

ASD Nuotatori Milanesi is hosting the:

# 4<sup>o</sup> INTERNATIONAL MEET CITTÀ di MILANO



**WHERE:** Swimming pool “Daniela Samuele”, via Trani 1, Milano  
Indoor swimming pool 50m x 8 lanes for competition  
Indoor swimming pool 25m x 5 lanes for warming up an swimming down

**WHEN:** March 7th – 8th 2014

**ELEGIBILITY:** Athletes born in 1995 and before (males) and in 1997 and before (females)

**TIMINIG:** Automatic timing with touchpads

**FRIDAY (7th March) ORDER OF EVENTS:**

The competition starts at 3.00 pm (warm-up at 2.00 pm):

200 m freestyle 200 m butterfly 200 m backstroke 200 m breaststroke

800 m freestyle women 1500 m freestyle men

**SATURDAY (8th March) ORDER OF EVENTS:**

Morning, the competition starts at 9.30 am (warm up at 8.30 am):

50 m butterfly 100 m backstroke 50 m breaststroke 100 m freestyle 400 m individual medley

Afternoon, the competition starts at 3.30 pm (warm up at 2.30 pm):

400 m freestyle 100 m butterfly 50 m backstroke 100 m breaststroke 50 m freestyle 200 m individual medley

## RULES:

- Swimmers can only compete in three (3) individual events.
- For the 400m freestyle and 400m medley only 16 athletes with best entry times will compete.
- 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 -one, 9 points to the 1st -one)
- The competition runs under the rules of the Italian Swimming Federation (Federazione Italiana Nuoto).

## ENTRIES:

- Deadline for entries submission is February 23rd 2014
- 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 further information and accommodation details please contact: [info@nuotatorimilanesi.it](mailto:info@nuotatorimilanesi.it)

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



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