

Simmis Wanda organizes with the permission of
The Finnish Swimming Association
national swimming competition



WELCOME TO COMPETE IN [ALTAILE.COM](https://www.altaille.com)
VANTAA JUNIOR MEET
SWIMMING COMPETITION
in Tikkurila swimming pool 4.-5.3.2023

50 m / 6 lanes / electronic timing

address: Läntinen Valkoisenlähteentie 50, 01300 Vantaa

Sat 4.3.2023 morning session at 9.30 evening session at 16.00
Sun 4.3.2023 morning session at 9.30 evening session at 16.00

Warm-up begins one hour before the start of each session.

PROGRAM

SAT	MORNING	9.30	SAT	EVENING	16.00
1.	W-10,12,15,17,	50 backstroke	9.	W- 10,12,15,17	50 free
2.	M- 11,13,16,18	50 backstroke	10.	M- 11,13,16,18	50 free
3.	W- 13,15,17	200 butterfly	11.	W- 13,15,17	200 breaststr
4.	M- 14,16,18	200 butterfly	12.	M- 14,16,18	200 breaststr
5.	W- 11,13,15,17	100 breaststr	13.	W- 11,13,15,17	100 backstroke
6.	M- 12,14,16,18	100 breaststr	14.	M- 12,14,16,18	100 backstroke
7.	W- 13,15,17	400 ind. medley	15.	W- 12,15,17	400 free
8.	M- 14,16,18	400 ind. medley	16.	M- 13,16,18	400 free
SUN	MORNING	9.30	SUN	EVENING	16.00
17.	W- 11,13,15,17	50 butterfly	25.	W- 10,12,15,17	50 breaststr
18.	M- 12,14,16,18	50 butterfly	26.	M- 11,13,16,18	50 breaststr
19.	W- 13,15,17	200 backstroke	27.	W- 13,15,17	200 free
20.	M- 14,16,18	200 backstroke	28.	M- 14,16,18	200 free
21.	W- 11,13,15,17	100 free	29.	W- 13,15,17	100 butterfly
22.	M- 12,14,16,18	100 free	30.	M- 14,16,18	100 butterfly
23.	W- 11,13,15,17	200 ind. medley	31.	W- 13,15,17	800 free *
24.	M- 12,14,16,18	200 ind. medley	32.	M- 14,16,18	800 free *

If the timetable permits, there will be a 10 min warm-up break after events 4, 12, 20 and 28.

*) We reserve the right to limit 800 free participants to up to 2 heats/event



Registration no later than on Monday 27.2.2023 to Tempus.

Registrations from abroad: please contact e-mail kilpailut@simmiswanda.fi

Starting fee 10 € / start is due before the registration period ends.

Simmis Wanda bank account: IBAN: FI51 4055 1320 1052 28 / BIC: HELSFIHH.

Please state the name of your club and number of starts in payment message.

Late entries are accepted until 1 hour before the start of the first session.

Late entry fee is three times the starting fee.

Cancellations after the end of registration electronically or to competition office no later than 1 hour before the start of each session.

For accommodation and meals and other competition information go to www.simmiswanda.fi/kilpailut/vjm2023 or LiveTiming

Enquiries by email kilpailut@simmiswanda.fi

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