

**The Finnish Swimming Federation proudly invites you to the Arena Helsinki Swim Meet 25.-26.3.2020. The competition will take place at Mäkelänrinne 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 2020 Tokyo Olympics cut-times. Also this year the competition is part of the Nordic Swim Tour together with Bergen Swim Festival and Stockholm Swim Open. Compete with top swimmers worldwide with the total prize money of € 25 000. Visit [www.helsinki.wimopen.fi](http://www.helsinki.wimopen.fi) where you find more information. For questions contact [helsinki.meet@uimaliitto.fi](mailto:helsinki.meet@uimaliitto.fi).

**Date;** Wednesday 25<sup>th</sup> March - Thursday 26<sup>th</sup> March.

**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 Tokyo Olympic games 2020.

**Preliminary competition times:** Heats: 9.00, A-finals: 18.30, B- finals: 16.30.

**Warm up:** Tuesday 24<sup>th</sup> of March from 14.00 – 19.00,  
Competition days; 07.30 – 08.45 and 14.30 – 16.15 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 9<sup>th</sup> March 2020 with LENEX-file.

**Qualifying times & Qualification period:** 2019-01-01 to 2020-03-09 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:** € 10/event. Late entries: Late entries will be accepted up until the team leader meeting at the cost of € 30/event and only if heat limitations do not apply.

**Withdrawals:** Withdrawals for prelims and timed finals Wednesday should be made Tuesday 8 pm 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.helsinkimeet.fi](http://www.helsinkimeet.fi).

**Team leaders:** Meeting for Team leaders will take place at the venue on Tuesday 24<sup>th</sup> of March 19:00

**Prize money:** Prize money in each event is as follows: 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 €25 000

**Tickets:** Tickets can be ordered and purchased at [www.lippu.fi](http://www.lippu.fi).

You find more info at [www.helsinkimeet.fi](http://www.helsinkimeet.fi)

**Contact:**

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PROGRAM OF 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

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