



Welcome to Helsinki 25–26 March 2020!

The Finnish Swimming Association proudly invites you to the Arena Helsinki Swim Meet 25.-26.3.2020. The competition will take place at Mäkelänrinne in Helsinki, 50 meters 10 lane pool.

This two-day meet offers a good program which gives all competitors a good opportunity to prepare for the 2020 Tokyo Olympic Games time standards. Also this year the competition is part of the Nordic Swim Tour together with Bergen Swim Festival and Stockholm Swim Open. Compete with top swimmers worldwide with the total prize money of € 25 000. Visit www.helsinkimeet.fi where you find more information. For questions contact helsinki.meet@uimaliitto.fi

Date

Wednesday 25th March - Thursday 26th March 2020.

Venue

Mäkelänrinne swimming Centre (address; Mäkelänkatu 49, Helsinki), 50 m pool, 10 lanes (finals 8 lanes). Venue for European Championships 2000 and 2006, European Junior Championships 2010 and 2018.

Rules

The competition will be conducted under FINA rules and is approved as a qualifying event for Tokyo Olympic games 2020.

Preliminary schedule

Heats: 9.00

B-finals: 16.45

A-finals: 18.30

Please find the program further.

Warm up

Tuesday 24th of March from 14.00 – 19.00,

Competition days; 07.30 – 08.45 and 14.30 – 16.15 in the competition pool. 25 m pool (6 lanes) from 08.00 – end of competition.

Prelims

A-flight consists of 4 (50 and 100 meters) or 3 (200 and 400 meters) heats. The fastest swimmers will compete in A-flight (10 lanes). In 800 meters 3 heats (two in morning with 10 swimmers and 1 heat in finals with 8 swimmers).

Entries

Closing date for entries is 9th March 2020 with LENEX-files found on www.helsinkimeet.fi

Qualifying times and period

2019-01-01 to 2020-03-09 in 25m or 50m pool. Entry times from 50 m pools will be seeded ahead of times from 25 m pools. In the 800 freestyle 25 m times will be converted to 50 m times.

Entry fee

€ 12,00/event. Late entries: Late entries will be accepted up until the team leader meeting at the cost of € 30/event and only if heat limitations do not apply.

Withdrawals

Withdrawals for prelims and timed finals Wednesday should be made Tuesday 8 pm at the latest.

All other days no later than 30 minutes after the end of the finals of the previous day.

Withdrawals to finals no later than 30 minutes after end of the event in the prelims.

Accreditation

€ 12,00/accreditation, all swimmers and team staff need accreditation.

Applications will be found at www.helsinkimeet.fi

Team leaders

Meeting for Team leaders will take place at the venue on Tuesday 24th of March 19:00

Prize money

Prize money in each event is as follows: First place € 300, Second place € 150, Third place € 100.

The top three female and male performances, (counted on the best result from FINA's table) gets prize money:

First place € 1 500, Second place € 1 000, Third place € 500.

Best three female and male junior swimmer's performances (counted on the best results from FINA's table) gets

prize money: First place € 400, Second place € 200, Third place € 100.

Total prize money for the competition is €25 000

Tickets

Tickets can be ordered and purchased at www.lippu.fi

You find more info at www.helsinkimeet.fi

Contact

Competition manager Pasi Salonen (pasi.salonen@uimaliitto.fi), +358 44 549 0350



Program of events

Day 1 Events	Day 2 Events
M 100 m Free	W 100 m Free
W 200 m Free	M 200 m Free
M 50 m Breast	W 50 m Breast
W 100 m Breast	M 100 m Breast
M 400 m Ind. Medley	W 400 m Ind. Medley
W 100 m Fly	M 100 m Fly
M 100 m Back	W 100 m Back
W 50 m Back	M 50 m Back
M 200 m Fly	W 200 m Fly
W 200 m Ind. Medley	M 200 m Ind. Medley
M 400 m Free	W 400 m Free
W 50 m Free	M 50 m Free
M 200 m Breast	W 200 m Breast
W 200 m Back	M 200 m Back
M 50 m Fly	W 50 m Fly
W 800 m Free	M 800 m Free

Time standards

Event		Women		Men	
		25m	50m	25m	50m
50	free	29,70	30,70	26,00	27,00
100	free	1:02,60	1:04,60	55,20	57,20
200	free	2:15,20	2:19,20	2:03,20	2:07,20
400	free	4:46,60	4:54,60	4:26,00	4:34,00
800	free	9:51,10	10:07,10	9:04,00	9:20,00
50	fly	31,80	32,80	28,80	29,80
100	fly	1:09,80	1:11,80	1:02,00	1:04,00
200	fly	2:33,80	2:37,80	2:20,10	2:24,10
50	back	33,90	34,90	31,00	32,00
100	back	1:12,50	1:14,50	1:05,00	1:07,00
200	back	2:35,40	2:39,40	2:20,40	2:24,40
50	breast	37,30	38,80	34,00	35,50
100	breast	1:20,50	1:23,50	1:12,10	1:15,10
200	breast	2:53,60	2:59,60	2:39,40	2:43,30
200	IM	2:33,40	2:38,40	2:20,20	2:25,20
400	IM	5:25,00	5:35,00	5:03,20	5:13,20

