



INTERNATIONAL
SWIMMING CLUB
ENERGY STANDARD



International Swimming Meet Energy Standard Cup 2018

Lignano Sabbiadoro (Italy)

28–29 April 2018

REGULATIONS



*FINA approved qualifying event for the 3rd
Youth Olympic Games Buenos Aires 2018*



Official website of the meet:

www.energystandardcup.org

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1. Venue and Time

The competition will take place on 28–29th April 2018 in the 8 lanes 50m swimming pool «Bella Italia & EFA Village» (address: Viale Centrale 29, 33054, LIGNANO SABBIA D'ORO (UD), Italy).

The arrival date is 27th of April 2018.

First Day, 28 April 2018 (Saturday)

Morning session: warm-up 8.30; start 10.00

Evening session: warm-up 15.30; opening ceremony 17.00–17.20; start 17.30

Second Day, 29 April 2018 (Sunday)

Morning session: warm-up 8.30; start 10.00

Evening session: warm-up 15.30; start 17.00

Each session will last no longer than 1 hour 50 minutes.

The Accreditation and Registration will take place on the 27th of April 2018. The Technical Meeting will take place on the 27th of April 2018 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:

«Balcan Tide» – «Energy Standard» – Hungary – Italy

Age Group – JUNIOR

12 boys 2000 – 2003, of whom no more than 6 boys born 2000

12 girls 2001 – 2004, of whom no more than 6 girls born 2001

The total number of participants in each team is 24 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 even with a younger swimmer. E.g.: if the sick swimmer was born in 2000, you can replace him with another born in 2001 or before.

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



4. Program

FIRST DAY 28TH APRIL (SATURDAY)			
Morning session: warm up 8.30			
MORNING DAY 1 Start at 10.00	100 FREE	GIRLS	
	100 FREE	BOYS	
	200 BACK	GIRLS	
	200 BACK	BOYS	
	AWARD CEREMONY		
	1500 FREE	GIRLS	
	800 FREE	BOYS	
	AWARD CEREMONY		
	50 FLY	GIRLS	
	50 FLY	BOYS	
	AWARD CEREMONY		
	4X200 FREE	GIRLS	
	4X200 FREE	BOYS	
	AWARD CEREMONY		
	Evening session: warm up 15.30		
	EVENING DAY 1 Start at 17.30	200 FREE	GIRLS
200 FREE		BOYS	
100 BACK		GIRLS	
100 BACK		BOYS	
AWARD CEREMONY			
200 BREAST		GIRLS	
200 BREAST		BOYS	
AWARD CEREMONY			
50 FREE		GIRLS	
50 FREE		BOYS	
AWARD CEREMONY			
400 IM		GIRLS	
400 IM		BOYS	
AWARD CEREMONY			

SECOND DAY 29TH APRIL (SUNDAY)			
Morning session: warm up 8.30			
MORNING DAY 2 Start at 10.00	100 BREAST	GIRLS	
	100 BREAST	BOYS	
	200 FLY	GIRLS	
	200 FLY	BOYS	
	AWARD CEREMONY		
	50 BACK	GIRLS	
	50 BACK	BOYS	
	AWARD CEREMONY		
	800 FREE	GIRLS	
	1500 FREE	BOYS	
	AWARD CEREMONY		
	4x100 MEDLEY	GIRLS	
	4x100 MEDLEY	BOYS	
	AWARD CEREMONY		
	Evening session: warm up 15.30		
	EVENING DAY 2 Start at 17.00	400 FREE	GIRLS
400 FREE		BOYS	
100 FLY		GIRLS	
100 FLY		BOYS	
AWARD CEREMONY			
200 IM		GIRLS	
200 IM		BOYS	
AWARD CEREMONY			
50 BREAST		GIRLS	
50 BREAST		BOYS	
AWARD CEREMONY			
4X100 FREE		GIRLS	
4X100 FREE		BOYS	
AWARD CEREMONY			



5. Competition Rules

All athletes could 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 for all the events according the Points Table (table no.1). The relay's scores will be determined according the same Points Table for the first 4 positions but multiplied by 2 (two). The winning team is determined based on total points (table no.1) scored by 24 swimmers.

Doping tests will be held during the competition.

6. Award Ceremony

The winners are determined among boys and girls for each event. Athletes who will have won 1, 2, 3 places for individual events or relays 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, 2 swimmers (1 boy, 1 girl) 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) 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 24 swimmers and 6 accompanying persons (local transfers, accommodation, meals) from 27 to 29 April 2018.

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 Excel entry form (the form can be downloaded on the official website of the meet: <http://energystandardcup.org>) should be submitted by the 14th of April 2018 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 24 swimmers and 6 team staff members is at charge of the Energy Standard Club and will be arranged at:

Bella Italia & EFA Village: Viale Centrale 29, 33054, LIGNANO SABBIA D'ORO (UD), Italy:

www.bellaitaliavillage.com

Tel. +39 0431409590

Fax. +39 0431409512

For each team there will be provided 8 triple rooms for the athletes and the necessary number of twin and single rooms for the coaches and staff. The Rooming list (the form can be downloaded on the official website of the meet: <http://energystandardcup.org>) should be sent by the 14th April 2018 by e-mail:

gruppilignano@bellaitaliavillage.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