

INVITATION  
TO THE *speedo* 

# HELSINKI SWIM MEET

8.-9.4.  
2023  
IN  
MÄKELÄNRINNE  
SWIMMING  
CENTER

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

Please check the guide for more information.

Competitor registrations by 29.03.2023

Accommodation bookings by 09.02.2023

Looking forward to seeing you!

PROUDLY BY  
**UIMALIITTO**  
SIMFÖRBUNDET AQUATICS FINLAND

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 SIM  
MIS





# INVITATION



## LOCATION

Mäkelänrinne swimming Centre  
Mäkelänkatu 49, Helsinki

50 m pool

## COMPETITION OFFICE

Mäkelänrinne swimming Centre  
Ground level

Sokos Hotel Tripla lobby

## RULES

The competition will be conducted under FINA rules.

## QUALIFYING TIMES & QUALIFICATION PERIOD

2021-01-01 to 2023-29-03 in 25m or 50m pool.

## ENTRIES

Entries with lenex file or Tempus.  
Lenex should be sent to [helsinki.meet@uimaliitto.fi](mailto:helsinki.meet@uimaliitto.fi).  
Entries must be made by 29.03.2023

## FEES

- Start fee 12 € (per event)
- Accreditation fee 12 € (per person)
- Payment information will be sent to registered teams before competition.

## TRAINING

Friday 7th April 2023

Pool is open for training  
from 13.00 to 15.00 and  
from 20.00 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 11.30  
B-finals: 16.15  
A-finals: 18.00



# INVITATION

## 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

Teamleaders meeting will take place 7th April at 5pm in Mäkelänrinne Swimming Center.

## PRIZE MONEY

# 23 000 €



## MEDALS

### Open / Para

Gold	200 / 100 €
Silver	150 / 75 €
Bronze	100 / 50 €

## BEST PERFORMANCE

### Open / Juniors / Para

1 <sup>st</sup> FINA-points	1300 / 400 / 700 €
2 <sup>nd</sup> FINA-points	800 / 200 / 500 €
3 <sup>rd</sup> FINA-points	400 / 100 / 300 €

## CONTACT INFORMATION

[helsinki.meet@uimaliitto.fi](mailto:helsinki.meet@uimaliitto.fi)

## ACCOMMODATION

Accommodation in Sokos Hotel Tripla.

Final entry for accommodation 9.2.2023

<https://www.helsinki.meet.fi/eventinfo/final-entry/>

## 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

<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 (to be found from the competition site soon!)



# INVITATION

## PROGRAM

### DAY 1

M 100 m Free	W 200 m Ind. Medley
M 100 m Free Para	W 200 m Ind. Medley Para
W 200 m Free	M 400 m Free
M 50 m Breast	W 50 m Free
M 50 m Breast Para	W 50 m Free Para
W 100 m Breast	M 200 m Breast
W 100 m Breast Para	W 200 m Back
M 400 m Ind. M.	M 50 m Fly
W 100 m Fly	M 50 m Fly Para
W 100 m Fly Para	W 800 m Free
M 100 m Back	
M 100 m Back Para	
W 50 m Back	
W 50 m Back Para	
M 200 m Fly	

### DAY 2

W 100 m Free	M 200 m Ind. Medley
W 100 m Free Para	M 200 m Ind. Medley Para
M 200 m Free	W 400 m Free
W 50 m Breast	M 50 m Free
W 50 m Breast Para	M 50 m Free Para
M 100 m Breast	W 200 m Breast
M 100 m Breast Para	M 200 m Back
W 400 m Ind. M.	W 50 m Fly
M 100 m Fly	W 50 m Fly Para
M 100 m Fly Para	M 800 m Free
W 100 m Back	
W 100 m Back Para	
M 50 m Back	
M 50 m Back Para	
W 200 m Fly	



# INVITATION

## 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