

ASSOCIAÇÃO DE NATAÇÃO DO NORTE DE PORTUGAL

INTERNATIONAL SWIMMING MEETING PÓVOA DE VARZIM



**Swimming Pool Póvoa de Varzim
February, 6th and 7th 2010**

IV 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 6th and 7th, 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 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).

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 17th and 18th entries are expected to be reserves.

Participation is Open Absolute.

Time Limits required to participate:

FEMININ	HEATS	MASCULIN
1996 to 1998		1994 to 1997
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
2.45.00	200 BACKSTROKE	2.30.00
1.26.00	100 BREASTSTROKE	1.18.50
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	HEATS	MASCULIN
ABSOLUTES 1995 + older		ABSOLUTES 1993 + older
1.04.00	100 FREESTYLE	00.57.00
2.18.50	200 FREESTYLE	02.03.50
04.51.50	400 FREESTYLE	04.23.00
1.13.50	100 BACKSTROKE	01.05.00
2.38.00	200 BACKSTROKE	02.22.50
1.22.00	100 BREASTSTROKE	01.12.50
2.54.50	200 BREASTSTROKE	02.38.00
1.11.50	100 BUTTERFLY	01.02.00
2.37.00	200 BUTTERFLY	02.17.50
2.37.00	200 MEDLEY	02.21.50

FEMININ	HEATS	MASCULIN
ABSOLUTES 1998 + older		ABSOLUTES 1997 + 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
5.45.00	400 MEDLEY	5.20.00
4.20.00	4X100 FREESTYLE	3.52.00
4.45.00	4X100 MEDLEY	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 st	2 nd	3 rd	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

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 8th of January 2010, indicating the number of swimmers, coaches and managers.

Final enrolments and payment must be presented before the 22nd 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

<http://www.annp.pt/povoameeting10/>

After the 25th of January 2010, 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:

1st - 100€

2nd - 75€

3rd - 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:

1st- 2000€

2nd - 1000€

3rd - 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, 06/02/2010****From 7h30 am to 8h50 am****PRELIMINARY HEATS****Saturday, 06/02/2010****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, 06/02/2010****From 15h00 pm to****16h20 pm****Finals A and B****Saturday, 06/02/2010****16h30 pm: beginning****of the competition**

Warm up

Sunday, 07/02/2010

From 7h30 am to 8h50 am

PRELIMINARY HEATS

Sunday, 07/02/2010

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, 07/02/2010

**From 15h00 pm to
16h20 pm**

FINALS A and B

Sunday, 07/02/2010

16h30 pm: beginning of the competition

Record times of Póvoa de Varzim International Swimming Meeting

			Date
Women			
50 m Freestyle	Start	26.43	
100 m Freestyle	Jana Miskova CZE	56.94	28-01-2007
200 m Freestyle	Start	2.04.06	
400 m Freestyle	Start	4.19.89	
800 m Freestyle	Giulia Bolgiani ITA	8.56.08	08-02-2009
4 x 100 m Freestyle	ISR	3.56.11	08-02-2009
50 m Breaststroke	Yuliya Banach ISR	32.73	07-02-2009
100 m Breaststroke	Start	1.10.09	
200 m Breaststroke	Start	2.29.51	
50 m Backstroke	Stefania Cartapani ITA	29.47	08-02-2009
100 m Backstroke	Stefania Cartapani ITA	1.03.59	07-02-2009
200 m Backstroke	Start	2.16.28	
50 m Butterfly	Amit Ivry ISR	27.07	07-02-2009
100 m Butterfly	Amit Ivry ISR	59.83	08-02-2009
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	ISR	4.16.41	07-02-2009
Men			
50 m Freestyle	Rafed El-Masri GER	22.86	07-02-2009
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	Kevin Swander USA	28,05	08-02-2009
100 m Breaststroke	Start	1.02.17	
200 m Breaststroke	Start	2.14.90	
50 m Backstroke	Benedict Hensen	25.36	07-02-2009
100 m Backstroke	Mirco Di Tora ITA	54.88	08-02-2009
200 m Backstroke	Mirco Di Tora ITA	2.02.20	07-02-2009
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	