

INTERNATIONAL SWIMMING MEET PÓVOA DE VARZIM



**Swimming Pool Póvoa de Varzim
January, 27th and 28th 2007**



International Swimming Meet – P ova de Varzim

1. Regulations

1.1 The competition is organised accordingly to the FINA and FPN regulations.

1.2 The SW4.4 rule, included in the FINA manual, will be enforced.

1.3 It will be held on January 27th and 28th, at the P ova de Varzim Municipal Swimming Pool. The covered pool has Olympic dimension and 8 lanes.

1.4 The competition will take place in two distinct parts:

1.4.1 Preliminary Heats, set according the seeded swimmers and entry times, and Slow Heat (400m Medley and 800/1500m Freestyle), in the morning sessions.

1.4.2 A and B Finals and Fast Heat, in the afternoon sessions. Swimmers qualified from the 1st to the 8th entry, in the Preliminary sessions will perform the A final (the 9th and 10th entries will be reserves). Swimmers from the 9th and 16th entries will hold the B finals (the 17th and 18th entries will be reserves).

1.5 The 800/ 1500m Freestyle and 400m Medley races are held at slow and fast heat. Only the best 16 entry times, in the present season, will be considered until the Swimming Meet inscription deadline. The best 8 times will perform the Fast Heat during the afternoon, while the remaining 8 times compete in the Slow Heat in the morning. The 17th and 18th entries are expected to be reserves.

1.6 Participation is Open Absolute.

1.7 Time Limits required to participate:

WOMEN		PROVAS	MEN	
ABSOLUTE	YOUTH		YOUTH	ABSOLUTE
0.30.20		50 FREESTYLE	26.80	
1.04.00	1.06.00	100 FREESTYLE	59.00	57.00
2.18.50	2.22.00	200 FREESTYLE	2.08.00	2.04.00
04.48.00	4.56.00	400 FREESTYLE	4.33.00	4.25.00
10.15.00		800/1500 FREESTYLE	18.00.00	
0.36.80		50 BACKSTROKE	0.32.00	
1.15.50	1.17.50	100 BACKSTROKE	1.09.50	1.07.50
2.41.00	2.45.00	200 BACKSTROKE	2.31.00	2.27.00
0.39.70		50 BREASTROKE	0.34.80	
1.26.00	1.28.00	100 BREASTROKE	1.16.50	1.14.50
3.01.00	3.05.00	200 BREASTROKE	2.45.00	2.41.00
0.33.00		50 BUTTERFLY	0.28.70	
1.11.00	1.13.00	100 BUTTERFLY	1.05.50	1.03.50
2.40.50	2.44.50	200 BUTTERFLY	2.29.00	2.25.00
2.38.50	2.42.50	200 MEDLEY	2.29.00	2.25.00
5.45.00		400 MEDLEY	5.15.00	
4.20.00		4X100 FREESTYLE	3.52.00	
4.45.00		4X100 MEDLEY	4.15.00	

1.8 A single final may occur if the number of swimmers (applications) in a race is inferior to 9. If that number is inferior to 16, only A final will be performed.

1.9 Each club or team can only be represented by one relay team, per event.

1.10 In the relay event only A Final is expected.

1.11 Each relay team should present its member composition to the Jury at the beginning of each preliminary/ final.

1.12 Any swimmer or relay team should, at least, match the time limits for participation at any final, in order to obtain the prize and punctuation for their club.



1.13 If the time limit required to participate is not attained during the preliminary heats and the swimmer does not reach the A or B final, there will be a fee of 30  to be paid.

1.14 If the time limit required is not attained during the A and B finals, the club will be fined with 30 .

1.15 If the time limit required is not attained during the preliminary heats and the swimmer reaches the A or B final, the results obtained in the A or B final will dictate a resolution, during the afternoon sessions. If the time limit required is not attained during the A and B finals, the club will be fined with 30 .

1.16 There will be a general classification per clubs/ teams, to award swimmers accordingly to the tables below, as long as the time limits required are attained:

FINAL A							
1 st	2nd	3rd	4 th	5 th	6 th	7 th	8 th
20	16	14	13	12	11	10	9

FINAL B							
9 th	10 th	11 th	12 th	13 th	14 th	15 th	16 th
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 Concerning the relay events, the punctuation given doubles the ones of individual events.

1.19 The Organization reserves the right to change the events schedule, when forced to do so.

1.20 All clubs invited and linked to several Associations may participate as well as foreign clubs and teams invited by the Organization.

1.21 Any absence non communicated to the Organization by a club with 30 min in advance, before the beginning of a session, will be fined with 50  .



- 1.22 Any absence in A or B final non communicated to the Organization by a club with 30 min in advance, after the previous heat, will be fined with 80 .

2. Enrolments

2.1 All clubs or teams should submit their applications before the 29th of December, indicating the number of swimmers, coaches and managers.

2.2 Final enrolments and payment must be presented before the 12th of December (otherwise may not be admitted) to the following address:

Associa  o de Nata  o do Norte de Portugal

Rua Ant nio Pinto Machado, 60 – 4100-068 Porto

  351-22-6091652

  351-22-6001207

e-mail: meeting.povoa@annp.pt

2.3 After the 12th of December 2007, no further changes or replacements will be allowed.

2.4 The registration of an individual swimmer implicates a fee of 4 .

2.5 The registration fee for relay events is 15 .

3. Prizes

3.1 Individual Prizes

3.1.1 The first three positions reached in each A final will be awarded with a medal.

3.1.2 The first three positions reached in each A final will be rewarded:

1st - 100 

2nd - 75 

3rd - 50 

(Except relay teams)

3.2 Individual Prizes (according to punctuation)

3.2.1 The three best absolute swimmers (male and female) having attained the highest punctuation according to the FINA table, in any final, will be rewarded:

1st – Male and Female: 300  each

2nd – Male and Female : 200  each

3rd – Male and Female: 100  each

3.3 Individual Prizes for Records

3.3.1 Youth National Record (Portugal): 50 

3.3.2 Junior and Senior National Record (Portugal): 100 

3.3.3 Absolute National Record (Portugal): 500 

3.3.4 International Meeting Record - 200 

3.3.5 World Record: 5.000 

3.3.6 European Record: 2.500 

3.3.7 This award will only be awarded to swimmers obtaining records in finals.

3.3.8 In any event, if a swimmer breaks several records in a same heat, he or she will only receive the highest amount prize.

3.4 Collective Prizes:

3.4.1 The 8 highest ranked clubs or better classified teams will be awarded.

3.4.2 The first three positions attained by clubs/ teams will be rewarded:

1st- 2000 

2nd - 1000 

3rd - 500 

3.4.3 Money Prizes will only be given to teams presenting 8 swimmers at least.



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.



Programme

Warm up

Saturday, 27/ 01/2007

From 7h45 am to 8h45 am

PRELIMINARY HEATS

Sunday, 28/11/2007

9 h am

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	"	Final A/B
200 m	Butterfly	Women	"	Final A/B
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	"	Final A/B
200 m	Backstroke	Men	"	Final A/B
4x100 m	Medley	Women	"	Final A
4x100 m	Freestyle	Men	"	Final A
400 m	Medley	Women	Slow Heat /Fast Heat	
1500 m	Freestyle	Men	Slow Heat /Fast Heat	



ASSOCIAÇÃO DE NATAÇÃO DO NORTE DE PORTUGAL

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50 m	Breaststroke	Men	"	Final A/B
100 m	Breaststroke	Women	"	Final A/B
100 m	Backstroke	Men	"	Final A/B
50 m	Backstroke	Women	"	Final A/B
200 m	Butterfly	Men	"	Final A/B
100 m	Butterfly	Women	"	Final A/B
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
4x100 m	Medley	Men	"	Final A
4x100 m	Freestyle Breaststroke	Women	"	Final A
400 m	Medley	Men Freestyle	Slow Heat /Fast Heat	
800 m	Freestyle	Women Men	Slow Heat /Fast Heat	

Record times of P voa de Varzim International Swimming Meet

Women		
50 m Freestyle	Start	26.43
100 m Freestyle	Start	58.06
200 m Freestyle	Start	2.04.06
400 m Freestyle	Start	4.19.89
800 m Freestyle	Start	8.57.14
4 x 100 m Freestyle	Start	3.59.99
50 m Breaststroke	Start	32.80
100 m Breaststroke	Start	1.10.09
200 m Breaststroke	Start	2.29.51
50 m Backstroke	Start	29.85
100 m Backstroke	Start	1.04.01
200 m Backstroke	Start	2.16.28
50 m Butterfly	Start	27.82
100 m Butterfly	Start	1.00.95
200 m Butterfly	Start	2.12.56
200 m Medley	Start	2.19.95
400 m Medley	Start	4.55.58
4 x 100 m Medley	Start	4.26.75
Men		
50 m Freestyle	Start	22.86
100 m Freestyle	Start	49.59
200 m Freestyle	Start	1.49.98
400 m Freestyle	Start	3.55.57
1500 m Freestyle	Start	15.21.94
4 x 100 m Freestyle	Start	3.28.59
50 m Breaststroke	Start	28.51
100 m Breaststroke	Start	1.02.17
200 m Breaststroke	Start	2.14.90
50 m Backstroke	Start	25.99
100 m Backstroke	Start	56.56
200 m Backstroke	Start	2.02.75
50 m Butterfly	Start	24.38
100 m Butterfly	Start	53.53
200 m Butterfly	Start	1.59.99
200 m Medley	Start	2.02.80
400 m Medley	Start	4.28.10
4 x 100 m Medley	Start	3.50.25