



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

**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 2022 Fukuoka World Championships cut-times. The total prize money of € 25 000.

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

**Date;** 5<sup>th</sup> – 6<sup>th</sup> April 2022

**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: 9.00, A-finals: 18.30, B-finals: 16.30.

**Warm up:**

Monday 4th April 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 28<sup>th</sup> 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 5<sup>th</sup> April should be made Monday 4<sup>th</sup> 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.meet.fi](http://www.helsinki.meet.fi).

**Team leaders:** Meeting for Team leaders will take place at the venue on Monday 4<sup>th</sup> of April 19:00

**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

**Accommodation and meals:**

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

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

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

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



Events:

<b>Day 1 Events</b>	<b>Day 2 Events</b>
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



## Timestandards:

Event		Women		Men	
		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