

Oulun Lohet organizes the nationals with the permission of the Finnish Swimming



Lohiuinnit

Oulun Swimming pool 27 – 28.5 2023
8 lane/50m, electronic timing,
video -backup, Omega -starting rack

Saturday 27.5.2022

1. Period klo 10.00 (Warm up 8.30)

1. Girl 12, 15, Women 200 Medley
2. Boys 13, 16, Men 200 Medley
3. Girls 12, 15, Women 100 Butterfly
4. Boys 13, 16, Mn 100 Butterfly
5. Girls 10, 12, 15, Women, erit.u. 50 Brestroke
6. Masters-W 50 Brestroke
7. Boys 11, 13, 16, Men , erit.u. 50 Brestroke
8. Masters-M 50 Brestroke
9. Girls 12, 15, Women 200 Backstroke
10. Boys 13, 16, Men 200 Backstroke

2. Period Klo 15.30 (Warm up 14.30)

11. Girls-12,15,Women 400 Freestyle
12. Boys-13,16,Men 400 Freestyle
13. Girls-10, 12,15,Women, erit.u. 50 Butterfly
14. Masters-Women 50 Butterfly
15. Boys-10,13,16,Men, erit.u. 50 Butterfly
16. Masters-M 50 Butterfly
17. T-12,15, N 100 Brestroke
18. P-13,16,M 100 Brestroke
19. T-12,15,N, erit.u. 200 Freestyle
20. P-13,16,M, erit.u. 200 Freestyle

Sunday 28.5.2022

3. Period 10.00 (Warm up 8.30)

21. Boys-13,16,Men 100 freestyle
22. Girls-13,15,Women 100 freestyle
23. P-11,13,16,M, erit.u. 50 Bacstroke
24. Masters-M 50 Backstroke
25. Girls-10,12,15,Women, erit.u. 50 Backstroke
26. Masters-Women 50 Backstroke
27. Boys 14, 16, Men 200 Butterfly
28. Girls 12,15,Women 200 Butterfly
29. P13,16, M 100 Backstroke
30. Girls 12,15,Women 100 Backstroke

4. Period 15.30 (Warm up 14.30)

31. Boys-13,16,Men 400 Medley
32. Girls-12,15,Women 400 Medley
33. Boys-13,16,Men 200 Brestroke
34. Girls-12,16,Women 200 Brestroke
35. Boys-10,13,14,16,Men, erit.u. 50 Freestyle
36. Masters-Men 50 Freestyle
37. Girls-10,12,15, Women, erit.u. 50 Freestyle
38. Masters-Women 50 Freestyle
39. Boys-16,Men 800 Freestyle
40. Girls-15, Women 800 Fryystyle

Event 39 ja 40	We reserve the right to limit participants if the competition schedule requires it.
HOT HEATS	50 m and 100 m distances are Swim by age groups.
Registrations	Finnish club Tempukseen by Saturday 20.5 at the latest. Not Finnish clubs, registration email tomi.pystynen@oulunlohet.fi by 17.5 (name, year of birth, race number and race and the time to be stated)
Start fee	10 €/start, to be paid upon registration to Oulu Lohie's account FI18 4600 2020 1809 82.
post-registration	is possible, in which case the payment is tripled
director of competitions	Ari Lohilahti
Eating	Possibility in the cafeteria of the swimming hall, reservations by May 19, 2023 at the latest p. +358 8 378 502.
Awards	In each category, the best three of the series will be awarded. In addition, the best M/N, T-15/P-16 and T-12/P-13 will be awarded based on the combined result of the FINA points (50+100+200m) with a special prize. Lisätiedot Tomi Pystynen, tomi.pystynen@oulunlohet.fi , p. +358 44 365 7955 Oulun Lohien homepage oulunlohet.fi/kilpauinti and kilpailut@oulunlohet.fi

TERVETULOA OULUUN kisailemaan