



Helsingfors Simsällskap r.f. organizes with the permission of the Finnish Swimming Association national swimming competition

Simmis-uinnit

Mäkelänrinne Swimming Center Friday 3.4.2026 at 9:00.

10 lanes, 50 m, electronic timing, warm-up starts a hour before the start of the first event.

Events are swim directly as finals. The results from 25m competitions are transformed to 50m times according to the rules of the Finnish Swimming Association.

Program

Morning (9-14)

1	400 free	G13/G15/W	10	100 free	B10/B13/B15/M
2	400 free	B13/B15/M	11	50 free	Para W
3	100 butterfly	G13/G15/W	12	50 free	Para M
4	100 butterfly	B13/B15/M	13	200 butterfly	G13/G15/W
5	50 breaststr	G10/G13/G15/W	14	200 butterfly	B13/B15/M
6	50 breaststr	B10/B13/B15/M	15	50 backstroke	G10/G13/G15/W
7	200 backstroke	G13/G15/W	16	50 backstroke	B10/B13/B15/M
8	200 backstroke	B13/B15/M	17	200 ind. medley	G10/G13/G15/W
9	100 free	G10/G13/G15/W	18	200 ind. medley	B10/B13/B15/M

Evening (16-21)

19	800 free	G13/G15/W	29	100 breaststr	G10/G13/G15/W
20	800 free	B13/B15/M	30	100 breaststr	B10/B13/B15/M
21	200 breaststr	G13/G15/W	31	50 butterfly	Para W
22	200 breaststr	B13/B15/M	32	50 butterfly	Para M
23	50 butterfly	G10/G13/G15/W	33	100 backstroke	G10/G13/G15/W
24	50 butterfly	B10/B13/B15/M	34	100 backstroke	B10/B13/B15/M
25	50 free	G10/G13/G15/W	35	200 free	G13/G15/W
26	50 free	B10/B13/B15/M	36	200 free	B13/B15/M
27	400 IM	G13/G15/W			
28	400 IM	B13/B15/M			

The organizer has the right to limit the number of competitors in events 1,2,19,20,27 and 28 based on the submitted times.

Registration no later than on Sunday 29.3.2026 23:59 to Tempus or by email to the competition kilpailut@simmis.fi.

Late entries are possible if the estimated schedule permits it. The latest time for late entries is on Wednesday 1.4.2026 at 23:59. The late entry fee is three times the standard fee.

Starting fee is 11€ / start. The fee is due before the competition to Helsingfors Simsällskap bank account IBAN: FI9724001800038481 / BIC: HELSFIHH. Please state the name of your club and number of starts in payment message.

Para-swimmers can participate in addition to para swimming events to all of the other events. Para-swimmers are requested to inform if there are any special needs for seeding by email to kilpailut@simmis.fi before 1.4.2026 at 23:59.

Enquiries by email kilpailut@simmis.fi

Welcome to Helsinki, Mäkelänrinne Swimming Centre.