



INVITATION

GRAND PRIX 2023 / ESPOONLAHTI 40



4.-5.11.2023

**Espoonlahti,
Espoo, Finland**

Cetus and Aquatics Finland invites you to join Open Grand Prix swimming competition, which is also a celebration for the 40 years of competitions at Espoonlahti swimming pool

25 m pool

A + B finals in 100 m distances

50 m distances as Challenge races

Competition time

Saturday 4th of November, Heats at 10.00, finals at 17.30

Sunday 5th of November, Heats at 10.00, finals at 17.30

Registration of entries

Registration needs to be done latest **25th of October 2023** either in Tempus or by email to: kilpailukoordinaattori@cetus.fi

Registration fee is 13 € / start, which needs to be paid at the same time when executing the registration in Tempus (or email). Note! The club of the swimmer is responsible for the payment of the registration fees! No individual payments!

Payment information

Name: Cetus

IBAN: FI59 1432 3000 2198 73

BIC: NDEAFIHH

Please write the name of the club and how many starts in text field if possible.
Make sure you have the payment receipt with you when entering the competition arena.

Late entries are possible after the actual entry time is finished until one hour before the first session starts. The late entry fee is 65€ per event.

Qualification times to be achieved between: 4.11.2021- 3.11.2023.

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PROGRAM SATURDAY

| Saturday HEATS 10.00 | | | | Saturday FINALS 17.30 | | | | |
|----------------------|--------------|--------|---------------|-----------------------|--------------|--------|---------------|-----------------------|
| 1. | Women | 4x50 m | FREESTYLE | Nat. Champ. Heats | Women | 4x50 m | MEDLEY | Nat. Champ. Final |
| 2. | Men | 4x50 m | MEDLEY | Nat. Champ. Heats | Men | 4x50 m | FREESTYLE | Nat. Champ. Final |
| 3. | Women | 800 m | FREESTYLE | Slow heats | Women | 800 m | FREESTYLE | Fastest heat |
| 4. | Men S1-S14 | 100 m | FREESTYLE | Heats | Men S1-S14 | 100 m | FREESTYLE | Final |
| 5. | Men | 100 m | FREESTYLE | Heats | Men | 100 m | FREESTYLE | B+ A Finals |
| 6. | Women | 200 m | FREESTYLE | Heats | Women | 200 m | FREESTYLE | Final |
| 7. | Men | 50 m | BREASTSTROKE | Heats | Men | 50 m | BREASTSTROKE | GP Final Challenge |
| 8. | Men S1-S14 | 50 m | BREASTSTROKE | Heats | Men S1-S14 | 50 m | BREASTSTROKE | Final |
| 9. | Women | 100 m | BREASTSTROKE | Heats | Women | 100 m | BREASTSTROKE | B + A Finals |
| 10. | Men | 400 m | INDIV. MEDLEY | Heats | Men | 400 m | INDIV. MEDLEY | Final |
| 11. | Women | 100 m | BUTTERFLY | Heats | Women | 100 m | BUTTERFLY | B + A Finals |
| 12. | Men | 100 m | BACKSTROKE | Heats | Men | 100 m | BACKSTROKE | B + A Finals |
| 13. | Women S1-S14 | 50 m | BACKSTROKE | Heats | Women S1-S14 | 50 m | BACKSTROKE | Final |
| 14. | Women | 50 m | BACKSTROKE | Heats | Women | 50 m | BACKSTROKE | GP Final Challenge |
| 15. | Men | 200 m | BUTTERFLY | Heats | Men | 200 m | BUTTERFLY | Final |
| 16. | Women | 200 m | INDIV. MEDLEY | Heats | Women | 200 m | INDIV. MEDLEY | Final |
| 17. | Men | 400 m | FREESTYLE | Heats | Men | 400 m | FREESTYLE | Final |
| 18. | Women | 50 m | FREESTYLE | Heats | Women | 50 m | FREESTYLE | GP Final Challenge |
| 19. | Women S1-S14 | 50 m | FREESTYLE | Heats | Women S1-S14 | 50 m | FREESTYLE | Final |
| 20. | Men | 200 m | BREASTSTROKE | Heats | Men | 200 m | BREASTSTROKE | Final |
| 21. | Men | 100 m | INDIV. MEDLEY | Heats | Men | 100 m | INDIV. MEDLEY | B+A Final |
| 22. | Women | 200 m | BACKSTROKE | Heats | Women | 200 m | BACKSTROKE | Final |
| 23. | Men | 50 m | BUTTERFLY | Heats | Men | 50 m | BUTTERFLY | GP Final Challenge |
| 24. | Men S1-S14 | 50 m | BUTTERFLY | Heats | Men S1-S14 | 50 m | BUTTERFLY | Final |

PROGRAM SUNDAY

| Sunday HEATS 10.00 | | | | Sunday FINALS 17.30 | | | | |
|--------------------|--------------|--------|---------------|----------------------|--------------|--------|---------------|-----------------------|
| 25. | Men | 4x50 m | FREESTYLE | Nat. Champ. Heats | Men | 4x50 m | FREESTYLE | Nat. Champ. Final |
| 26. | Women | 4x50 m | MEDLEY | Nat. Champ. Heats | Women | 4x50 m | MEDLEY | Nat. Champ. Final |
| 27. | Men | 800 m | FREESTYLE | Heats | Men | 800 m | FREESTYLE | Fastest heat |
| 28. | Women S1-S14 | 100 m | FREESTYLE | Heats | Women S1-S14 | 100 m | FREESTYLE | Final |
| 29. | Women | 100 m | FREESTYLE | Heats | Women | 100 m | FREESTYLE | B+A Final |
| 30. | Men | 200 m | FREESTYLE | Heats | Men | 200 m | FREESTYLE | Final |
| 31. | Women | 50 m | BREASTSTROKE | Heats | Women | 50 m | BREASTSTROKE | GP Final Challenge |
| 32. | Women S1-S14 | 50 m | BREASTSTROKE | Heats | Women S1-S14 | 50 m | BREASTSTROKE | Final |
| 33. | Men | 100 m | BREASTSTROKE | Heats | Men | 100 m | BREASTSTROKE | B+A Final |
| 34. | Women | 400 m | INDIV. MEDLEY | Heats | Women | 400 m | INDIV. MEDLEY | Final |
| 35. | Men | 100 m | BUTTERFLY | Heats | Men | 100 m | BUTTERFLY | B+A Final |
| 36. | Women | 100 m | BACKSTROKE | Heats | Women | 100 m | BACKSTROKE | B+A Final |
| 37. | Men S1-S14 | 50 m | BACKSTROKE | Heats | Men S1-S14 | 50 m | BACKSTROKE | Final |
| 38. | Men | 50 m | BACKSTROKE | Heats | Men | 50 m | BACKSTROKE | GP Final Challenge |
| 39. | Women | 200 m | BUTTERFLY | Heats | Women | 200 m | BUTTERFLY | Final |
| 40. | Men | 200 m | INDIV. MEDLEY | Heats | Men | 200 m | INDIV. MEDLEY | Final |
| 41. | Women | 400 m | FREESTYLE | Heats | Women | 400 m | FREESTYLE | Final |
| 42. | Men | 50 m | FREESTYLE | Heats | Men | 50 m | FREESTYLE | GP Final Challenge |
| 43. | Men S1-S14 | 50 m | FREESTYLE | Heats | Men S1-S14 | 50 m | FREESTYLE | Final |
| 44. | Women | 200 m | BREASTSTROKE | Heats | Women | 200 m | BREASTSTROKE | Final |
| 45. | Women | 100 m | INDIV. MEDLEY | Heats | Women | 100 m | INDIV. MEDLEY | B+A Final |
| 46. | Men | 200 m | BACKSTROKE | Heats | Men | 200 m | BACKSTROKE | Final |
| 47. | Women | 50 m | BUTTERFLY | Heats | Women | 50 m | BUTTERFLY | GP Final Challenge |
| 48. | Women S1-S14 | 50 m | BUTTERFLY | Heats | Women S1-S14 | 50 m | BUTTERFLY | Final |

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QUALIFICATION TIMES

| WOMEN | | EVENT | MEN | |
|-----------|-----------|---------------------|-----------|-----------|
| 25 m pool | 50 m pool | | 25 m pool | 50 m pool |
| 00:29,73 | 00:30,73 | 50 m FREE | 00:26,00 | 00:27,00 |
| 01:02,60 | 01:04,60 | 100 m FREE | 00:55,20 | 00:57,20 |
| 02:15,20 | 02:19,20 | 200 m FREE | 02:03,20 | 02:07,20 |
| 04:46,60 | 04:54,60 | 400 m FREE | 04:26,00 | 04:34,00 |
| 09:51,10 | 10:07,10 | 800 m FREE | 09:04,00 | 09:20,00 |
| 19:00,00 | 19:30,00 | 1500 m FREE | 17:46,00 | 18:16,00 |
| 00:33,90 | 00:34,90 | 50 m BACK | 00:31,00 | 00:32,00 |
| 01:12,50 | 01:14,50 | 100 m BACK | 01:05,00 | 01:07,00 |
| 02:35,40 | 02:39,40 | 200 m BACK | 02:20,40 | 02:24,40 |
| 00:37,30 | 00:38,80 | 50 m BREAST | 00:34,00 | 00:35,50 |
| 01:20,50 | 01:23,50 | 100 m BREAST | 01:12,10 | 01:15,10 |
| 02:53,60 | 02:59,60 | 200 m BREAST | 02:37,40 | 02:43,40 |
| 00:31,80 | 00:32,80 | 50 m FLY | 00:28,80 | 00:29,80 |
| 01:09,80 | 01:11,80 | 100 m FLY | 01:02,00 | 01:04,00 |
| 02:33,80 | 02:37,80 | 200 m FLY | 02:20,10 | 02:24,10 |
| 01:12,30 | - | 100 m IM | 01:05,40 | - |
| 02:33,40 | 02:38,40 | 200 m IM | 02:20,20 | 02:25,20 |
| 05:25,00 | 05:35,00 | 400 m IM | 05:03,20 | 05:13,20 |

Grand Prix information

GP-event is being swim if there is at least one (1) swimmer enrolled. Event will be swim as direct final in the evening period if there are eight (8) swimmers enrolled. If there are less than four (4) swimmers, the event will be swam only in the morning period. In all cases GP-points will be awarded to swimmers according to the rules on the right.

There are two series over all:

OPEN and PARA

A swimmer can only participate one of these. Men and women are competing in the same serie even though men's and women's events are separate. FINA-points will be calculated / earned in each event..

Grand Prix points

Earning points will be handled similar way than in FINA WC competition. Swimmer has the possibility to earn points in all events he/she is participating. One event at a time.

In 50 m events GP points are being given to the swimmers with three fastest times regardless of which stage (heats or final or in challenge) the time is swum.

Paraswimmers will earn Parapoints (WPS) and the best points of each competition day will be recorded. The end result is total sum of these Parapoints.

Scratches

Scratches from individual events can be made in writing to the organizing club no later than one hour before the morning session. A cancellation fee of 39€ will be invoiced for scratches made later than one hour before the start of the morning session. A 130€ fee will be invoiced for no-show.

Scratches from finals shall be made within 30 minutes after the end of the heats in the event. All swimmers, who are among 24 best in heats of 100 m events and 16 best in other events, shall notify the organizers, if they do not wish to swim in the finals.

Calculation of the GP points in competition

The final placing is calculated all events together (performance, podium and record bonus):

1. Top 3 FINA-points will give following points :

1st place: 24 points

2nd place: 18 points

3rd place: 12 points

In even situations the second best performance is being counted (from the program) If still no difference, both swimmers get equal points. In this case the rest of the points will not be shared.

2. Three best in each individual event will earn the following points:

1st place: 12 points

2nd place: 9 points

3rd place: 6 points

3. Bonus of each record

WR: 22 points

ER: 20 points

Nordic Record: 18 points

National Record: 16 points

Each event gives the possibility to reach only one, the highest record Bonus. In even situation the bonus points are shared between the swimmers. Foreign swimmers can earn record bonuses even though his/her nationality wouldn't actually give official record. In this case weaker times won't give bonuses.

Challenge races

All 50 m events are swum as Challenges, where eight fastest swimmers qualify from heats to a GP final in the evening. Four fastest swimmers from the GP final will qualify to semifinal starting three minutes after the GP final. Two fastest swimmers from the semifinal will race in Challenge final starting three minutes after the semifinal.

Swimmers, who do not want to participate in the Challenge races after the GP final, shall notify the organizers within 30 minutes after the morning heats.

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Prizes

No medal ceremony in individual events. Three best teams will be rewarded medals in National relays. Prize money will be given for the total GP points from all events and to the Challenge finalists:

Open serie

1st place 1000 eur
2nd place 800 eur
3rd place 600 eur
4th place 240 eur
5th place 160 eur

Para serie

1st place 600 eur
2nd place 400 eur
3rd place 200 eur

50 m Challenge

Each Challenge Final winner 300 eur
Each Challenge Final 2nd best 100 eur

Other Information

Warm up

Warming up is possible 1,5 hours before each morning session starts. During the competition the other end of the pool (23.8 m) is available for warm up / swim down.

Warm up is also possible on Friday 3rd of Nov from 17:30

Team Leaders meeting

Saturday 4th of Nov at 8:00am. Each Club has to have a leader who is participating to the Team Leaders Meeting.

Meals

Windy Day Espoonlahti:

cafelahti@windyday.fi / +358 44 702 1234 **pre book latest 30.10.2023.**

Accommodation

Original Sokos Hotel Tapiola Garden

Hotelli Heymo 1 by Sokos Hotels

Radisson Blu Otaniemi

There are frequent public transport (metro) connections To Espoonlahti from the above and other hotels in southern Espoo and Helsinki. Information in English: <https://www.hsl.fi/en>

Organizing Club: kilpailukoordinaattori@cetus.fi

Organizing Federation: kilpailut@uimaliitto.fi



Espoonlahti Swimming Pool

Espoonlahdenkuja 4

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