

## REGULATIONS

## 1. RULES

1.1 The competition is organised according to FINA and FPN regulations;
1.2 It will be held on June $20^{\text {st }}$ and June $21^{\text {st }}$ 2009, at Campanhã Swimming Pool (50 m, 8 lanes, heated);
1.3 The rule SW4.4 of FINA will be applied.
1.4 The contest will be organised in two parts:

Preliminary heats and slow heat (400mMedley/800mFreestyle/1500mFreestyle) in the morning sessions, according to the entry times;
1.4.2 Finals A, B and fast heat ( $400 \mathrm{mMedley} / 800 \mathrm{mFreestyle} / 1500 \mathrm{mFreestyle)}$ 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 reserves); Swimmers from the 9 to 16 times in the morning preliminaries will hold Finals B ( 17 to 18 times are expected to be reserves);
1.5 The 800, 1500 m Freestyle and 400 m Medley races are held at slow and fast heat. The best 16 entry times will only 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 and 18 times will be substitutes.
1.6 Participation is OPEN - Absolute;

### 1.7 TIME LIMITS FOR PARTICI PATI ON (TLP):

| FEMI NI N |  | MASCULI N |
| :---: | :---: | :---: |
| $\begin{gathered} \text { Born in } \\ 1995-1997 \end{gathered}$ | Heats | $\begin{gathered} \text { Born in } \\ 1993-1996 \end{gathered}$ |
| 1.07 .00 | 100 Freestyle | 1.00.50 |
| 2.24 .50 | 200 Freestyle | 2.13 .00 |
| 5.02.50 | 400 Freestyle | 4.42 .50 |
| 1.17 .00 | 100 Backstroke | 1.09.50 |
| 2.44 .50 | 200 Backstroke | 2.30 .00 |
| 1.26 .00 | 100 Breaststroke | 1.18 .00 |
| 3.03 .50 | 200 Breaststroke | 2.51 .00 |
| 1.14.50 | 100 Butterfly | 1.07 .00 |
| 2.43 .50 | 200 Butterfly | 2.29 .00 |
| 2.42 .50 | 200 Medley | 2.30 .00 |


| FEMI NI N | Heats | MASCULI N |
| :---: | :---: | :---: |
| ABSOLUTES <br> $\mathbf{1 9 9 4}$ and older |  | ABSOLUTES <br> $\mathbf{1 9 9 2}$ and older |
| 1.04 .00 | $\mathbf{1 0 0}$ Freestyle | 57.00 |
| 2.18 .50 | $\mathbf{2 0 0}$ Freestyle | 2.03 .60 |
| 04.51 .50 | $\mathbf{4 0 0}$ Freestyle | 4.23 .00 |
| 1.13 .30 | $\mathbf{1 0 0}$ Backstroke | 1.04 .90 |
| 2.38 .00 | $\mathbf{2 0 0}$ Backstroke | 2.22 .56 |
| 1.22 .00 | $\mathbf{1 0 0}$ Breaststroke | 1.12 .45 |
| 2.54 .50 | $\mathbf{2 0 0}$ Breaststroke | 2.38 .00 |
| 1.11 .20 | $\mathbf{1 0 0}$ Butterfly | 1.02 .00 |
| 2.37 .00 | $\mathbf{2 0 0}$ Butterfly | 2.17 .50 |
| 2.37 .00 | $\mathbf{2 0 0}$ Medley | 2.21 .50 |


| FEMI NI N | Heats | MASCULI N |
| :---: | :---: | :---: |
| $\mathbf{A B S O L U T E S}$ <br> $\mathbf{1 9 9 7}$ and older |  | ABSOLUTES <br> $\mathbf{1 9 9 6}$ and older |
| 0.30 .20 | $\mathbf{5 0}$ Freestyle | 26.80 |
| 10.15 .00 | $\mathbf{8 0 0 / 1 5 0 0}$ Freestyle | 18.20 .00 |
| 0.34 .70 | $\mathbf{5 0}$ Backstroke | 0.32 .00 |
| 0.38 .00 | $\mathbf{5 0}$ Breaststroke | 0.34 .80 |
| 0.31 .90 | $\mathbf{5 0}$ Butterfly | 0.28 .70 |
| 5.47 .00 | $\mathbf{4 0 0}$ Medley | 5.23 .00 |
| 2.02 .00 | $\mathbf{4 X 5 0}$ Freestyle | 1.45 .00 |
| 2.18 .00 | $\mathbf{4 X 5 0}$ Medley | 1.58 .00 |

1.8 If the number of participants (enrolments) in a trial is below 9 there will be a direct final. If this number is below 16 there will be only final " A ".
1.9 Each Club or team can only enrol one relay team per event;
1.10 At any relay event only a Final A is expected;
1.11 The composition of the relay teams must be supplied to the Jury at the beginning of each preliminatory /final;
1.12 Any enrolled swimmer or relay team will have to, at least, match the TLP at the participated finals to be awarded the correspondent prize;
1.13 If the TLP is not attained during preliminaries and the swimmer will not access finals A or B, the Club or team will be fined for each ( $30 €$ ).
1.14 If the TLP is not attained during finals $A$ or $B$ the Club or team will be fined for each ( 30 €).
1.15 If the TLP is not attained during preliminaries, but the swimmer will access finals $A$ or $B$, the organisation will wait until the results of the finals $A$ or $B$ in the afternoon. If the TLP is not attained during finals $A$ or $B$ the club or team will be fined for each ( $30 €$ ).
1.16 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 |  |  |  |  | Final B |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 | 110 | 120 | 130 | 140 | 150 | 160 |
| 20 | 16 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

1.17 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.
1.18 For the relay events, the points to be awarded will be the double of the ones of the individual events.
1.19 The organisation can change the schedule of the trials in case of absolute necessity.
1.20 All clubs (members of the several Associations) as well as all national and foreign teams invited can participate.
1.21 Any absence, which has not been communicated to the Organisation until 30' before the beginning of a session will be fined ( $50 €$ )
1.22 Any absence to the final, which might have, has not been communicated to the Organisation until $30^{\prime}$ after the last heat of the respective event, will be fined. ( 80 €)
2. ENROLMENTS
2.1 Clubs or teams must submit their preliminary applications until May $\mathbf{2 5}^{\text {th }}$, 2009, including the indication of the expected number of swimmers, coaches and managers.
2.2 Final enrolments with payment receipt (Clubs or teams that do not send this receipt will not be accepted) must be made prior to June $5^{\text {th }}, 2009$ to the following address:

Associação de Natação do Norte de Portugal
Rua António Pinto Machado, 60
4100-068 Porto
Telef. 351-22-6091652 Fax. 351-22-6001207
E-mail: meeting.porto@annp.pt www.annp.pt/portomeeting09
2.3 After J une $\mathbf{8}^{\text {th }}, \mathbf{2 0 0 9}$, no further changes or replacements will be accepted.
2.4 The registration of an individual swimmer must be accompanied by a fee of 5 € per event.
2.5 The registration fee for relay events will be of $10 €$.
2.6 The North Portugal Swimming Association reserves the right to demand a guarantee cheque.
3. PRIZES

### 3.1 I ndividual Prizes:

3.1.1 The first three places in each final " $A$ " will be awarded a medal.
3.1.2 The first three places in each final will be rewarded:

1st - (100 €)
2nd - (75 €)
3rd - (50 €)
(Except the relay team)

### 3.2 Individual prizes (according to FI NA table):

3.2.1 The best absolute male and female swimmers that according to FINA table will attain the highest number of points.

Best male swimmer - (300 €)
Best female swimmer - (300 €)
3.3 Prizes for records:
a) National Record: Youth (Portugal): $50 €$
b) National Record: Junior/Senior (Portugal): $100 €$
c) National Record Absolute (Portugal): $500 €$
d) World Record: $5.000 €$
e) European Record: $2.500 €$
f) Meeting Record: $200 €$
3.3.1 This award will be attributed only to swimmers that obtain records in final.
3.3.2 When an athlete obtains more than one record, only the highest prize will be given.

### 3.4 Collective prizes:

3.4.1 The first three places in final classification will be rewarded:

1. st $\quad-\quad(2000 €)$
2. nd - (1000 €)
3.rd - (500 €)
3.4.2- There will be cups to be awarded to the three best clubs or teams.
3.4.3 - Only the teams with 8 players will be rewarded with prize money.

## 4. 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. PROGRAMME

## SATURDAY, 20-06-2009-9.00 hours

## Warm-up

7.30 am to 8.50 am

## Preliminaries

| 100 m | Freestyle | Women | Heats |
| ---: | :--- | :---: | :---: |
| 200 m | Freestyle | Men | Final A/B |
| 50 m | Breaststroke | Women | $"$ |
| 100 m | Breaststroke | Men | Final A/B |
| 100 m | Backstroke | Women | Final A/B |
| 50 m | Backstroke | Men | Final A/B |
| 200 m | Butterfly | Women | $"$ |
| 100 m | Butterfly | Men | Final A/B |
| 400 m | Freestyle | Women | Final A/B |
| 200 m | Medley | Men | Final A/B |
| 200 m | Breaststroke | Women | Final A/B |
| 50 m | Freestyle | Men | Final A/B |
| 50 m | Butterfly | Women | $"$ |
| 200 m | Backstroke | Men | $"$ |
| $4 \times 50 \mathrm{~m}$ | Medley | Women | $"$ |
| $4 \times 50 \mathrm{~m}$ | Freestyle | Men | Final A/B |
| 400 m | Medley | Women | Final A/B |
| 1500 m | Freestyle | Men | Final A/B |
|  |  | Slow heat | Final A/B |

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

## SUNDAY, 21-06-2009-9.00 hours

## Warm-up

### 7.30 am to 8.50am

## Preliminaries

| 100 m | Freestyle | Men | Heats | Final $A / B$ |
| :---: | :---: | :---: | :---: | :---: |
| 200 m | Freestyle | Women | " | Final $A / B$ |
| 50 m | Breaststroke | Men | " | Final $A / B$ |
| 100 m | Breaststroke | Women | " | Final $A / B$ |
| 100 m | Backstroke | Men | ${ }^{\prime \prime}$ | Final $A / B$ |
| 50 m | Backstroke | Women | ${ }^{\prime}$ | Final $A / B$ |
| 200 m | Butterfly | Men | " | Final $A / B$ |
| 100 m | Butterfly | Women | ${ }^{\prime}$ | Final $A / B$ |
| 400 m | Freestyle | Men | ${ }^{\prime}$ | Final A/B |
| 200 m | Medley | Women | " | Final $A / B$ |
| 200 m | Breaststroke | Men | " | Final $A / B$ |
| 50 m | Freestyle | Women | ${ }^{\prime \prime}$ | Final $A / B$ |
| 50 m | Butterfly | Men | ' | Final $A / B$ |
| 200 m | Backstroke | Women | " | Final $A / B$ |
| $4 \times 50 \mathrm{~m}$ | Medley | Men | " | Final A |
| $4 \times 50 \mathrm{~m}$ | Freestyle | Women | ${ }^{\prime}$ | Final A |
| 400 m | Medley | Men | Slow heat | Fast heat |
| 800 m | Freestyle | Women | Slow heat | Fast heat |

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

## Finals A and B

Record Times of the International Meeting of Porto

|  | WOMEN |  |
| :---: | :---: | :---: |
| 50 m Freestyle | Therese Alshammar SUE | $\begin{aligned} & \hline 00.25 .49 \\ & 06 / 06 / 18 \\ & \hline \end{aligned}$ |
| 100 m Freestyle | Shan Ying CHN | $\begin{aligned} & 00.56 .45 \\ & 94 / 06 / 26 \\ & \hline \end{aligned}$ |
| 200 m Freestyle | Camelia Potec ROM | $\begin{aligned} & 02.00 .07 \\ & 99 / 06 / 27 \\ & \hline \end{aligned}$ |
| 400 m Freestyle | Camelia Potec ROM | $\begin{aligned} & \hline 04.16 .00 \\ & 99 / 06 / 26 \\ & \hline \end{aligned}$ |
| 800 m Freestyle | Rebecca Cooke GBR | $\begin{array}{r} 08.41 .51 \\ 07 / 06 / 03 \\ \hline \end{array}$ |
| $4 \times 50 \mathrm{~m}$ Freestyle | ITA | $\begin{aligned} & \hline 01.47 .38 \\ & 05 / 06 / 19 \\ & \hline \end{aligned}$ |
| 50 m Breaststroke | Svetlana Bondarenko UKR | $\begin{aligned} & 00.32 .49 \\ & 01 / 06 / 16 \\ & \hline \end{aligned}$ |
| 100 m Breaststroke | Roberta Panara ITA | $\begin{aligned} & 01.09 .96 \\ & 08 / 06 / 01 \\ & \hline \end{aligned}$ |
| 200 m Breaststroke | Diana Gomes POR | $\begin{aligned} & 02.30 .50 \\ & 07 / 06 / 03 \\ & \hline \end{aligned}$ |
| 50 m Backstroke | $\begin{gathered} \hline \text { Anu Koivisto } \\ \text { FIN } \\ \hline \end{gathered}$ | $\begin{aligned} & 00.30 .06 \\ & 99 / 06 / 27 \\ & \hline \end{aligned}$ |
| 100 m Backstroke | He Cihong CHN | $\begin{aligned} & \hline 01.01 .82 \\ & 94 / 06 / 26 \\ & \hline \end{aligned}$ |
| 200 m Backstroke | I rina Amshennikova UKR | $\begin{aligned} & \hline 02.16 .12 \\ & 03 / 06 / 22 \\ & \hline \end{aligned}$ |
| 50 m Butterfly | Therese Alshammar SUE | $\begin{aligned} & 00.26 .68 \\ & 06 / 06 / 17 \\ & \hline \end{aligned}$ |
| 100 m Butterfly | Sara Oliveira POR | $\begin{aligned} & 01.00 .88 \\ & 07 / 06 / 02 \\ & \hline \end{aligned}$ |
| 200 m Mariposa/Butterfly | Francesca Segat ITA | $\begin{aligned} & 02.13 .19 \\ & 07 / 06 / 02 \\ & \hline \end{aligned}$ |
| 200 m Medley | Yana Klochkova UKR | $\begin{aligned} & 02.16 .92 \\ & 99 / 06 / 27 \\ & \hline \end{aligned}$ |
| 400 m Medley | Yana Klochkova UKR | $\begin{aligned} & 04.47 .89 \\ & 95 / 07 / 01 \\ & \hline \end{aligned}$ |
| $4 \times 50 \mathrm{~m}$ Medley | ITA | $\begin{aligned} & 01.56 .55 \\ & 08 / 05 / 31 \end{aligned}$ |
|  | MEN |  |
| 50 m Freestyle | Alexandre Popov RUS | $\begin{aligned} & \hline 00.23 .07 \\ & 93 / 06 / 26 \\ & \hline \end{aligned}$ |
| 100 m Freestyle | J osé Meolans ARG | $\begin{aligned} & 00.50 .66 \\ & 06 / 06 / 18 \\ & \hline \end{aligned}$ |
| 200 m Freestyle | Matteo Pelliciari ITA | $\begin{array}{r} 01.50 .33 \\ 08 / 05 / 31 \\ \hline \end{array}$ |
| 400 m Freestyle | $\begin{gathered} \text { Eugeni Sadovi } \\ \text { RUS } \\ \hline \end{gathered}$ | $\begin{aligned} & 03.55 .56 \\ & 93 / 06 / 27 \\ & \hline \end{aligned}$ |
| 1500 m Freestyle | Denys Zavgorodniy UKR | $\begin{aligned} & 15.23 .25 \\ & 98 / 06 / 27 \\ & \hline \end{aligned}$ |
| $4 \times 50 \mathrm{~m}$ Freestyle | ITA | $\begin{aligned} & \hline 01.32 .98 \\ & 08 / 05 / 31 \\ & \hline \end{aligned}$ |
| 50 m Breaststroke | Djaburia Alexandr UKR | $\begin{aligned} & \hline 00.28 .15 \\ & 95 / 07 / 02 \\ & \hline \end{aligned}$ |
| 100 m Breaststroke | Cameron VD Burgh BRA | $\begin{aligned} & \hline 01.01 .86 \\ & 07 / 06 / 02 \\ & \hline \end{aligned}$ |
| 200 m Breaststroke | Alberto Catalano ITA | $\begin{aligned} & \hline 02.17 .12 \\ & 07 / 06 / 03 \\ & \hline \end{aligned}$ |
| 50 m Backstroke | Ben Hesen USA | $\begin{aligned} & \hline 00.26 .61 \\ & 07 / 06 / 02 \\ & \hline \end{aligned}$ |
| 100 m Backstroke | Alexandre Popov RUS | $\begin{aligned} & 00.56 .63 \\ & 93 / 06 / 26 \\ & \hline \end{aligned}$ |
| 200 m Backstroke | Vladimir Selkov RUS | $\begin{array}{r} 02.02 .43 \\ 95 / 07 / 01 \\ \hline \end{array}$ |
| 50 m Butterfly | Damien Courtois SUI | $\begin{array}{r} 00.24 .46 \\ 08 / 06 / 01 \\ \hline \end{array}$ |
| 100 m Butterfly | Damien Courtois SUI | $\begin{aligned} & \hline 00.53 .95 \\ & 08 / 05 / 31 \\ & \hline \end{aligned}$ |
| 200 m Butterfly | Sergiy Advena UKR | $\begin{aligned} & \hline 02.00 .33 \\ & 03 / 06 / 22 \\ & \hline \end{aligned}$ |
| 200 m Medley | Christian Keller SGE | $\begin{aligned} & 02.04 .35 \\ & 95 / 07 / 01 \\ & \hline \end{aligned}$ |
| 400 m Medley | $\begin{gathered} \hline \text { Sirigu Lorenzo } \\ \text { ITA } \\ \hline \end{gathered}$ | $\begin{aligned} & \hline 04.28 .21 \\ & 02 / 06 / 16 \\ & \hline \end{aligned}$ |
| $4 \times 50 \mathrm{~m}$ Medley | ESP | $\begin{aligned} & 01.43 .78 \\ & 01 / 06 / 17 \\ & \hline \end{aligned}$ |

