



Cetus Espoo organizes Cetus Games swimming competitions on 15-16.3.2025 at Espoonlahti Swimming Hall (Espoonlahdenkuja 4, 02320 Espoo), 50 m pool.

## PROGRAM

### Saturday 15.3 klo 9:30

1. BOYS –10, 11, 12, 13-14, 15-16, MEN 50 m back
2. GIRLS –10, 11, 12, 13-14, 15-16, WOMEN 50 m back
3. BOYS 13-14, 15-16, MEN 200 m fly
4. GIRLS 13-14, 15-16, WOMEN 200 m fly
5. BOYS –10, 11, 12, 13-14, 15-16, MEN 100 m free
6. GIRLS –10, 11, 12, 13-14, 15-16, WOMEN 100 m free
7. BOYS 13-14, 15-16, MEN 200 m breast
8. GIRLS 13-14, 15-16, WOMEN 200 m breast
9. BOYS 15-16, MEN 1500 m free

### Sunday 16.3 klo 9:30

19. GIRLS –10, 11, 12, 13-14, 15-16, WOMEN 200 m free
20. BOYS –10, 11, 12, 13-14, 15-16, MEN 200 m free
21. GIRLS 11, 12, 13-14, 15-16, WOMEN 100 m back
22. BOYS 11, 12, 13-14, 15-16, MEN 100 m back
23. GIRLS –10, 11, 12, 13-14, 15-16, WOMEN 50 m breast
24. BOYS –10, 11, 12, 13-14, 15-16, MEN 50 m breast
25. GIRLS 13-14, 15-16, WOMEN 400 m I.M.
26. BOYS 13-14, 15-16, MEN 400 m I.M.

### Saturday 15.3 klo 16:30

10. BOYS –10, 11, 12, 13-14, 15-16, MEN 200 m I.M.
11. GIRLS –10, 11, 12, 13-14, 15-16, WOMEN 200 m I.M.
12. BOYS 11, 12, 13-14, 15-16, MEN 100 m breast
13. GIRLS 11, 12, 13-14, 15-16, WOMEN 100 m breast
14. BOYS 11, 12, 13-14, 15-16, MEN 400 m free
15. GIRLS 11, 12, 13-14, 15-16, WOMEN 400 m free
16. BOYS -10, 11, 12, 13-14, 15-16, MEN 50 m fly
17. GIRLS -10, 11, 12, 13-14, 15-16, WOMEN 50 m fly
18. GIRLS 15-16, WOMEN 1500 m free

### Sunday 16.3 klo 16:30

27. GIRLS 13-14, 15-16, WOMEN 200 m back
28. BOYS 13-14, 15-16, MEN 200 m back
29. GIRLS 11, 12, 13-14, 15-16, WOMEN 100 m fly
30. BOYS 11, 12, 13-14, 15-16, MEN 100 m fly
31. GIRLS –10, 11, 12, 13-14, 15-16, WOMEN 50 m free
32. BOYS –10, 11, 12, 13-14, 15-16, MEN 50 m free
33. GIRLS 13-14, 15-16, WOMEN 800 m free
34. BOYS 13-14, 15-16, MEN 800 m free

**Warm-up:** The warm-up in the competition pool starts 1.5 hours before the start of each competition period. During the competitions there is a children's pool for warm-up use.

**Participation:** The youngest age groups (T10 and P10) are also open to younger swimmers. Otherwise, swimmers are only allowed to participate in events of their own age group. The organizer can accept younger swimmers in older groups, if there are empty lanes in the heats. When accepting younger swimmers, priority will be given to swimmers from the organizing club. The organizers reserve the right to limit participants in events 9. and 18. to two, and in events 33. and 34. to three heats.

Entries to Tempus by 10.3.2025. Foreign clubs with no access to Tempus can send their entries (event, name, year of birth, entry time) by e-mail to [kilpailukoordinaattori@cetus.fi](mailto:kilpailukoordinaattori@cetus.fi).

**Information:** [kilpailukoordinaattori@cetus.fi](mailto:kilpailukoordinaattori@cetus.fi)

**Entry fees:** 11€ / event paid upon registration to Cetus' account: Nordea IBAN FI59 1432 3000 2198 73

**Late entries:** Late entries are only possible if there is place in the heats. In this case, a triple entry fee (33€) will be charged for registration.

**Meals** can be ordered from [cafelahti@windyday.fi](mailto:cafelahti@windyday.fi) / +358 44 702 1234 no later than 10.3.2025.

WELCOME TO ESPOONLAHTI!