

INVITATION

TO THE

speedo 

HELSINKI

31.3.-1.4.

2024

SWIM MEET

IN

MÄKELÄNRINNE SWIMMING CENTER

A warm welcome to the fourth
Speedo Swim Meet event in **Helsinki, FINLAND.**

Please check the guide for more information.

Competitor registrations by 21.03.2024

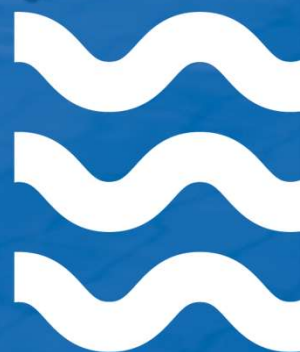
Looking forward to seeing you!

PROUDLY BY

UIMALIITTO
SIMFÖRBUNDET AQUATICS FINLAND

with

**SIM
MIS**





INVITATION



LOCATION

Mäkelänrinne swimming Centre
Mäkelänkatu 49, Helsinki

50 m pool

COMPETITION OFFICE

Mäkelänrinne swimming Centre
Ground level

RULES

The competition will be conducted under WA rules.

QUALIFYING TIMES & QUALIFICATION PERIOD

2022-01-01 to 2024-20-03 in 25m or 50m pool.

ENTRIES

Entries with lenex file or Tempus.
Lenex should be sent to helsinki.meet@uimaliitto.fi.
Entries must be made by 21.03.2024

FEES

- Start fee 13 € (per event)
- Accreditation fee 15 € (per person)
- Payment information will be sent to registered teams before competition.

TRAINING

Saturday 30th April
2024

Pool is open for training
from 13.00 to 15.00 and
from 20.00 to 22.00.
Access to pool area only
with accreditations.



WARM UP

Competition days;
07.00-08.45 and
between sessions in the
competition pool.



COMPETITION TIMES

Heats:
A-flight 9.00
B-flight 11.30
B-finals: 16.15
A-finals: 18.00



INVITATION

PRELIMS

A-flight consists of 4 heat's (50 and 100 meters)/3 heat's (200 and 400 meters). The best 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).



FINALS

There will be 8 lanes in use for A- & B-Finals



TEAM LEADERS MEETING

Teamleaders meeting will take place 30th of March at 5pm in Mäkelänrinne Swimming Center.

CONTACT

helsinki.meet@uimaliitto.fi

ACCOMMODATION

Reservations are to be made by Teams directly to the hotel.

Hotels close by:

1) Sokos Hotel Tripla (closest to the Venue, Pasila):

- 110€ / single room / night
- 120€/ double room / night
- 140€/ double room with extra bed / night

Use code: BSWIMMEET2024 groups.helsinki@sok.fi

Reservations by phone +358 300 870 000 code: SWIM MEET 2024

2) Sokos Hotel Presidentti (Helsinki City Centre)

3) Sokos Hotel Vaakuna (close to Helsinki Railway Station)

AIRPORT TRANSPORTATION

There is a direct train connection from the Helsinki-Vantaa airport to the accommodation in Sokos Hotel Tripla (located in Mall of Tripla, next to Pasila train station). The travel time is about 30 minutes.

Tickets and fares: <https://www.hsl.fi/en>

VOLUNTEERS

Register as a volunteer: <https://www.helsinki.meet.fi/volunteers/>

ALL COMPETITION INFORMATION

<https://www.helsinki.meet.fi/>

ACCREDITATION

Athletes will be accredited according to entries. Accreditations for team staff will be made by filling the accreditation form (to be found from the competition site soon!)



INVITATION

PROGRAM

DAY 1

M 100 m Free	W 200 m Ind. Medley
M 100 m Free Para	W 200 m Ind. Medley Para
W 200 m Free	M 400 m Free
M 50 m Breast	W 50 m Free
M 50 m Breast Para	W 50 m Free Para
W 100 m Breast	M 200 m Breast
W 100 m Breast Para	W 200 m Back
M 400 m Ind. M.	M 50 m Fly
W 100 m Fly	M 50 m Fly Para
W 100 m Fly Para	W 800 m Free
M 100 m Back	
M 100 m Back Para	
W 50 m Back	
W 50 m Back Para	
M 200 m Fly	

DAY 2

W 100 m Free	M 200 m Ind. Medley
W 100 m Free Para	M 200 m Ind. Medley Para
M 200 m Free	W 400 m Free
W 50 m Breast	M 50 m Free
W 50 m Breast Para	M 50 m Free Para
M 100 m Breast	W 200 m Breast
M 100 m Breast Para	M 200 m Back
W 400 m Ind. M.	W 50 m Fly
M 100 m Fly	W 50 m Fly Para
M 100 m Fly Para	M 800 m Free
W 100 m Back	
W 100 m Back Para	
M 50 m Back	
M 50 m Back Para	
W 200 m Fly	



INVITATION

TIME STANDARDS

		Women		Men	
Event		25	50	25	50
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