

SWIMMING SPORT INFORMATION GUIDE

Swimming

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.

Competition dates

Swimming competition for Open Masters Games 2026 offers each athlete the opportunity to compete in Pool and/or Open Water disciplines at the Games, as per the following dates:

Date	February 7 Saturday	February 8 Sunday	February 9 Monday	February 10 Tuesday	February 11 Wednesday	February 12 Thursday	February 13 Friday	February 14 Saturday
Open Water	●							
Pool		●	●	●	●	●	●	●

Provisional Swimming Programme

Date	Provisional events to be contested
February 7, Saturday	1.5km Open Water 2.5km Open Water 5.0km Open Water
February 8, Sunday	800 m Freestyle
February 9, Monday	200m Individual Medley – includes Para sport 100m Breaststroke – includes Para sport
February 10, Tuesday	400m Freestyle – includes Para sport 100m Backstroke – includes Para sport 50m Butterfly – includes Para sport

February 11, Wednesday	200m Butterfly 200m Backstroke 150m Individual Medley – Para sport only 400m Individual Medley
February 12, Thursday	100m Freestyle – includes Para sport 50m Breaststroke – includes Para sport 100m Butterfly – includes Para sport 4 x 50m Medley Relay
February 13, Friday	200m Breaststroke 50m Freestyle – includes Para sport 4 x 50m Freestyle Relay
February 14, Saturday	200m Freestyle 50m Backstroke

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

Team structure

Each athlete can enter up to five individual and four relay Pool events (in addition to entering an Open Water event). All Pool events will be conducted in a long course 50m competition venue.

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

Venue: Mohamed bin Zayed City Swimming Pool

 [Pin Location](#)

Venue: Emirates Palace (Open Water Swim)

 [Pin Location](#)

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Competition format

The following Pool events are offered:

Discipline	Event	Age Categories
Pool	Freestyle	Men's: 25+, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
	50M	
	100 M	
	200M	
	400M	Women's: 25+, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
	800M	
	Backstroke	Men's: 25+, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
	50M	
	100M	
	200M	Women's: 25+, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
	Breaststroke	Men's: 25+, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
	50M	
	100M	
	200M	Women's: 25+, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+

	Butterfly 50M 100M 200M	Men's: 25+, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+ Women's: 25+, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
	Individual Medley 200M 400M	Men's: 25+, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+ Women's: 25+, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
	Relays 4 X 50M Freestyle 4X 50M Medley	Men's: 25+, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+ Women's: 25+, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
Open Water	Open Water Swim 1.5KM 2.5KM 5KM	Men's: 25+, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+ Women's: 25+, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+

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Para Sport

The following Para-sport events are offered in the Pool discipline:

Discipline	Event	Age Categories
PARA Pool	Para-Freestyle	
	50M	Men's: 25+, 35+, 45+
	100M	Women's: 25+, 35+, 45+
	200M	
	400M	
	Para-Backstroke	
	50M	Men's: 25+, 35+, 45+
	100M	Women's: 25+, 35+, 45+
	Para-Breaststroke	
	50M	Men's: 25+, 35+, 45+
	100M	Women's: 25+, 35+, 45+
	Para-Butterfly	
	50M	Men's: 25+, 35+, 45+
	100M	Women's: 25+, 35+, 45+
	Para-Individual Medley	
	Medley 150M	Men's: 25+, 35+, 45+
	Medley 200M	Women's: 25+, 35+, 45+
	Para-Relays	
	Medley 100M (Physical SM 1-4)	Men's: 25+, 35+, 45+
	Medley 200M (Physical SM5-10)	Women's: 25+, 35+, 45+

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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 is not able to 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.

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.

The 400m and 800m events will be rank seeded by gender based on swimmers' entry times regardless of age. Swimmers who do not provide an entry time by insert date will be seeded in the slowest heats.

All Swimming events will be conducted as straight timed finals.

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

For a **relay** team to be confirmed, four athletes need to be registered in that team by 31 December 2025. After this date all relay teams with less than 4 members will be removed from the 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. To complete this late entry, the details of the four swimmers competing will need to be provided by emailing sports@omgad2026.ae or in person to Pool Control prior to the end of competition.

Some relay ages may be combined within heats, please ensure you check at the competition venue for updated relay heat times.

Please note, as per OMGAD policy, athletes cannot compete in the same Relay event across multiple age categories.

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Technical delegate

The Technical Delegate endorsed by WA will be announced in Version 2 of the Guide. The Technical Delegate will oversee the implementation of all sport specific rules and requirements at the Games.

Updates

This guide will be updated Version 2 by 1 September 2025. Important additional information will be available at that time. In the meantime, please address all inquiries to: sports@omgad2026.ae



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