



**The Finnish Swimming Federation proudly invites you to
Speedo Helsinki Swim Meet 5. - 6.4.2022.**

**The competition will take place at Mäkelänrinne Swim Centre in Helsinki,
50 m 10 lane pool.**

This two-day meet offers a good program which gives all competitors a good opportunity to prepare for the 2022 Fukuoka World Championships cut-times.

The total prize money of € 21 000.

Location: Mäkelänrinne swimming Centre (address; Mäkelänkatu 49, Helsinki), 50 m pool, 10 lanes (finals 8 lanes)

Rules: The competition will be conducted under FINA rules and is approved as a qualifying event for Fukuoka 2022 World Championships.

Competition times: Heats: A-flight 9.00 B-flight 11.45 A-finals: 17.00, B-finals: 15.15.

Warm up:

Monday 4th April from 14.00 – 19.00.

Competition days; 07.30 – 08.45 & 10.45-11.25 and 14.00 – 15.00 & 16.30 – 16.55 in the competition pool. 25 m pool (6 lanes) from 08.00 – end of competition.

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).

Entries: Closing date for entries is 28th March 2022 with LENEX-file or directly to Tempus.



Qualifying times & Qualification period: 2019-01-01 to 2022-5-04 in 25m or 50m pool. Entry times from 50 m pools will be seeded ahead of times from 25 m pools. In the 800 freestyle 25 m times will be converted to 50 m times.

Entry fee: € 12/event. Late entries: Late entries will be accepted up until the team leader meeting at the cost of € 36/event and only if heat limitations do not apply.

Withdrawals: Withdrawals for prelims and timed finals Tuesday 5th April should be made Monday 4th April by 15:00 at the latest.

All other days no later than 30 minutes after the end of the finals of the previous day.

Withdrawals to finals no later than **30 minutes after end of the event in the prelims.**

Accreditation: €12/accreditation, all swimmers and team staff need accreditation.

Applications will be found at www.helsinki.fi.

Team leaders: Meeting for Team leaders will take place at the venue on Monday 4th of April 19:00

Prize money: in each event is First place € 300, Second place € 150, Third place € 100.

The top three female and male performances, (counted on the best result from FINA´s table) gets prize money: First place € 1 500, Second place € 1 000, Third place € 500.

Best three female and male junior swimmer´s performances (counted on the best results from FINA´s table) gets prize money: First place € 400, Second place € 200, Third place € 100.

Total prize money for the competition is € 21 000



Accommodation and meals:

Competition hotel will be Sokos Hotel Tripla, just 700m walk from the pool.

We have accommodation package as follows:

Single room 155€/person/night

Double room 145€/person/night

Triple room 135€/person/night

All prices include breakfast, lunch & dinner.

We are happy to help you with airport transportations, there is direct train connection from airport to hotel. Hotel website: <https://www.sokoshotels.fi/en/helsinki/original-sokos-hotel-tripla>

Booking form attached.

Tickets: Tickets can be ordered and purchased soon at www.lippu.fi.

You find more info at www.helsinki.meet.fi

Contact: helsinki.meet@uimaliitto.fi



Events:

Day 1 Events	Day 2 Events
M 100 m Free	W 100 m Free
W 200 m Free	M 200 m Free
M 50 m Breast	W 50 m Breast
W 100 m Breast	M 100 m Breast
M 400 m Ind. M.	W 400 m Ind. M.
W 100 m Fly	M 100 m Fly
M 100 m Back	W 100 m Back
W 50 m Back	M 50 m Back
M 200 m Fly	W 200 m Fly
W 200 m Ind. M.	M 200 m Ind. M.
M 400 m Free	W 400 m Free
W 50 m Free	M 50 m Free
M 200 m Breast	W 200 m Breast
W 200 m Back	M 200 m Back
M 50 m Fly	W 50 m Fly
W 800 m Free	M 800 m Free



Time standards:

		Women		Men	
Event		25	50	25	50
50	free	29,70	30,70	26,00	27,00
100	free	1:02,60	1:04,60	55,20	57,20
200	free	2:15,20	2:19,20	2:03,20	2:07,20
400	free	4:46,60	4:54,60	4:26,00	4:34,00
800	free	9:51,10	10:07,10	9:04,00	9:20,00
50	fly	31,80	32,80	28,80	29,80
100	fly	1:09,80	1:11,80	1:02,00	1:04,00
200	fly	2:33,80	2:37,80	2:20,10	2:24,10
50	back	33,90	34,90	31,00	32,00
100	back	1:12,50	1:14,50	1:05,00	1:07,00
200	back	2:35,40	2:39,40	2:20,40	2:24,40
50	breast	37,30	38,80	34,00	35,50
100	breast	1:20,50	1:23,50	1:12,10	1:15,10
200	breast	2:53,60	2:59,60	2:39,40	2:43,30
200	IM	2:33,40	2:38,40	2:20,20	2:25,20
400	IM	5:25,00	5:35,00	5:03,20	5:13,20