

INVITATION

TO THE

speedo 

HELSINKI

20.-21.4.

2025

SWIM MEET

IN

MÄKELÄNRINNE SWIMMING CENTER

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

Please check the guide for more information.

Competitor registrations by 10.04.2025

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 and para swimmers under WPS rules.

QUALIFYING TIMES & QUALIFICATION PERIOD

01.03.2023 to 20.04.2025 in 25m or 50m pool. Entry times from 50 m pools will be seeded ahead of times from 25 m pools.

ENTRIES

Entries with lenex file or Tempus.

Lenex should be sent to helsinki.meet@uimaliitto.fi.

Entries must be made by **10.04.2025**. Late entries are possible to make until Team Leader's Meeting. Late entry fee is five times normal entry fee.

Para swimmers can only be registered with their WPS classification or Finnish national classification.

To achieve a ranking a swimmer must attain a result that qualifies for AQUA or WPS points.

Cancellations shall be made 1 hour before session and for finals 30 minutes after the event is ready. Fee for "no show" (DNS) in the finals is 10 times the start fee (130€).

FEES

- Start fee 13 € (per event)
- Late entry fee 65€ (5 x 13€, per event)
- Accreditation fee 17 € (per person)
- Payment information will be sent to registered teams before competition.

TRAINING

Saturday 19th of April 2025

Pool is open for training from 14.00 to 15.30 and from 20.30 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 approx. 11.15–11.45
B-finals: 16.15
A-finals: 18.00



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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

Team Leaders meeting will take place 19th of April at 3pm 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: BUIMAL2025 groups.helsinki@sok.fi

Reservations by phone +358 300 870 000 code: **BUIMAL2025**

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 in the competition web page.

MEALS

Teams can pre-book the lunch for the competition days. More info in the competition web page.



INVITATION

PROGRAM

Day 1 Events

1. M 100 m Free
2. M 100 m Free Para
3. W 200 m Free
4. M 50 m Breast
5. M 50 m Breast Para
6. W 100 m Breast
7. W 100 m Breast Para
8. M 400 m Ind. Medley
9. W 100 m Fly
10. W 100 m Fly Para
11. M 100 m Back
12. M 100 m Back Para
13. W 50 m Back
14. W 50 m Back Para
15. M 200 m Fly
16. W 200 m Ind. Medley
17. W 200 m Ind. Medley Para
18. M 400 m Free
19. W 50 m Free
20. W 50 m Free Para
21. M 200 m Breast
22. W 200 m Back
23. M 50 m Fly
24. M 50 m Fly Para
25. W 800 m Free

Day 2 Events

26. W 100 m Free
27. W 100 m Free Para
28. M 200 m Free
29. W 50 m Breast
30. W 50 m Breast Para
31. M 100 m Breast
32. M 100 m Breast Para
33. W 400 m Ind. Medley
34. M 100 m Fly
35. M 100 m Fly Para
36. W 100 m Back
37. W 100 m Back Para
38. M 50 m Back
39. M 50 m Back Para
40. W 200 m Fly
41. M 200 m Ind. Medley
42. M 200 m Ind. Medley Para
43. W 400 m Free
44. M 50 m Free
45. M 50 m Free Para
46. W 200 m Breast
47. M 200 m Back
48. W 50 m Fly
49. W 50 m Fly Para
50. M 800 m Free



INVITATION

TIME STANDARDS

| Event | | Women | | Men | |
|-------|--------|---------|----------|---------|---------|
| | | 25 | 50 | 25 | 50 |
| 50 | free | 29,90 | 30,70 | 26,20 | 27,00 |
| 100 | free | 1:02,80 | 1:04,60 | 55,40 | 57,20 |
| 200 | free | 2:14,80 | 2:19,20 | 2:02,80 | 2:07,20 |
| 400 | free | 4:45,50 | 4:54,60 | 4:24,90 | 4:34,00 |
| 800 | free | 9:48,50 | 10:07,10 | 9:01,40 | 9:20,00 |
| 50 | fly | 32,20 | 32,80 | 29,20 | 29,80 |
| 100 | fly | 1:10,20 | 1:11,80 | 1:02,40 | 1:04,00 |
| 200 | fly | 2:32,40 | 2:37,80 | 2:18,70 | 2:24,10 |
| 50 | back | 33,40 | 34,90 | 30,50 | 32,00 |
| 100 | back | 1:11,20 | 1:14,50 | 1:03,70 | 1:07,00 |
| 200 | back | 2:32,30 | 2:39,40 | 2:17,30 | 2:24,40 |
| 50 | breast | 37,80 | 38,80 | 34,50 | 35,50 |
| 100 | breast | 1:20,40 | 1:23,50 | 1:12,00 | 1:15,10 |
| 200 | breast | 2:54,20 | 2:59,60 | 2:37,90 | 2:43,30 |
| 200 | IM | 2:32,60 | 2:38,40 | 2:19,40 | 2:25,20 |
| 400 | IM | 5:22,20 | 5:35,00 | 5:00,40 | 5:13,20 |