event Start 15:30 – 19:30

NO	Event	Age	Gender	Round
301	200m Backstroke	10, 11, 12, 13, 14, 15& over	Girls	HDW
302	200m Backstroke	10, 11, 12, 13, 14, 15& over	Boys	HDW
303	50m Freestyle	8-9, 10, 11, 12, 13, 14, 15& over and Masters	Girls	HDW
304	50m Freestyle	8-9, 10, 11, 12, 13, 14, 15& over and Masters	Boys	HDW
305	100m Butterfly	8-9, 10, 11, 12, 13, 14, 15& over and Masters	Female	HDW
306	100m Butterfly	8-9, 10, 11, 12, 13, 14, 15& over and Masters	Male	HDW

Sunday Morning

Day 3 - Session 4 - Warm Up 8:30

Event Start 9:30 – 12:30

NO	Event	Age	Gender	Round
401	200m Breaststroke	10, 11, 12, 13, 14, 15& over	Female	HDW
402	200m Breaststroke	10, 11, 12, 13, 14, 15& over	Male	HDW
403	50m Butterfly	8-9, 10, 11, 12, 13, 14, 15& over and Masters	Female	HDW
404	50m Butterfly	8-9, 10, 11, 12, 13, 14, 15& over and Masters	Male	HDW
405	100m Freestyle	8-9, 10, 11, 12, 13, 14, 15& over and Masters	Female	Heats
406	100m Freestyle	8-9, 10, 11, 12, 13, 14, 15& over and Masters	Male	Heats

Masters

50m & 100m Freestyle
50m & 100m Backstroke
50m & 100m Breaststroke
50m Butterfly

In the event of oversubscription, the organizer reserves the right to limit the number of events per swimmer and reject any entries.

Thank you, and we hope to see your team compete at the Abu Dhabi Aquatics Club Events

QUALIFICATION TIMES FOR C LEVEL COMPETITION – LONG COURSE

	Female								EVENTS	Male							
	8-9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs/over	Masters		8-9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs/over	Masters
Qualifying Time	00:40.81	00:37.79	00:35.00	00:37.87	00:33.34	00:33.38	00:32.51	NT	50m Freestyle	00:37.45	00:35.66	00:33.96	00:35.69	00:32.56	00:31.14	00:29.62	NT
Consideration Time	00:46.93	00:43.46	00:40.25	00:40.71	00:38.35	00:38.38	00:37.38			00:43.06	00:41.01	00:39.06	00:41.04	00:37.44	00:35.81	00:34.06	
Qualifying Time	01:31.58	01:24.12	01:16.81	01:13.25	01:12.52	01:10.20	01:09.23	NT	100m Freestyle	01:21.88	01:17.98	01:14.27	01:10.57	01:07.51	01:04.67	01:04.50	NT
Consideration Time	01:45.32	01:36.74	01:28.33	01:24.23	01:23.40	01:20.73	01:19.61			01:34.16	01:29.68	01:25.41	01:21.15	01:17.64	01:14.38	01:14.18	
Qualifying Time	N/A	02:52.08	02:44.30	02:52.35	02:40.15	02:38.12	02:33.00	N/A	200m Freestyle	N/A	02:49.62	02:41.54	02:49.76	02:34.11	02:28.03	02:21.99	N/A
Consideration Time	N/A	03:17.89	03:08.95	03:05.28	03:04.17	03:01.83	02:55.95			N/A	03:15.06	03:05.78	03:15.22	02:57.23	02:50.24	02:43.29	
Qualifying Time	00:47.88	00:43.99	00:40.59	00:44.15	00:38.98	00:37.78	00:36.23	NT	50m Backstroke	00:42.94	00:40.89	00:38.95	00:40.93	00:37.58	00:35.60	00:34.26	NT
Consideration Time	00:55.06	00:50.59	00:46.67	00:47.46	00:44.83	00:43.45	00:41.66			00:49.38	00:47.03	00:44.79	00:47.07	00:43.21	00:40.94	00:39.40	
Qualifying Time	01:46.66	01:34.31	01:29.29	01:36.75	01:23.55	01:22.62	01:19.90	NT	100m Backstroke	01:32.73	01:28.32	01:24.11	01:28.39	01:19.74	01:17.59	01:13.38	NT
Consideration Time	02:02.66	01:48.46	01:42.68	01:44.01	01:36.08	01:35.01	01:31.88			01:46.64	01:41.56	01:36.73	01:41.65	01:31.70	01:29.23	01:24.38	
Qualifying Time	N/A	03:18.49	03:06.81	03:17.90	03:00.48	02:55.64	02:51.28	N/A	200m Backstroke	N/A	03:09.78	03:00.74	03:09.93	02:53.17	02:48.78	02:39.64	N/A
Consideration Time	N/A	03:48.26	03:34.84	03:32.75	03:27.56	03:21.99	03:16.98			N/A	03:38.25	03:27.86	03:38.42	03:19.15	03:14.09	03:03.58	
Qualifying Time	00:54.61	00:49.45	00:45.46	00:43.10	00:41.03	00:39.48	00:39.54	NT	50m Breaststroke	00:49.68	00:47.31	00:45.06	00:41.93	00:40.33	00:38.51	00:36.83	NT
Consideration Time	01:02.80	00:56.87	00:52.27	00:49.57	00:47.18	00:45.41	00:44.00			00:57.13	00:54.41	00:51.82	00:48.22	00:46.38	00:44.29	00:42.35	
Qualifying Time	02:03.46	01:47.34	01:39.17	01:35.11	01:33.46	01:33.77	01:30.56	NT	100m Breaststroke	01:48.04	01:42.89	01:37.99	01:32.22	01:30.44	01:26.25	01:22.69	NT
Consideration Time	02:21.98	02:03.44	01:54.05	01:50.44	01:48.80	01:47.84	01:44.15			02:04.24	01:58.33	01:52.69	01:47.22	01:44.00	01:39.18	01:35.09	
Qualifying Time	N/A	03:48.93	03:24.77	03:21.07	03:21.75	03:16.01	03:11.30	N/A	200m Breaststroke	N/A	03:43.58	03:32.93	03:17.77	03:08.48	03:00.37	02:59.11	N/A
Consideration Time	N/A	04:23.27	03:55.48	03:51.23	03:48.55	03:45.42	03:39.99			N/A	04:17.11	04:04.87	03:47.44	03:36.76	03:27.43	03:26.00	
Qualifying Time	00:46.09	00:41.69	00:38.51	00:42.10	00:36.49	00:35.07	00:33.78	NT	50m Butterfly	00:40.30	00:38.39	00:35.19	00:33.69	00:32.09	00:30.76	00:30.37	NT
Consideration Time	00:53.00	00:47.94	00:44.29	00:45.25	00:41.96	00:40.33	00:38.85			00:46.35	00:44.14	00:40.47	00:38.75	00:36.90	00:35.38	00:34.93	
Qualifying Time	01:49.11	01:36.86	01:27.01	01:23.12	01:21.45	01:18.46	01:16.82	N/A	100m Butterfly	01:31.49	01:27.14	01:22.99	01:18.08	01:15.42	01:11.53	01:10.78	N/A
Consideration Time	02:05.48	01:51.39	01:40.06	01:35.59	01:33.67	01:30.23	01:28.34			01:45.22	01:40.21	01:35.43	01:29.79	01:26.73	01:22.26	01:21.40	
Qualifying Time	N/A	N/A	N/A	03:24.86	03:09.84	03:03.00	02:56.68	N/A	200m Butterfly	N/A	N/A	N/A	03:19.10	03:03.15	02:53.79	02:41.74	N/A
Consideration Time	N/A	N/A	N/A	03:40.23	03:38.31	03:30.45	03:23.19			N/A	N/A	N/A	03:48.97	03:30.63	03:19.86	03:06.00	
Qualifying Time	N/A	03:23.30	03:09.14	03:29.46	03:01.00	02:58.33	02:54.13	N/A	200m IM	N/A	03:12.98	03:03.79	03:13.14	02:53.25	02:46.42	02:39.82	N/A
Consideration Time	N/A	03:53.80	03:37.51	03:45.17	03:28.15	03:25.08	03:20.25			N/A	03:41.93	03:31.36	03:42.11	03:19.23	03:11.38	03:03.79	

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

UAE Aquatics 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 Aquatics Federation (completion of the Standard Accident Report Form).
3. All volunteers who assist at Al Ain International Swimming Championship 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 in.
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 Aquatics 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 is run under UAE Aquatics Federation and World Aquatics rules.

Safety at Swim Meets

All accidents, however minor must be reported, in writing, to UAE Aquatics 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:

1. 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.