



International Swimming Meet "Energy Standard Cup 2015"

**Lignano Sabbiadoro (ITA)
9 & 10 May**

REGULATIONS



1. Venue and Time

The competition will take place on 9 & 10 May 2015 in 8 lanes 50m swimming pool Ge Tur: in Lignano Sabbiadoro (ITA)

The date of arrival is the 8th of May 2015.

First Day 9 MAY 2015 (Saturday)

Morning session -- Warm--up 8.45 Start 10.00

Evening session -- Warm--up 16.15 Opening Ceremony 17.15 Start 18.00

Second Day 10 MAY 2015 (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 8th of May 2015. The Technical Meeting will take place on the 8th of May 2015 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 overall 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 (the Federation Internationale de Natation Amateur) rules and regulations.

3. Participation

Four (4) teams are allowed to participate:

GBR– GER–ITA— Swimming Club «Energy Standard»

Age Groups:

Age Group 1

10 men 1997-1998, of whom no fewer than 5 men born 1998

10 women 1999-2000, of whom no fewer than 5 women born 2000

(20 participants in each team)

Age Group 2

10 men 1999-2000 and younger, of whom no fewer than 5 men born 2000

10 women 2001-2002 and younger, of whom no fewer than 5 women born 2002

(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 swimmer ill is born in 1998, you can replace him with another born in 1997.

4. Progressive Order

MORNING	400 IM	G	AG 2	1500 FREE	B	AG 2	MORNING
DAY 1	400 IM	B	AG 2	1500 FREE	B	AG 1	DAY 2
h 10.00	400 IM	G	AG 1	100 BREAST	G	AG 2	h 10.00
	400 IM	B	AG 1	100 BREAST	B	AG 2	
	AWARD	CEREMONY		100 BREAST	G	AG 1	
	100 FREE	G	AG 2	100 BREAST	B	AG 1	
	100 FREE	B	AG 2	AWARD	CEREMONY		
	100 FREE	G	AG 1	200 FLY	G	AG 2	
	100 FREE	B	AG 1	200 FLY	B	AG 2	
	AWARD	CEREMONY		200 FLY	G	AG 1	
	200 BACK	G	AG 2	200 FLY	B	AG 1	
	200 BACK	B	AG 2	AWARD	CEREMONY		
	200 BACK	G	AG 1	50 BACK	G	AG 2	
	200 BACK	B	AG 1	50 BACK	B	AG 2	
	AWARD	CEREMONY		50 BACK	G	AG 1	
	50 FLY	G	AG 2	50 BACK	B	AG 1	
	50 FLY	B	AG 2	AWARD	CEREMONY		
	50 FLY	G	AG 1	800 FREE	G	AG 2	
	50 FLY	B	AG 1	800 FREE	G	AG 1	
	AWARD	CEREMONY		AWARD	CEREMONY		
	4X200 FREE	MIXED	AG 2				
	4X200 FREE	MIXED	AG 1				
	AWARD	CEREMONY					
AFTERNOON	200 FREE		AG 2	400 FREE	G	AG 2	AFTERNOON
DAY 1	200 FREE		AG 2	400 FREE	B	AG 2	DAY 2
h 18.00	200 FREE		AG 1	400 FREE	G	AG 1	h 16.30
	200 FREE		AG 1	400 FREE	B	AG 1	
	AWARD	CEREMONY		AWARD	CEREMONY		
	100 BACK		AG 2	100 FLY	G	AG 2	
	100 BACK		AG 2	100 FLY	B	AG 2	
	100 BACK		AG 1	100 FLY	G	AG 1	
	100 BACK		AG 1	100 FLY	B	AG 1	
	AWARD	CEREMONY		AWARD	CEREMONY		
	200 BREAST		AG 2	200 IM	G	AG 2	
	200 BREAST		AG 2	200 IM	B	AG 2	
	200 BREAST		AG 1	200 IM	G	AG 1	
	200 BREAST		AG 1	200 IM	B	AG 1	
	AWARD	CEREMONY		AWARD	CEREMONY		
	50 FREE		AG 2	50 BREAST	G	AG 2	
	50 FREE		AG 2	50 BREAST	B	AG 2	
	50 FREE		AG 1	50 BREAST	G	AG 1	
	50 FREE		AG 1	50 BREAST	B	AG 1	
	AWARD	CEREMONY		AWARD	CEREMONY		
	4X100 MEDLEY RELAY		AG 2	4X100 FREE	G	AG 2	
	4X100 MEDLEY RELAY		AG 2	4X100 FREE	B	AG 2	
	4X100 MEDLEY RELAY		AG 1	4X100 FREE	G	AG 1	
	4X100 MEDLEY RELAY		AG 1	4X100 FREE	B	AG 1	
	AWARD	CEREMONY		AWARD	CEREMONY		

TEAMS AND BEST PERFORMERS AWARD CEREMONY

5. Competition Rules

Individual and team form of participation is allowed.

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 of each age group and gender for all events.

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 by the Points Table (see Table N1). The relay score is determined by the points table x2. The winning team (both age groups together) is determined based on total points (see Table N1) scored by 40 swimmers.

6. Award Ceremony

The winners are determined among men and women 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 by the points (see Table N1) will be awarded with the Cups.

Additionally, 4 swimmers (1 man, 1 woman from each age group) who score the most points by the points table (see Table N1) in a maximum of 4 individual events will be awarded with special prizes. In case athletes are equal on points (see table N1), the winner is those, whose best performance scores the most points based on FINA points table.

Additionally, 2 swimmers (1 man and 1 woman) who score the most points based by FINA points 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, meal).

8. Participants and Spectators 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 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 antidoping 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 attached entry form should be submitted by the **25th of April 2015** by e-mail: **simona.fagioli@federnuoto.it**

The team representative should submit to **energystandard2020@gmail.com**:

- the team roster, which includes the team representatives,
- medical form or insurance policies for each participant (accident/health/life insurance),
- the 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 :

SOLE MARE GE.TUR. GESTIONI TURISTICHE ASSISTENZIALI SCARL

Viale Centrale 29 - 33054 Lignano Sabbiadoro (UD) - www.getur.com

Tel. +39 0431409506

Fax. +39 0431409513

11 Double, 6 triple and 6 Single rooms have been allocated to each Team in a different floor.

The Rooming list and Hotel Form attached to this bulletin must be sent to by the **25th of April 2015** by e-mail: to **eloisa.bortolan@getur.com** and **energystandard2020@gmail.com**

Table N1

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