



Helsingfors Simsällskap r.f. organizes, with the permission of the Finnish Swimming Federation:

## Märsky-uinnit

Mäkelänrinteen Uintikeskuksessa lauantaina 24.5.2025 klo 09:00.

At the Mäkelänrinne Swimming Center on Saturday, May 24, 2025, at 09:00.

10 lanes, 50 m, electronic timing, warm-up starts one hour before the beginning of each competition session.

All events will be swum as straight finals. The lane assignments will take into account the compensation for times swum in a 25 m pool, as approved by the Finnish Swimming Federation.

### Event schedule:

Morning session (9-14)

<b>1</b>	1500 Free	W	<b>10</b>	200 Back	B13/B16/M
<b>2</b>	1500 Free	M	<b>11</b>	100 Free	G10/G13/G16/W
<b>3</b>	400 Free	G13/G16/W	<b>12</b>	100 Free	B10/B13/B16/M
<b>4</b>	400 Free	B13/B16/M	<b>13</b>	200 Fly	G16/W
<b>5</b>	100 Fly	G13/G16/W	<b>14</b>	200 Fly	B16/M
<b>6</b>	100 Fly	B13/B16/M	<b>15</b>	50 Back	G10/G16/W
<b>7</b>	50 Breast	G10/G16/W	<b>16</b>	50 Back	B10/B16/M
<b>8</b>	50 Breast	B10/B16/M	<b>17</b>	200 IM	G10/G13/G16/W
<b>9</b>	200 Back	G13/G16/M	<b>18</b>	200 IM	B10/B13/B16/M

Evening session (16-21)

<b>19</b>	800 Free	G16/W	<b>29</b>	100 Back	G10/G13/G16/W
<b>20</b>	800 Free	B16/M	<b>30</b>	100 Back	B10/B13/B16/M
<b>21</b>	50 Fly	G10/G16/W	<b>31</b>	100 Breast	G10/G13/G16/W
<b>22</b>	50 Fly	B10/B16/M	<b>32</b>	100 Breast	B10/B13/B16/M
<b>23</b>	200 Breast	G13/G16/W	<b>33</b>	200 Free	G13/G16/W
<b>24</b>	200 Breast	B13/B16/M	<b>34</b>	200 Free	B13/B16/M
<b>25</b>	50 Free	G10/G16/W			
<b>26</b>	50 Free	B10/B16/M			
<b>27</b>	400 IM	G16/W			
<b>28</b>	400 IM	B16/M			



The organizers reserve the right to limit the number of participants in events 1, 2, 3, 4, 27, and 28 to maintain the schedule. Restrictions will be based on submitted times. Events 1 and 2 will only feature one heat each, requiring a qualifying time.

**Registration Deadline:** Monday, May 19, 2025, at 23:59 via Tempus. If you are unable to register with Tempus please send an email to [kilpailut@simmis.fi](mailto:kilpailut@simmis.fi) to receive further instructions.

**Late Registration:** Possible if the schedule allows, until Thursday, May 22, 2025, at 20:00, with a triple fee.

**Withdrawals:** Notify as soon as possible using the Swimify Coach App.

**Participation Fee:** €11 per start, payable upon registration to Simmis' account: FI9724001800038481/Nordea. Mention the club and the number of starts in the message field.

**Inquiries** [kilpailut@simmis.fi](mailto:kilpailut@simmis.fi)

**Welcome to Helsinki and Mäkelänrinne Swimming Center!**