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#### REGULATIONS

### 1. RULES

- 1.1 The competition is organised according to FINA and FPN regulations;
- 1.2 It will be held on June 20<sup>st</sup> and June 21<sup>st</sup> 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 (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 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 PARTICIPATION (TLP):

FEMININ		MASCULIN
Born in 1995 - 1997	Heats	Born in 1993 - 1996
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

FEMININ		MASCULIN
ABSOLUTES	Heats	ABSOLUTES
1994 and older		1992 and older
1.04.00	100 Freestyle	57.00
2.18.50	200 Freestyle	2.03.60
04.51.50	400 Freestyle	4.23.00
1.13.30	100 Backstroke	1.04.90
2.38.00	200 Backstroke	2.22.56
1.22.00	100 Breaststroke	1.12.45
2.54.50	200 Breaststroke	2.38.00
1.11.20	100 Butterfly	1.02.00
2.37.00	200 Butterfly	2.17.50
2.37.00	200 Medley	2.21.50

FEMININ		MASCULIN
ABSOLUTES	Heats	ABSOLUTES
1997 and older		1996 and older
0.30.20	50 Freestyle	26.80
10.15.00	800/1500 Freestyle	18.20.00
0.34.70	50 Backstroke	0.32.00
0.38.00	50 Breaststroke	0.34.80
0.31.90	50 Butterfly	0.28.70
5.47.00	400 Medley	5.23.00
2.02.00	4X50 Freestyle	1.45.00
2.18.00	4X50 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  $(30 \in)$ .
- 1.14 If the TLP is not attained during finals A or B the Club or team will be fined for each  $(30 \in)$ .
- 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  $(30 \in)$ .

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:

			Fina	al A							Fin	al B			
1°	2°	3°	<b>4°</b>	5°	6°	<b>7°</b>	8°	<b>9</b> °	10°	11°	12°	13°	14°	15°	16°
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´ 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 25<sup>th</sup>, 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<sup>th</sup>, 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: <a href="mailto:meeting.porto@annp.pt">meeting.porto@annp.pt</a> <a href="mailto:meeting.portomeeting.portomeeting.portomeeting.portomeeting.portomeeting.portomeeting.porto@annp.pt">meeting.porto@annp.pt</a>

2.3 After June 8<sup>th</sup>, 2009, 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 Individual 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:

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

- 3.2 Individual prizes (according to FINA table):
- 3.2.1 The best absolute male and female swimmers that according to FINA table will attain the highest number of points.

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Best male swimmer - (300 €)
Best female swimmer - (300 €)
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- 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 (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	Final A/B
200 m	Freestyle	Men	"	Final A/B
50 m	Breaststroke	Women	"	Final A/B
100 m	Breaststroke	Men	"	Final A/B
100 m	Backstroke	Women	"	Final A/B
50 m	Backstroke	Men	u u	Final A/B
200 m	Butterfly	Women	"	Final A/B
100 m	Butterfly	Men	"	Final A/B
400 m	Freestyle	Women	u u	Final A/B
200 m	Medley	Men	u u	Final A/B
200 m	Breaststroke	Women	"	Final A/B
50 m	Freestyle	Men	"	Final A/B
50 m	Butterfly	Women	u u	Final A/B
200 m	Backstroke	Men	"	Final A/B
4x50 m	Medley	Women	u u	Final A
4x50 m	Freestyle	Men	u u	Final A
400 m	Medley	Women	Slow heat	
1500 m	Freestyle	Men	Slow heat	

The fast heat of 400m Medley and 1500m 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	II .	Final A/B
100 m	Breaststroke	Women	II .	Final A/B
100 m	Backstroke	Men	n .	Final A/B
50 m	Backstroke	Women		Final A/B
200 m	Butterfly	Men	"	Final A/B
100 m	,	Women		Final A/B
	Butterfly			
400 m	Freestyle	Men		Final A/B
200 m	Medley	Women	"	Final A/B
200 m	Breaststroke	Men	· ·	Final A/B
50 m	Freestyle	Women	"	Final A/B
50 m	Butterfly	Men	"	Final A/B
200 m	Backstroke	Women	"	Final A/B
4x50 m	Medley	Men	"	Final A
4x50 m	Freestyle	Women	· ·	Final A
400 m	Medley	Men	Slow heat	Fast heat
800 m	Freestyle	Women	Slow heat	Fast heat

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

# Finals A and B

SATURDAY, 20-06-2009 SUNDAY, 21-06-2009 16.30 hours: competition

# **Record Times of the International Meeting of Porto**

	WOMEN				
50 m Freestyle	Therese Alshammar SUE	00.25.49 06/06/18			
100 m Freestyle	Shan Ying CHN	00.56.45 94/06/26			
200 m Freestyle	Camelia Potec	02.00.07			
400 m Freestyle	ROM 99/06/27 Camelia Potec 04.16.00 ROM 99/06/26				
800 m Freestyle	Rebecca Cooke 08.41.				
4 x 50 m Freestyle	GBR ITA	07/06/03 01.47.38			
50 m Breaststroke	Svetlana Bondarenko	05/06/19 00.32.49			
100 m Breaststroke	UKR Roberta Panara	01/06/16 01.09.96			
200 m Breaststroke	ITA Diana Gomes	08/06/01 02.30.50			
50 m Backstroke	POR Anu Koivisto	07/06/03 00.30.06			
100 m Backstroke	FIN He Cihong	99/06/27 01.01.82			
200 m Backstroke	CHN Irina Amshennikova	94/06/26 02.16.12			
50 m Butterfly	UKR Therese Alshammar	03/06/22 00.26.68			
100 m Butterfly	SUE Sara Oliveira	06/06/17 01.00.88			
200 m Mariposa/Butterfly	POR Francesca Segat	07/06/02 02.13.19			
200 m Medley	ITA Yana Klochkova	07/06/02 02.16.92			
-	UKR Yana Klochkova	99/06/27 04.47.89			
400 m Medley	UKR	95/07/01			
4 x 50 m Medley	ITA	01.56.55 08/05/31			
	MEN				
50 m Freestyle	Alexandre Popov RUS	00.23.07 93/06/26			
100 m Freestyle	<b>José Meolans</b> ARG	00.50.66 06/06/18			
200 m Freestyle	Matteo Pelliciari ITA	01.50.33 08/05/31			
400 m Freestyle	<b>Eugeni Sadovi</b> RUS	03.55.56 93/06/27			
1500 m Freestyle	Denys Zavgorodniy UKR	15.23.25 98/06/27			
4 x 50 m Freestyle	ITA	01.32.98 08/05/31			
50 m Breaststroke	<b>Djaburia Alexandr</b> UKR	00.28.15 95/07/02			
100 m Breaststroke	Cameron VD Burgh BRA	01.01.86 07/06/02			
200 m Breaststroke	Alberto Catalano	02.17.12 07/06/03			
50 m Backstroke	Ben Hesen USA	00.26.61			
100 m Backstroke	Alexandre Popov	07/06/02 00.56.63			
200 m Backstroke	RUS Vladimir Selkov	93/06/26 02.02.43			
50 m Butterfly	RUS  Damien Courtois	95/07/01 00.24.46			
100 m Butterfly	SUI  Damien Courtois	08/06/01 00.53.95			
200 m Butterfly	SUI Sergiy Advena	08/05/31 02.00.33			
200 m Medley	UKR Christian Keller	03/06/22 02.04.35			
400 m Medley	SGE Sirigu Lorenzo	95/07/01 04.28.21			
•	ITA ESP	02/06/16 01.43.78			
4 x 50 m Medley	-	01/06/17			