



3° International Meeting
“Città di Milano”

Swimming pool “D. Samuele”
March 8th-9th 2013





Nuotatori Milanesi is hosting the:

International meeting “Città di Milano”

WHERE: Swimming pool “Daniela Samuele”, via Trani 1, Milano

Indoor 50m x 8 lanes pool for competition

Indoor 25m x 5 lanes pool for warming up and swimming down

WHEN: March, 8rd, 9th 2013

WHO: Athletes born before 1991 (males) and 1989 (females)

FRIDAY (8th) PROGRAM:

The competition starts at 5.00 pm (warm up 4.00 pm):

200m freestyle

200m breaststroke

200m backstroke

200m butterfly

800 freestyle W

1500 freestyle M

SATURDAY (9TH) PROGRAM:

The competition starts at 9.30 am

(warm up 8.30 am):

50m butterfly

100m backstroke

50m breaststroke

100m freestyle

400m medley

The competition starts at 3.30 pm

(warm up 2.30 pm):

400m freestyle

100m butterfly

50m backstroke

100m breaststroke

50m freestyle

200m medley





RULES:

- Swimmers can only compete in three individual competitions
- In 400m freestyle and 400m medley will compete 16 athletes with best entry times
- Heats will be swum seeded by entry times, starting from the slowest
- Points are awarded to the fastest 8 swimmers in each event (1 point to the 8th, 9 points to the 1st)
- The competition runs under the rules of the Italian Swimming Federation (Federazione Italiana Nuoto).

ENTRIES:

- Deadline for entries submission is February 24th .
- Entry times must be performed in 25m pool.

AWARDS:

- The first 3 athletes of each competition will be awarded with medals
- There will be a separate ranking for clubs. The winning club will receive the "Città di Milano" Trophy
- The coach of the 1st classified club will be awarded with € 500 , the coach of the 2nd club with € 300, the 3rd with € 200.

For info and accommodation please contact: info@nuotatorimilanesi.it

Each person participating in the event (swimmers or coaches) must have his own medical and/or accident insurance. Nuotatori Milanesi will not be held as responsible in case of accident.

Asd Nuotatori Milanesi

