



SCHEDULE

International Swim Meet

Athens Olympic Athletic Center of Athens (OAKA)

October 7th – 8th – 9th 2021

Organized by

Hellenic Organization of Company Sports & Health in collaboration with the Hellenic Swimming Federation (KOE)

Location

Athens Olympic Athletic Center of Athens OAKA Kifisias 37, 151 23 Marousi, Athens

Pool Specifications: 25 meter with five lanes (5)

Pool Temperature: 26.5°C

Session Dates and Times:

The event will take place on Thursday 7th, Friday 8th and Saturday 9th of October 2021

Meet Starts at 09:30 AM

The meet will be run as timed finals.

Timing

Automatic Timing System with horn Start. All results will be official.

Rules

This meet will be run according to current FINA rules, the Hellenic Swimming Federation's Swim Events Announcement for 2019-20 and the present Announcement.

Age Groups

- A. Men and Women 18-30 years old, born 1991 - 2003
- B. Men and Women 31-40 years old, born 1981 - 1990
- C. Men and Women 41-50 years old, born 1971 - 1980
- D. Men and Women 51-60 years old, born 1961 - 1970
- E. Men and Women 61 and over, born 1960 and before



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Order of Events

Day 1: Thursday 7th October 2021 at 09:30, Timed Finals Events

1. 50m. Breaststroke Men A,B,C,D,E
2. 50m. Breaststroke Women A,B,C,D,E
3. 50m. Freestyle Men A,B,C,D,E
4. 50m. Freestyle Women A,B,C,D,E
5. 100m. Individual Medley Men A,B,C,D,E
6. 100m. Individual Medley Women A,B,C,D,E
7. 4x100m. Freestyle Relay Men A,B,C,D,E
8. 4x100m. Freestyle Relay Women A,B,C,D,E

Day 2: Friday 8th October 2021 at 09:30, Timed Finals Events

1. 50m. Butterfly Men A,B,C,D,E
2. 50m. Butterfly Women A,B,C,D,E
3. 100m. Backstroke Men A,B,C,D,E
4. 100m. Backstroke Women A,B,C,D,E
5. 100m. Freestyle Men A,B,C,D,E
6. 100m. Freestyle Women A,B,C,D,E
7. 4x50m. Medley Relay Men A,B,C,D,E

Day 3: Saturday 9th October 2021 at 09:30, Timed Finals Events

1. 50m. Backstroke Women A,B,C,D,E
2. 50m. Backstroke Men A,B,C,D,E
3. 200m. Freestyle Women A,B,C,D,E
4. 200m. Freestyle Men A,B,C,D,E
5. 100m. Breaststroke Women A,B,C,D,E
6. 100m. Breaststroke Men A,B,C,D,E
7. 4x50m. Medley Relay Women A,B,C,D,E



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Entry Rules

- Each team may enter unlimited number of swimmers in each category.
- Each swimmer may enter in no more than 5 five total individual events and in no more than 2 two individual events per day. There is no limit for Relay events.
- Each team may enter with only one Men's team and one Women's team in each Relay event, that may be comprised of swimmers from all age groups A,B,C,D & E.
- The meet will take place in three (3) competition units, each starting at 09:30am and the swimmers will compete in timed finals events OPEN format, with common heats for all Age Groups A,B,C,D & E. The swimmers will be placed according to their times.
The results will be posted according to each age group separately A,B,C,D & E for Men and for Women.
The awards ceremonies will take place separately for each Age Group A,B,C,D & E for Men and for Women.
In order to save time, after each heat ends, while the swimmers are still in the water, the start of the next heat will take place. All coaches must inform the swimmers to remain still at the corner of their lane while the start is given, and then to exit the pool from the side avoiding any contact with the touchpads.
- The Organizing committee reserves the right to modify the events in order to secure the success of the Event.
- The technical meeting will be held on Thursday 7th of October 2021 at 08:30 at the event location (OAKA). Scratches will be accepted during the meeting, before the start of the events.

Awards

Medals, diplomas and souvenirs will be awarded to the three first swimmers in each individual event, as well as to the three first teams for the Relay events, for each Age Group A,B,C,D & E Men and Women.

Entries Deadline

All entries must be submitted by Monday September 17th 2021.



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Team Representatives

All participating teams must appoint a Team Representative. The representative's contact information must be submitted with the swimmer's entries.

Information – Clarifications

For information please contact:

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