

**32nd INTERNATIONAL
SWIMMING MEETING
PORTO**



**Campanhã Swimming Pool
JUNE, 4th and 5th 2016**

REGULATIONS

1. RULES

- 1.1 The competition is organised according to FINA and FPN regulations;
- 1.2 It will be held on June 04th and June 05th 2016, at Campanh a Swimming Pool (50 m, 8 lanes, heated);
- 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 16 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 17, 18, 19 and 20 times will be substitutes.
- 1.5 **Super-Sprint:** This event will take place after the relay. This competition, of 50m of each style and technique, will be organized with the eight better heat times. This event will take place with heats, happening elimination on every three, eliminating in the 1st, 2nd and 3rd heats 2 swimmers and leaving for the 4th heat the two finalists.

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

2. Participation is OPEN - Absolute;

TIME LIMITS FOR PARTICIPATION (TLP):

Women	Heats	Male
2001 - 2004		2000 - 2003
01.10,51	100 Freestyle	01.01,88
02.34,28	200 Freestyle	02.16,22
05.23,86	400 Freestyle	04.50,36
01.19,28	100 Backstroke	01.09,28
02.49,09	200 Backstroke	02.28,54
01.26,02	100 Breaststroke	01.16,26
03.06,89	200 Breaststroke	02.46,51
01.13,45	100 Butterfly	01.05,53
02.42,67	200 Butterfly	02.25,21
02.49,34	200 Medley	02.29,24

Women	Heats	Male
ABSOLUTES 2000 and older		ABSOLUTES 1999 and older
01.04,87	100 Freestyle	00.56,93
02.21,93	200 Freestyle	02.05,33
04.57,95	400 Freestyle	04.27,13
01.12,93	100 Backstroke	01.03,73
02.35,56	200 Backstroke	02.16,65
01.19,14	100 Breaststroke	01.10,16
02.51,94	200 Breaststroke	02.33,19
01.07,57	100 Butterfly	01.00,28
02.29,66	200 Butterfly	02.13,60
02.35,79	200 Medley	02.17,30

Women	Heats	Male
ABSOLUTES 2004 and older		ABSOLUTES 2003 and older
00.29,59	50 Freestyle	00.25,71
10.04,36	800/1500 Freestyle	17.33,65
00.33,81	50 Backstroke	00.29,55
00.36,34	50 Breaststroke	00.32,38
00.31,36	50 Butterfly	00.27,28
05.28,54	400 Medley	04.54,74
02.02,15	4X50 Freestyle	01.46,21
02.13,97	4X50 Medley	01.57,33

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- 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 (30 €).
- 2.7 If the TLP is not attained during final A or B, the Club or team will be fined for each (30 €).
- 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 (30 €).
- 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.

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- 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 May 16th, 2016, 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 May 23rd, 2016 to the following address:

Associação de Nataç o do Norte de Portugal
Rua Ant nio Pinto Machado, 60
4100-068 Porto
Telef: +351-22-6091652
E-mail: meeting.porto@annp.pt
Website: <http://www.annp.pt/eventos/meeting-internacional-porto-2016>

- 3.3 After May 25th, 2016, 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 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, 04-06-2016

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 fina

SATURDAY, 04-06-2016

Warm-up: 14.30 am to 15.50am

Finals

Beginning of competition: 16.00 pm

Finals

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

SUNDAY, 05-06-2016

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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 1500m Freestyle will take place at the beginning of finals.

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Finals

Beginning of competition: 16.00 pm

Finals

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