

OPEN MASTERS GAMES

ABU DHABI 2026

AQUATICS

SWIMMING & OPEN WATER SWIMMING



Updated: November 28, 2025

**UNITED BY SPORTS,
ACTIVE FOR LIFE**

1. General Information

From sprints to distance events, swimming tests athletes across strokes in a battle of speed and stamina. It's a core sport that embodies technique, rhythm, and power.

1.1. Governance

The event will be conducted in line with the competition rules of the World Aquatics (WA) and International Paralympic Committee (IPC) Swimming, or as otherwise specified in this document.

1.2. Eligibility

Each athlete can enter up to seven Swimming events (in addition to entering an Open Water event). All Swimming events will be conducted in a long course 50m competition pool.

In line with the sport specific rules, an athlete must compete in their designated age group, with their age determined as of 31 December 2026. For example, if you are 39 during Games time but have turned 40 by 31 December, you will compete in the 40-44 age category.

To enter in a Para-Sport event at the Games, you must be able to meet minimum disability criteria. Please review the Para-Sport Classification requirements in the Para-Sports Information Guide and where an athlete has an existing recognised national or international classification, please indicate this as part of the registration process. If an athlete cannot meet these requirements, registration will be transferred to the open section of the competition.

Each Para-Sport event will be offered in the International Paralympic Committee recognised classifications for Swimming. Heats are combined with applicable able-bodied events and run as timed finals, where swimmers will be seeded according to their submitted entry time. Lanes shall be assigned in descending order of submitted times within each heat. The awarding of medals will not be affected, that is, individuals will still be awarded medals in the age category and classification in which they originally entered.

All para classes compete together, and the winner is determined by points.

Health Declaration

Athletes should carefully evaluate whether their physical condition is suitable for participating in the competition. If they suffer from cardiovascular or other diseases that make them not suitable to engage strenuous exercise, seeking doctor's advice is recommended to evaluate whether they can safely participate in OMGAD events.

1.3. Dates

Date	Feb 7 Saturday	Feb 8 Sunday	Feb 9 Monday	Feb 10 Tuesday	Feb 11 Wednesday	Feb 12 Thursday	Feb 13 Friday	Feb 14 Saturday
Open Water Swimming								
Swimming								

1.4. Venue

Abu Dhabi Aquatics Club, Mohammed Bin Zayed City

 [Pin Location](#)

[Hudayriyat Island \(Open Water Swim\)](#)

 [Pin Location](#)

2. Competition Information

2.1. Disciplines, Events & Grading

Discipline	Category			
	Event	Distances	Gender	Age
Swimming	Freestyle	50m	Male & Female	25+, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
		100m		
		200m		
		400m		
		800m		
	Backstroke	50m	Male & Female	25+, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
		100m		
		200m		

	Breaststroke	50m	Male & Female	25+, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
		100m		
		200m		
	Butterfly	50m	Male & Female	25+, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
		100m		
		200m		
	Individual Medley	200m	Male & Female	25+, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
		400m		
	Relays	4 X 50m Freestyle	Male & Female	25+, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
		4 X 50m Medley		
Open Water Swimming		1.5km	Male & Female	25+, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
		2.5km		
		5km		
Para Swimming	Category			
	Event	Distances	Gender	Age
	Freestyle	50m	Male & Female	25+, 35+, 45+
		100m		
		200m		
		400m		
	Backstroke	50m	Male & Female	25+, 35+, 45+
		100m		
	Breaststroke	50m	Male & Female	25+, 35+, 45+
		100m		
	Butterfly	50m	Male & Female	25+, 35+, 45+
		100m		

	Individual Medley	150m		Male & Female	25+, 35+, 45+
		200m			
	Relays	100m Medley	CLASS SM 1 - 4	Male & Female	25+, 35+, 45+
		200m Medley	CLASS SM 5 - 10		

2.2. Format

Swimming

Some relay teams in different age categories may be combined within heats.

Relay Age Groups are calculated from the total age of team members (in whole years) 100 – 119 years, 120 to 159 years, 160 – 199 years, 200 - 239 years, 240 – 279 years, 280 - 319 years, 320 – 359 years, 360 to 399 years, ... (forty-year increments as high as is necessary).

All Swimming events will be conducted as straight timed finals.

The following seeding will be used for all Swimming **events**, excluding the 400m and 800m freestyle events. The ten fastest swimmers identified by entry time, in each age category and event, will swim in the same heat. All other swimmers will be seeded based on their entry time regardless of age.

For a **relay** team to be confirmed, a minimum four swimmers, up to a maximum of eight, need to be registered in that team by 31 December 2025. After this date all relay teams with less than four members will not be allowed to compete in the relay event. Once the final programme is released there will be an opportunity for late relay team entries if there are empty lanes in any of the heats of your chosen relay event. Additional heats will not be added for late relay entries. Empty lanes will be allocated to Relay teams on a first come, first served basis and the assignment of lanes will be dictated by entry times. To complete this late entry, the details of the swimmers competing will need to be provided, in written form, in person, to the Technical Delegate or at the competition desk one hour prior the relay competition starting.



2.3. Schedule

SWIMMING

Venue: Abu Dhabi Aquatics Club

Grade	Gender	Age	08-Feb Sun	09-Feb Mon	10-Feb Tue	11-Feb Wed	12-Feb Thu	13-Feb Fri	14-Feb Sat	
Open	Male & Female	25+, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+	800m Freestyle 200m Ind. Medley 100m Breaststroke		400m Freestyle 100m Backstroke 50m Butterfly		200m Butterfly 200m Backstroke 400m Ind. Medley 4 x 50m Medley Relay	100m Freestyle 50m Breaststroke 100m Butterfly	200m Breaststroke 50m Freestyle	200m Freestyle 50m Backstroke 4 x 50m Freestyle Relay
Para	Male & Female	25+, 35+, 45+		200m Ind. Medley 100m Breaststroke	400m Freestyle 100m Backstroke 50m Butterfly	150m Ind. Medley	100m Freestyle 50m Breaststroke 100m Butterfly	50m Freestyle		

The detailed competition schedule will not be released until January 2026 following the close of individual registrations. Changes may result, pending final entries in each event and age category.

3. Technical Details

3.1. Technical Delegate

The Technical Delegate will be announced in the final version of the guide. The Technical Delegate will oversee the implementation of all sport specific rules and requirements at the Games.



3.2. Other Technical Details





4. Technology & Uniform

4.1. Technology

- Technology such as GPS tracking, bio-medical sensors or devices that record blood pressure, body temperature, stroke rate, breathing rate etc. via the transponder are permitted when approved by World Aquatics.
- The technology may transmit such information but not act as a receiver giving information and advantage to the competitor such as "smart goggles", hearing devices, and the like.
- An approved list of Wearables for World Aquatics competitions is available [here](#).
- Competitors must declare all Wearables when reporting to the First Call Room. Failure to declare may result in disqualification from the event.
- Drone laws are extremely strict in the U.A.E and requires approval from the [General Civil Aviation Authority](#).

4.2. Uniform

Swimming

- Competitors must wear only one swimsuit in one or two pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit. All swimsuits shall comply with the requirements set forth in these Competition Regulations.
- For swimming competitions, swimsuits for men shall not extend above the navel nor below the knee. For women, the swimsuit shall not cover the neck, nor extend past the shoulder, nor below knee. The swimsuits shall be made from textile materials.
- No swimmer shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, power bands, or adhesive substances, etc.).
- Goggles may be worn.

- In case of injury, it is permissible to tape not more than one or two fingers or toes. Any other kind of tape on the body is not permitted unless approved by the Referee or other designated person.

Open Water Swim

- No jewellery can be worn and nails must be cut to a short length.
- For Open Water Swimming competitions with water temperature from 18°C and above, swimsuits (men and women) can be worn and shall not cover the neck, nor extend past the shoulder, nor extend below the ankle. Subject to the specific shape specifications, swimsuits for open water swimming competitions shall further comply with all other requirements applicable to swimsuits for swimming-pool competition.
- For Open Water Swimming competitions in water with temperature below 18°C, the use of wetsuits is compulsory.
- Wetsuits are not permitted in Open Water Swimming competitions in water with temperature 18.0°C and above, except when conditions are hazardous for the competitors, the Chief Referee may, upon recommendation from the Safety Officer & Medical Officer declare wetsuits as mandatory in temperatures up to 20.0°C.
- Wetsuits shall completely cover torso, back, and thighs. They shall not extend beyond the neck, wrists and ankles.
- The body parts, after the shoulder and/or below the thigh do not necessarily need to be covered.

5. Awarding

5.1. Medals

The top 3 athletes will be awarded the gold medal, silver medal and bronze medal respectively.

5.2. Ceremonies

- In OMGAD2026, athletes are individuals and represent themselves. National flags and anthems will not be included in medal ceremonies.

- The medal ceremony will be held after each final.
- The medal ceremony will be conducted in Arabic and English.

6. Protests and Appeals

6.1. Protests

- Competition-related disputes and protests shall be handled according to rules and related regulations of the international association of the sport. The World Aquatics stipulates that a written dispute or protest should be lodged 30 minutes after the final race in that particular event has concluded.

6.2. Appeals

- Based on the principle of trust, the Organizer will not take the initiative to review the grade of athletes upon registration. Matters regarding athlete qualifications and grades should be submitted to the Organizer with relevant supporting materials before the Games or when the fact occurs. The complaint will be handled in accordance with the rules and relevant regulations of international sports federations and relevant regulations.
- Applications that are not submitted within the stipulated time or with incomplete materials will not be accepted.

7. Doping Control

7.1. Regulations

- Doping Control should be conducted in accordance with WADA World Anti-Doping Code (<https://www.wada-ama.org/en>) and International Masters Games Association (IMGA) Anti-Doping Rules (<https://imga.ch/masterssports/anti-doping>).
- Participants are deemed to have agreed to be subject to doping control procedures in accordance with the International Masters Games Association Anti-Doping Rules upon entry to the competition. Participants must obey antidoping rules and conduct themselves in a considerate manner.

8. Updates

The final version of the competition guide will be released by December 15th. Important additional information, including the sports schedule, will be available at that time. In the meantime, please address all inquiries to: sports@omgad2026.ae