



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

Simmis Meet 2026

at Mäkelänrinne Swimming Center Saturday 4.4.2026 at 9:00.

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

The competition has applied for Aqua status from World Aquatics and WPS status. These are to be confirmed.

Qualifying times & Qualification period

5.4.2024 to 30.03.2026 in 25m or 50m pool. Entry times from 50 m pools will be seeded ahead of times from 25 m pools.

		Women		Men	
Event		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

Events are swim directly as finals.

Program

Morning (9-13)

1	100 free	Men	10	200 ind. medley	Women
2	200 free	Women	11	400 freestyle	Men
3	50 breaststr	Men	12	50 freestyle	Women
4	100 breaststr	Women	13	200 breaststr	Men
5	400 ind. medley	Men	14	200 backstroke	Women
6	100 butterfly	Women	15	50 butterfly	Men
7	100 backstroke	Men	16	800 freestyle	Women
8	50 backstroke	Women			
9	200 butterfly	Men			

Evening (16-21)

17	100 freestyle	Women	26	200 ind. medley	Men
18	200 freestyle	Men	27	400 freestyle	Women
19	50 breaststr	Women	28	50 freestyle	Men
20	100 breaststr	Men	29	200 breaststr	Women
21	400 ind. medley	Women	30	200 backstroke	Men
22	100 butterfly	Men	31	50 butterfly	Women
23	100 backstroke	Women	32	800 freestyle	Men
24	50 backstroke	Men			
25	200 butterfly	Women			

Registration no later than on Monday 30.3.2026 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 Thursday 2.4.2026 at 23:59. The late entry fee is three times the standard fee.

Starting fee is 13€ / 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.

Tickets for the public are €5 per person or €10 for a family ticket. Children under 12 are admitted for free. Payment by card.

The competition is **integrated**, and **para-swimmers** can participate in all events. Para-swimmers are asked to notify of any special requests, e.g., concerning lane assignments, by 23:59 on 2.4.2026 at the latest to kilpailut@simmis.fi.

Enquiries by email kilpailut@simmis.fi

Welcome to Helsinki, Mäkelänrinne Swimming Centre.