



INTERNATIONAL
SWIMMING CLUB
ENERGY STANDARD

International Swimming Meet Energy Standard Cup 2017

Lignano Sabbiadoro (Italia)
6-7 May 2017

REGULATIONS



FINA approved qualifying event for the World Championships Budapest 2017 and the 3rd Youth Olympic Games Buenos Aires 2018.



energystandardcup.org/en

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1. Venue and Time

The competition will take place on **6–7th May 2017** in the 8 lanes 50m swimming pool «Ge Tur» in Lignano Sabbiadoro (Italy).

The date of arrival is 5th of May 2017

First Day 6 May 2017 (Saturday)

Morning session -- Warm-up 8.45 Start 10.00

Evening session -- Warm-up 15.15 – 16.30 Opening ceremony 16.30 – 16.50 Start 17.00

Second Day 7 May 2017 (Sunday)

Morning session -- Warm-up 8.45 Start 10.00

Evening session -- Warm-up 15.15 Start 16.30

Each session will last no longer than 2 hours 30 minutes.

The Accreditation and Registration will take place on the 5th of May 2017. The Technical Meeting will take place on the 5th of May 2017 in the swimming pool meeting room at 18:00.

2. Organization

The Italian Swimming Federation with the support of the «Swimming Club «Energy Standard» is responsible for the organization and management of the event. The swimming contests will be judged by the Referees Panel appointed by the Italian Swimming Federation. The competition will be organized and officiated according to the FINA rules and regulations.

3. Participation

Four (4) teams are allowed to participate:

Germany – Italy – Spain – «Energy Standard»

2 Age Groups:

1. Age Group – YOUTH

10 boys 2001 – 2002 and younger, of whom no fewer than 5 boys born 2002

10 girls 2002 – 2003 and younger, of whom no fewer than 5 girls born 2003

(20 participants in each team)

2. Age Group – JUNIOR

10 boys 1999 – 2000, of whom no fewer than 5 boys born 2000

10 girls 2000 – 2001, of whom no fewer than 5 girls born 2001

(20 participants in each team)

The total number of participants in each team is 40 athletes.

In case of illness during the event with the certification of the medical service of the event (not the team doctor), replacements can be accepted within the same age – group or even with an older swimmer. Ex: if the sick swimmer was born in 2000, you can replace him with another born in 1999.

No athletes will be allowed to participate if they have had positive doping test result in the past.



4. Program

First Day 6 May 2017 (Saturday)					
Morning session: Warm-up 8.45 Start 10.00			Evening session: Warm-up 15.15 Start 17.00		
400 IM	YOUTH	Girls	200 FREE	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
Award Ceremony			Award Ceremony		
100 FREE	YOUTH	Girls	100 BACK	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
Award Ceremony			Award Ceremony		
200 BACK	YOUTH	Girls	200 BREAST	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
Award Ceremony			Award Ceremony		
50 FLY	YOUTH	Girls	50 FREE	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
Award Ceremony			Award Ceremony		
4X200 FREE	YOUTH	Mixed	4X100 MEDLEY RELAY	YOUTH	Girls
		Boys			Boys
	JUNIOR	Mixed		JUNIOR	Girls
		Boys			Boys
Award Ceremony			Award Ceremony		

Second Day 7 May 2017 (Sunday)					
Morning session: Warm-up 8.45 Start 10.00			Evening session: Warm-up 15.15 Start 16.30		
1500 FREE	YOUTH	Boys	400 FREE	YOUTH	Girls
		Boys			Boys
	JUNIOR	Boys		JUNIOR	Girls
		Boys			Boys
Award Ceremony			Award Ceremony		
100 BREAST	YOUTH	Girls	100 FLY	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
Award Ceremony			Award Ceremony		
200 FLY	YOUTH	Girls	200 IM	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
Award Ceremony			Award Ceremony		
50 BACK	YOUTH	Girls	50 BREAST	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
Award Ceremony			Award Ceremony		
800 FREE	YOUTH	Girls	4X100 FREE	YOUTH	Girls
		Girls			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
Award Ceremony			Award Ceremony		
TEAMS AND BEST PERFORMERS AWARD CEREMONY					

5. Competition Rules

All athletes will participate in both team and individual competitions.

Each swimmer competes in no less than 3 but no more than 6 individual events and relays. Each team enters no more than 2 swimmers for any event. Only one relay team is entered by each participating team.

The points are earned by each individual team member in each age group for all the events according to the Points Table (table no.1). The relay's scores will be determined according to the same Points Table but multiplied by 2 (two). The winning team (all age groups together) is determined based on total points (table no.1) scored by 40 swimmers.

Doping tests will be held during the competition.



6. Award Ceremony

The winners are determined among boys and girls in each age group for each event. Athletes who will have won 1, 2, 3 places for individual events or relays in each age group will be awarded with diplomas and medals.

The winning teams (1st, 2nd and 3rd place) by total points according the Points Tale (table no.1) will be awarded with Cups.

Additionally, 4 swimmers (2 boys, 2 girls from Youth and Junior age groups) who score the most points according the Points Table (table no.1) in a maximum of 4 individual events will be awarded with special prizes.

Additionally, 2 swimmers (1 boy, 1 girl from Youth and Junior age groups) who score the most points based on FINA Table will be awarded with special prizes.

7. Event Sponsor

The Energy Standard Club covers the expenses of 40 swimmers and 6 accompanying persons (flights, transfers, accommodation, meals) from 5–8 May 2017.

8. Participant and Spectator Safety

The competition is organized in the sport facility, which complies with regulations aimed at ensuring public order and safety of participants and spectators effective in the territory of the Italian Federation, with technical inspection reports of established standard certifying readiness of the sport facility to host sporting events.

Official in charge: Meet Director, Mr. Gianfranco Saini. Participants of the event must:

- follow the swimming rules and observe the anti-doping regulations in sport;
- observe the health and safety rules in water and at the venue of the event;
- observe ethical norms in sport;
- observe the event Regulations and requirements of the Organizing Committee.

9. Application

The Lenex entry form should be submitted by the **24th of April 2017** by e-mail: simona.fagioli@federnuoto.it

The team representative should submit at the Technical Meeting:

- the team roster, which includes the team representatives,
- medical form or insurance policies for each participant (accident/health/life insurance),
- a copy of the passport of each participant.

The name entry form for the relays should be submitted to the Secretary no later than one hour before the event session of the current day.



10. Accommodation

The accommodation for 40 swimmers and 6 team staff members is at charge of the Energy Standard Club and will be arranged at:

GE.TUR. GESTIONI TURISTICHE ASSISTENZIALI SCARL – www.getur.com

Tel. +39 0431409506

Fax. +39 0431409513

The Rooming list and Hotel Form must be sent to by the **24 April 2017** by e-mail to:

eloisa.bortolan@getur.com and energystandard2020@gmail.com

Table no.1

Points Table

1 place	20 points
2 place	15 points
3 place	12 points
4 place	10 points
5 place	8 points
6 place	6 points
7 place	4 points
8 place	3 points