

# **INTERNATIONAL SWIMMING MEETING PÓVOA DE VARZIM**



**Swimming Pool Póvoa de Varzim  
February, 7th and 8th 2009**

### **III International Swimming Meeting – Póvoa de Varzim**

#### **1. Regulations**

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

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

It will be held on February 7<sup>th</sup> and 8<sup>th</sup>, at the Póvoa de Varzim Municipal Swimming Pool. The covered pool has Olympic dimension and 8 lanes.

The competition will take place in two distinct parts:

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

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

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 Meeting 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 17<sup>th</sup> and 18<sup>th</sup> entries are expected to be reserves.

**Participation is Open Absolute.**

**Time Limits required to participate:**

<b>FEMININ</b>	<b>HEATS</b>	<b>MASCULIN</b>
<b>1995 to 1997</b>		<b>1993 to 1996</b>
1.07.00	<b>100 FREESTYLE</b>	1.00.50
2.24.50	<b>200 FREESTYLE</b>	2.13.00
5.02.50	<b>400 FREESTYLE</b>	4.42.50
1.17.00	<b>100 BACKSTROKE</b>	1.09.50
2.45.00	<b>200 BACKSTROKE</b>	2.30.00
1.26.00	<b>100 BREASTSTROKE</b>	1.18.50
3.03.50	<b>200 BREASTSTROKE</b>	2.51.00
1.14.50	<b>100 BUTTERFLY</b>	1.07.00
2.43.50	<b>200 BUTTERFLY</b>	2.29.00
2.42.50	<b>200 MEDLEY</b>	2.30.00

<b>FEMININ</b>	<b>HEATS</b>	<b>MASCULIN</b>
<b>ABSOLUTES 1994 + older</b>		<b>ABSOLUTES 1992 + older</b>
1.04.00	<b>100 FREESTYLE</b>	00.57.00
2.18.50	<b>200 FREESTYLE</b>	02.03.50
04.51.50	<b>400 FREESTYLE</b>	04.23.00
1.13.50	<b>100 BACKSTROKE</b>	01.05.00
2.38.00	<b>200 BACKSTROKE</b>	02.22.50
1.22.00	<b>100 BREASTSTROKE</b>	01.12.50
2.54.50	<b>200 BREASTSTROKE</b>	02.38.00
1.11.50	<b>100 BUTTERFLY</b>	01.02.00
2.37.00	<b>200 BUTTERFLY</b>	02.17.50
2.37.00	<b>200 MEDLEY</b>	02.21.50

<b>FEMININ</b>	<b>HEATS</b>	<b>MASCULIN</b>
<b>ABSOLUTES 1997 + older</b>		<b>ABSOLUTES 1996 + older</b>
0.30.20	<b>50 FREESTYLE</b>	26.80
10.15.00	<b>800/1500 FREESTYLE</b>	18.20.00
0.34.70	<b>50 BACKSTROKE</b>	0.32.00
0.38.00	<b>50 BREASTSTROKE</b>	0.34.80
0.31.90	<b>50 BUTTERFLY</b>	0.28.70
5.45.00	<b>400 MEDLEY</b>	5.20.00
4.20.00	<b>4X100 FREESTYLE</b>	3.52.00
4.45.00	<b>4X100 MEDLEY</b>	4.15.00

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.

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

In the relay event only A Final is expected.

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

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.

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.

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

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€.

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 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
20	16	14	13	12	11	10	9

FINAL B							
9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>	16 <sup>th</sup>
8	7	6	5	4	3	2	1

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.

Concerning the relay events, the punctuation given doubles the ones of individual events.

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

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

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 €.

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**

All clubs or teams should submit their applications before the 9<sup>th</sup> of January 2009, indicating the number of swimmers, coaches and managers.

Final enrolments and payment must be presented before the 21<sup>st</sup> of January (otherwise may not be admitted) to the following address:

### **Associação de Natação do Norte de Portugal**

Rua António Pinto Machado, 60 – 4100-068 Porto

☎ 351-22-6091652

📠 351-22-6001207

E-mail: [meeting.povoa@annp.pt](mailto:meeting.povoa@annp.pt)

<http://www.annp.pt/povoameeting09/>

After the 23<sup>rd</sup> of January 2009, no further changes or replacements will be allowed.

The registration of an individual swimmer implicates a fee of 5€.

The registration fee for relay events is 15€.

## **3. Prizes**

### **Individual Prizes**

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

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

1<sup>st</sup> - 100€

2<sup>nd</sup> - 75€

3<sup>rd</sup> - 50€

(Except relay teams)

### **Individual Prizes (according to punctuation)**

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

Male and Female: 300€ each

### **Individual Prizes for Records**

Youth National Record (Portugal): 50€

Junior and Senior National Record (Portugal): 100€

Absolute National Record (Portugal): 500€

International Meeting Record - 200€

World Record: 5.000€

European Record: 2.500€

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

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

### **Collective Prizes:**

The 3 highest ranked clubs or better classified teams will be awarded.

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

1<sup>st</sup> - 2000€

2<sup>nd</sup> - 1000€

3<sup>rd</sup> - 500€

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

The Meeting cup will be awarded to the club/national team absolute winner according to the general punctuation obtained.

### **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, 07/02/2009****From 7h35 am to 8h50 am****PRELIMINARY HEATS****Saturday, 07/02/2009****09h00 am: beginning of the  
competition**

100 m	Freestyle	Women	Heats	A-B
200 m	Freestyle	Men	"	A-B
50 m	Breaststroke	Women	"	A-B
100 m	Breaststroke	Men	"	A-B
100 m	Backstroke	Women	"	A-B
50 m	Backstroke	Men	"	A-B
200 m	Butterfly	Women	"	A-B
100 m	Butterfly	Men	"	A-B
400 m	Freestyle	Women	"	A-B
200 m	Medley	Men	"	A-B
200 m	Breaststroke	Women	«	A-B
50 m	Freestyle	Men	"	A-B
50 m	Butterfly	Women	"	A-B
200 m	Backstroke	Men	"	A-B
4x100 m	Medley	Women	"	A
4x100 m	Freestyle	Men	"	A
400 m	Medley	Women	Slow Heat	
1500 m	Freestyle	Men	Slow Heat	

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



**Warm up****Saturday, 07/02/2009****From 15h00 pm to  
16h20 pm****Finals A and B****Saturday, 07/02/2009****16h30 pm: beginning  
of the competition****Warm up****Sunday, 08/02/2009****From 7h30 am to 8h50 am****PRELIMINARY HEATS****Sunday, 08/02/2009****09h00 am: beginning of the  
competition**

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

**The fast heat of 400m Medley and 800m Freestyle will take place at**

the beginning of finals.

Warm up

Sunday, 08/02/2009

From 15h00 pm to  
16h20 pm

FINALS A and B

Sunday, 08/02/2009

16h30 pm: beginning  
of the competition

### Record times of Póvoa de Varzim International Swimming Meeting

	Women		Date
50 m Freestyle	Start	26.43	28-01-2007
100 m Freestyle	Jana Miskova CZE	56.94	
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	19-01-08
400 m Medley	Start	4.55.58	
4 x 100 m Medley	ISR	4.21.88	
	Men		Date
50 m Freestyle	Start	22.86	20-01-08
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	Mirco Di Tora ITA	55.71	
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	