



Helsingfors Simsällskap r.f. organizes with the permission of the Finnish Swimming Association national swimming competition

## Simmis-meet

**Mäkelänrinne Swimming Center Saturday 30.3.2024 at 9:00.**

10 lanes, 50 m, electronic timing, warm-up starts a hour before the start of the first event.

Events are swim directly as finals. The results from 25m competitions are transformed to 50m times according to the rules of the Finnish Swimming Association.

### Program

Morning (9-13)

<b>1</b>	400 free	G13/G15/W	<b>10</b>	100 free	B10/B13/B15/M
<b>2</b>	400 free	B13/B15/M	<b>11</b>	50 free	Para W
<b>3</b>	100 butterfly	G13/G15/W	<b>12</b>	50 free	Para M
<b>4</b>	100 butterfly	B13/B15/M	<b>13</b>	200 butterfly	G13/G15/W
<b>5</b>	50 breaststr	G10/G13/G15/W	<b>14</b>	200 butterfly	B13/B15/M
<b>6</b>	50 breaststr	B10/B13/B15/M	<b>15</b>	50 backstroke	G10/G13/G15/W
<b>7</b>	200 backstroke	G13/G15/W	<b>16</b>	50 backstroke	B10/B13/B15/M
<b>8</b>	200 backstroke	B13/B15/M	<b>17</b>	200 ind. medley	G10/G13/G15/W
<b>9</b>	100 free	G10/G13/G15/W	<b>18</b>	200 ind. medley	B10/B13/B15/M

Evening (16-21)

<b>19</b>	200 free	G13/G15/W	<b>29</b>	100 breaststr	G10/G13/G15/W
<b>20</b>	200 free	B13/B15/M	<b>30</b>	100 breaststr	B10/B13/B15/M
<b>21</b>	200 breaststr	G13/G15/W	<b>31</b>	50 butterfly	Para W
<b>22</b>	200 breaststr	B13/B15/M	<b>32</b>	50 butterfly	Para M
<b>23</b>	50 butterfly	G10/G13/G15/W	<b>33</b>	100 backstroke	G10/G13/G15/W
<b>24</b>	50 butterfly	B10/B13/B15/M	<b>34</b>	100 backstroke	B10/B13/B15/M
<b>25</b>	50 free	G10/G13/G15/W	<b>35</b>	800 free	G13/G15/W
<b>26</b>	50 free	B10/B13/B15/M	<b>36</b>	800 free	B13/B15/M
<b>27</b>	400 ind. medley	G13/G15/W	<b>37</b>	4x50 medley	Mixed
<b>28</b>	400 ind. medley	B13/B15/M			

The organizer has the right to limit the number of competitors in events 1, 2, 35 and 36 based on the stated times.

**Registration** no later than on Monday 25.3.2024 23:59 to Tempus or by email to the competition office.

**Late entries** are possible if the estimated schedule permits it. The latest time for late entries is on Thursday 28.3.2024 at 18:00. The late entry fee is three times the standard fee.

**Cancellations** after the end of registration is done electronically or by contacting the competition office by 1 hour before the start of each session.

**Starting fee** is 11€ / start. The fee is due before the competition to Helsingfors Simsällskap bank account IBAN: FI9724001800038481 / BIC: HELSFIHH. Please state the name of your club and number of starts in payment message.

**Para-swimmers** can participate in addition to para swimming events to all of the other events.

**Enquiries by email** [kilpailut@simmis.fi](mailto:kilpailut@simmis.fi)

**Welcome to Helsinki, Mäkelänrinne Swimming Centre.**