



## ESPOO SWIM GAMES

23.11.2019

Cetus Espoo arranges an international swimming competition at Espoonlahti 50 m pool, Espoo, Finland

### Saturday 23rd of November, at 9.30 AM

1. Girls 13, 14, 15, W 400m IM
2. Boys 14, 15, 16, M 400m IM
3. Girls 13, 14, 15, W 50m Butterfly
4. Boys 14, 15, 16, M 50m Butterfly
5. Girls 13, 14, 15, W 200m Backstroke
6. Boys 14, 15, 16, M 200m Backstroke
7. Girls 13, 14, 15, W 100m Breaststroke
8. Boys 14, 15, 16, M 100m Breaststroke
9. Girls 13, 14, 15, W 200m Freestyle
10. Boys 14, 15, 16, M 200m Freestyle
11. Girls 13, 14, 15, W 50m Backstroke
12. Boys 14, 15, 16, M 50m Backstroke
13. Girls 13, 14, 15, W 200m Butterfly
14. Boys 14, 15, 16, M 200m Butterfly
15. Girls 13, 14, 15, W 50m Freestyle
16. Boys 14, 15, 16, M 50m Freestyle

### Saturday 23rd of November, at 4.30 PM

17. Women 800m Freestyle
18. Men 1500m Freestyle
19. Girls 13, 14, 15, W 50m Breaststroke
20. Boys 14, 15, 16, M 50m Breaststroke
21. Girls 13, 14, 15, W 100m Butterfly
22. Boys 14, 15, 16, M 100m Butterfly
23. Girls 13, 14, 15, W 200m IM
24. Boys 14, 15, 16, M 200m IM
25. Girls 13, 14, 15, W 100m Freestyle
26. Boys 14, 15, 16, M 100m Freestyle
27. Girls 13, 14, 15, W 200m Breaststroke
28. Boys 14, 15, 16, M 200m Breaststroke
29. Girls 13, 14, 15, W 100m Backstroke
30. Boys 14, 15, 16, M 100m Backstroke

**Warm Up** starts one hour before each session.

Swimmers are only allowed to swim in own age groups. (youngist age groups are G13 and B14)

There will be only one heat in event 17 and 18 where eight fastest swimmers can take part in.

**Entries** must be done not later than 17 th of November via Tempus or from abroad via e-mail not later than 15th of November.

#### **More information:**

Sami Wacklin, [kilpailukoordinaattori@cetus.fi](mailto:kilpailukoordinaattori@cetus.fi)

**Entry fee:** 9€ / start must be paid at same time with entries.

Bank details:

Nordea

IBAN FI59 1432 3000 2198 73

BIC: NDEAFIHH

**Meals:** [info@windyday.fi](mailto:info@windyday.fi) Order meals before 19th of November.2019.

**WELCOME TO ESPOONLAHTI !**

