

INTERNATIONAL SWIMMING MEETING PÓVOA DE VARZIM



**Póvoa de Varzim Swimming Pool
February, 11th and 12th 2017**

REGULATIONS

1. RULES

- 1.1 The competition is organised according to FINA and FPN regulations;
- 1.2 It will be held on February 11th and 12th 2017, at P voa de Varzim Municipal Swimming Pool. The covered pool has Olympic dimension and 8 lanes.
- 1.3 **The contest will be organised in two parts:**
 - 1.3.1 Preliminary heats and slow heat (400mMedley/800mFreestyle/1500mFreestyle) in the morning sessions, according to the entry times;
 - 1.3.2 Finals A/B and fast heat (400mMedley/800mFreestyle/1500mFreestyle) in the afternoon sessions; Swimmers qualified with the 1 to 8 times in the Preliminary heats will perform Finals A (9 and 10 times are expected to be substitutes); B finals will occur when the number of enrolled swimmers is equal or superior to 16 and will be held by the 9 to 16 times. Swimmers qualified with the 17, 18, 19 and 20 times will be substitutes.
- 1.4 The **800/1500 m Freestyle and 400 m Medley** races are held at slow and fast heat. Only the best 24 entry times (of the last 12 months, obtained in a 50 m swimming pool until the date of enrolment in this Tournament) will be admitted. This fast heat will be realized in afternoon session (8 best times) and the slow heat will be realized in morning session (last 8 times). These times have to be performed in a long course pool in the season up to the entrance date. Swimmers qualified with the 25, 26, 27 and 28 times will be substitutes.

In case of tie there will be a swim-off between the involved swimmers.

2. Participation is OPEN - Absolute;

TIME LIMITS FOR PARTICIPATION (TLP):

FEMALE	HEATS	MALE
2002 TO 2005		2001 TO 2004
1:10,66	100 FREESTYLE	1:03,66
2:30,26	200 FREESTYLE	2:15,66
5:11,06	400 FREESTYLE	4:47,18
1:18,88	100 BACKSTROKE	1:10,49
2:45,00	200 BACKSTROKE	2:28,86
1:27,33	100 BREASTSTROKE	1:19,34
3:05,02	200 BREASTSTROKE	2:48,93
1:15,51	100 BUTTERFLY	1:07,61
2:42,01	200 BUTTERFLY	2:28,31
2:47,74	200 MEDLEY	2:31,62

FEMALE	HEATS	MALE
ABSOLUTES 2001 + OLDER		ABSOLUTES 2000 + OLDER
1:06,73	100 FREESTYLE	1:00,12
2:22,34	200 FREESTYLE	2:08,51
4:55,48	400 FREESTYLE	4:32,79
1:14,48	100 BACKSTROKE	1:06,56
2:36,30	200 BACKSTROKE	2:21,01
1:22,47	100 BREASTSTROKE	1:14,24
2:55,26	200 BREASTSTROKE	2:40,02
1:11,31	100 BUTTERFLY	1:03,85
2:33,47	200 BUTTERFLY	2:20,49
2:38,90	200 MEDLEY	2:23,63

FEMALE	HEATS	MALE
ABSOLUTES 2005 + OLDER		ABSOLUTES 2004 + OLDER
0:30,96	50 FREESTYLE	0:27,28
9:54,87	800/1500 FREESTYLE	17:43,09
0:35,31	50 BACKSTROKE	0:31,37
0:38,47	50 BREASTSTROKE	0:34,47
0:31,88	50 BUTTERFLY	0:29,27
5:32,74	400 MEDLEY	5:02,26
2:06,05	4X50 FREESTYLE	1:46,90
2:18,63	4X50 MEDLEY	1:57,71

- 2.1 If the number of participants (enrolments) in a trial is below 9 there will be a direct final.
- 2.2 If the number is inferior to 16 there final B won't occur.
- 2.3 Each Club or team can only enrol one relay team per event;
- 2.4 The composition of the relay teams must be supplied to the Jury at the beginning of each heat /final;
- 2.5 Any enrolled swimmer or relay team will have to, at least, match the TLP at the participated finals to be awarded the correspondent prize;
- 2.6 If the TLP is not attained during preliminaries and the swimmer will not access finals A, the Club or team will be fined for each (15€).
- 2.7 If the TLP is not attained during final A or B, the Club or team will be fined for each (10 €).
- 2.8 If the TLP is not attained during the preliminary heats, but the swimmer will access final A, the organisation will wait until the results of the finals in the afternoon. If the TLP is not attained during finals A the club or team will be fined for each (10 €).
- 2.9 There will be a classification for clubs/teams for which points will be awarded according to the table below and as long as the respective TLP has been attained, either in individual or in relay events:

Final A							
1st	2nd	3rd	4th	5th	6th	7th	8th
20	18	16	14	13	12	11	10

Final B							
1st	2nd	3rd	4th	5th	6th	7th	8th
9	7	6	5	4	3	2	1

- 2.10 If there is a tie between two or more swimmers, punctuation resulting from the position attained will be added to the clubs represented. The number of points obtained will then be divided by the swimmers in question.
- 2.11 For the relay events, the points to be awarded will be the double of the ones of the individual events.
- 2.12 The organisation can change the schedule of the trials in case of absolute necessity.
- 2.13 All clubs (members of the several Associations) as well as all national and foreign teams invited can participate.
- 2.14 Any absence, which has not been communicated to the Organisation until 30´ before the beginning of a session will be fined (50 €)

- 2.15 Any absence to the final, which might have, has not been communicated to the Organisation until 30´ after the last heat of the respective event, will be fined. (80 €)

3. ENROLMENTS

- 3.1 Clubs or teams must submit their preliminary applications until January 20th, 2017, including the indication of the expected number of swimmers, coaches and managers.
- 3.2 Final enrolments with payment receipt (Clubs or teams that do not send this receipt will not be accepted) must be made prior to January 27th, 2017 to the following address:

Associa o de Nata o do Norte de Portugal
Rua Ant nio Pinto Machado, 60
4100-068 Porto
Telef: +351-22-6091652

PT50 0018 000801952729020 67 - BIC SWIFT: TOTAPTPL

E-mail: meeting.povoa@annp.pt

Website: <http://www.annp.pt/eventos/meeting-internacional-povoa-de-varzim-2017>

- 3.3 After January 27th, 2017, no further changes or replacements will be accepted.
- 3.4 The registration of an individual swimmer must be accompanied by a fee of 3€ per event.
- 3.5 The registration fee for relay events will be of 5€.
- 3.6 The North Portugal Swimming Association reserves the right to demand a guarantee cheque.

4. PRIZES

4.1 Individual Prizes:

The first three places in each final "A" will be awarded a medal.

4.2 Individual Prizes by points

The best male and female swimmers, that will obtain, according to the FINA most recent chart, the best score in any of the events, will be awarded trophies.

4.3 Collective prizes:

There will be trophies to be awarded to the three best clubs or teams.

5. JURY OF APPEAL

Any protest should be stated to the Referee and based is matter of law, in order to be accepted. Protests based in matters of fact will be refused, after appreciation by the Jury of Appeal, formed by the Director of the Event, the President of the Technical Committee and the President of the Committee of Judges.

6. Various

The times of the heats will be measured by electronic timing being the responsible entities the Associação de Nataç o do Norte de Portugal (ANNP) and the Regional Council of Refereeing.

7. PROGRAMME

SATURDAY, 11-02-2017

Warm-up: 7.30 am to 8.50 am

Preliminary heats

Beginning of competition: 9.00 am

Preliminary heats

50 m	Butterfly	Men	Heats
100 m	Butterfly	Women	"
100 m	Backstroke	Men	"
200 m	Backstroke	Women	"
100 m	Breaststroke	Men	"
50 m	Breaststroke	Women	"
200 m	Freestyle	Men	"
400 m	Freestyle	Women	"
200 m	Medley	Men	"
50 m	Backstroke	Women	"
200 m	Butterfly	Men	"
200 m	Breaststroke	Women	"
50 m	Freestyle	Men	"
100 m	Freestyle	Women	"
4x50 m	Medley	Men	"
4x50 m	Freestyle	Women	"
1500 m	Freestyle	Men	Slow heat
400 m	Medley	Women	Slow heat

The fast heat of 400m Medley and 1500m Freestyle will take place at the beginning of finals.

SATURDAY, 11-02-2017

Warm-up: 15.00 pm to 16.20 pm

Finals

Beginning of competition: 16.30 pm

Finals

1500 m	Freestyle	Men	Heat	Fast Heat
400 m	Medley	Women	Heat	Fast Heat
50 m	Butterfly	Men	Heats	Final A-B
100 m	Butterfly	Women	"	"
100 m	Backstroke	Men	"	"
200 m	Backstroke	Women	"	"
100 m	Breaststroke	Men	"	"
50 m	Breaststroke	Women	"	"
200 m	Freestyle	Men	"	"
400 m	Freestyle	Women	"	"
200 m	Medley	Men	"	"
50 m	Backstroke	Women	"	"
200 m	Butterfly	Men	"	"
200 m	Breaststroke	Women	"	"
50 m	Freestyle	Men	"	"
100 m	Freestyle	Women	"	"
4x50 m	Medley	Men	"	"
4x50 m	Freestyle	Women	"	"

SUNDAY, 12-02-2017

Warm-up: 7.30 am to 8.50 am

Preliminary heats

Beginning of competition: 9.00 am

Preliminary heats

50 m	Butterfly	Women	Heats
100 m	Butterfly	Men	"
100 m	Backstroke	Women	"
200 m	Backstroke	Men	"
100 m	Breaststroke	Women	"
50 m	Breaststroke	Men	"
200 m	Freestyle	Women	"
400 m	Freestyle	Men	"
200 m	Medley	Women	"
50 m	Backstroke	Men	"
200 m	Butterfly	Women	"
200 m	Breaststroke	Men	"
50 m	Freestyle	Women	"
100 m	Freestyle	Men	"
4x50 m	Medley	Women	"
4x50 m	Freestyle	Men	"
800 m	Freestyle	Women	Slow heat
400 m	Medley	Men	Slow heat

The fast heat of 400m Medley and 800m Freestyle will take place at the beginning of finals.

SUNDAY, 12-02-2017

Warm-up: 15.00 pm to 16.20 pm

Finals

Beginning of competition: 16.30 pm

Finals

800 m	Freestyle	Women	Heat	Fast Heat
400 m	Medley	Men	Heat	Fast Heat
50 m	Butterfly	Women	Heats	Final A-B
100 m	Butterfly	Men	"	"
100 m	Backstroke	Women	"	"
200 m	Backstroke	Men	"	"
100 m	Breaststroke	Women	"	"
50 m	Breaststroke	Men	"	"
200 m	Freestyle	Women	"	"
400 m	Freestyle	Men	"	"
200 m	Medley	Women	"	"
50 m	Backstroke	Men	"	"
200 m	Butterfly	Women	"	"
200 m	Breaststroke	Men	"	"
50 m	Freestyle	Women	"	"
100 m	Freestyle	Men	"	"
4x50 m	Medley	Women	Heat	Final A
4x50 m	Freestyle	Men	Heat	Final A