ASSOCIAÇÃO DE NATAÇÃO
DO NORTE DE PORTUGAL

XIII Póvoa de Varzim International Meeting

Meeting
internacional
Póvoa de Varzim

Feb, 4th – 5th 2023

PÓVOA DE VARZIM MUNICIPAL POOL

1. Regulation

1.1. The competition is organized in accordance with FINA and FPN regulations.

1.2. It takes place on Feb, 4th – 5th 2023, at Póvoa de Varzim Municipal Pool, with Olympic dimensions and 8 lanes.

1.3. All participants will be subject to compliance with all the rules defined in the hygiene and safety protocol to be defined by the organization. The ANNP COMPETITION PROCEDURES MANUAL will be published in an addendum.

1.4. Registration times, obtained in a 50-meter pool or converted, will be valid by February 5th, 2022, until the registration deadline.

1.5. The competition will be disputed in two phases:

1.5.1. In the morning session, heats, with limited number of participants, made up of heat seeds, according to current or converted registration times.

1.5.2. In the afternoon session, A/B finals and fast heats (800/1500 Free). The A finals will be formed by the swimmers classified from 1st to 8th place in the heats (9th and 10th classified will be reserves); The B finals will only take place when the number of entries is equal or greater than 16 swimmers and will be formed by the swimmers classified from 9th to 16th place in the heats (17th, 18th, 19th and 20th classified will be reserves).**In case of tie, a swim off will take place between the athletes involved.**

1.6. The 800/1500 Freestyle events will be disputed by the heats system. The sixteen (16) best entry times will be admitted. The eight (8) best times will swim the fast heats, to be performed in the afternoon at the beginning of the session, following the end of the mixed relays, while the remaining eight (8) times will swim the slow heats to take effect in the morning. (17th, 18th, 19th and 20th registrations times will be reserves).

1.7. Each swimmer can only be registered and participate in 4 individual events (2 events per session) plus relay events.

1.8. Each event will have a maximum limit of swimmers: events of 50/100 meters (64 swimmers); 200 meters events (40 swimmers); 400 meters events (24 swimmers); and 800/1500 meters events and relay events (16 swimmers/teams).

2. Participation

2.1. Limit Times of Participation

FEMALE OPEN 2011 and older	EVENTS	MALE OPEN 2010 and older
0:31.48	50 FREESTYLE	0:27.81
1:07.47	100 FREESTYLE	1:01.21
2:24.80	200 FREESTYLE	2:10.72
4:57.92	400 FREESTYLE	4:37.27
10:00.94	800 FREESTYLE /1500 FREESTYLE	17:59.71
0:35.88	50 BACKSTROKE	0:31.65
1:14.97	100 BACKSTROKE	1:07.66
2:38.09	200 BACKSTROKE	2:23.44
0:38.97	50 BREASTSROKES	0:34.51
1:23.68	100 BREASTSROKES	1:14.22
2:58.08	200 BREASTSROKES	2:41.64
0:32.49	50 BUTTERFLY	0:29.62
1:12.39	100 BUTTERFLY	1:04.53
2:36.11	200 BUTTERFLY	2:21.91
2:41.64	200 MEDLEY	2:26.10
5:35.59	400 MEDLEY	5:07.21
2:03.30	4X50 FREESTYLE RELAY	1:48.74
2:15.48	4X50 MEDLEY RELAY	1:59.44

MIXED RELAYS	
4X50 FREESTYLE RELAY	1:55.46
4X50 MEDLEY RELAY	2:06.60

2.2. If the number of participants (entry list) in a race is less than 9, a direct final will take place.

2.3. If the number of participants (entry list) in a race is less than 16, the B final will not take place.

2.4. Each team can only participate with one relay team.

2.5. The composition of the relay teams must be delivered to the jury's table before the start of each session (Heats/Finals). Mixed relays must be made up of 2 male and 2 female swimmers.

2.6. Any swimmer or registered team will have to at least match the limit time of participation in the finals that they participate, in order to be relayed by the respective prize and score for their team.

2.7. If the limit time of participation is not fulfilled during the heats and if the swimmer does not have access to the A or B final, the team/individual swimmer is obliged to pay the penalty of €15.

2.8. If the limit time of participation is not complied during the A or B final, the team/individual swimmer is obliged to pay the penalty of €10.

2.9. If the limit time of participation is not fulfilled during the heats and the swimmer has access to the A or B final, it stays without effect until the result obtained in the A or B final, in the afternoon. If the limit time of participation is not complied during the A or B final, the team/individual swimmer is obliged to pay the penalty of €10.

2.10. There will be a general classification by teams, for which all classified swimmers will score, according to the following tables, on the condition that they do not perform greater times than the limit time of participation:

A Final - Score							
1st	2nd	3rd	4th	5th	6th	7th	8th
20	18	16	14	13	12	11	10

B Final - Score							
1st	2nd	3rd	4th	5th	6th	7th	8th
9	7	6	5	4	3	2	1

2.11. In case of tie in a competition between two or more swimmers, the corresponding points to the places occupied by them will be added together and the number of points thus divided by the number of swimmers involved will be awarded to the respective teams.

2.12. For relay events, the score to be awarded will be double the score for individual events.

2.13. The organization will have autonomy to make changes to the competition schedule, in case of absolute necessity.

2.14. All invited teams, affiliated to the various associations, as well as foreign teams invited by the organization will be able to participate.

2.15. A swimmer who misses the heat and does not communicate this fact to the organization, up to 30 minutes before the start of the session, his/her team/individual swimmer will be penalized by €50.

2.16. A swimmer who misses the A or B final and does not communicate this fact to the organization within 30 minutes, after the conclusion of the last heat of the respective event, his/her team/individual swimmer will be penalized by €80.

3. Registrations

3.1. Teams must register until Jan, 16th 2023, indicating the number of athletes, managers and coaches.

3.2. Final registrations must be made by Jan, 23th 2023 and accompanied by the corresponding payment proof to the IBAN:**PT50 0010 0000 5985 7020 0018 0 (BPI) - BIC SWIFT:BBPIPTPL** (under penalty of not being accepted). Emails must be sent to: info@annp.pt

3.3. After the Jan, 23th 2023 no changes or substitutions will be accepted.

3.4. Registration for each individual event, per athlete, must be accompanied by €4.

3.5. For relay events, the registration fee will be €8.

3.6. The organization reserves the right to demand a deposit check

4. Awards

4.1. Individual Awards

4.1.1. Medals will be awarded to the top three (3) in each A final.

4.2. Individual Points Awards

4.1.2. Trophies will be awarded to the best male and female open swimmers, who obtain the best score according to the FINA table.

4.3. Collective Awards

4.3.1. Trophies will be awarded to the top three (3) teams.

5. Jury of Appeal

5.1. Protests must be made to the Referee and will only be accepted if they are based on questions of law; notwithstanding, protests on matters of fact will be returned, after consideration by the Jury of Appeal, which is made up of the Race Director, President of the Territorial Refereeing Council and the President of the ANNP Technical Council.

Schedule

Saturday, Feb, 4th 2023

Warm-up starts at 7:30am and ends at 8:50am.

Heats Session starts at 9:00am

1st Event	4x50 Medley Relay	mixed	heats
2nd Event	100 butterfly	female	heats
3rd Event	50 Butterfly	male	heats
4th Event	200 Backstroke	female	heats
5th Event	100 Backstroke	male	heats
6th Event	50 Breaststroke	female	heats
7th Event	100 Breaststroke	male	heats
8th Event	400 Freestyle	female	heats
9th Event	200 Freestyle	male	heats
10th Event	200 Medley	female	heats
11th Event	400 Medley	male	heats
12th Event	50 Backstroke	female	heats
13th Event	200 100 Butterfly	male	heats
14th Event	200 Breaststroke	female	heats
15th Event	50 Freestyle	male	heats
16th Event	100 Freestyle	female	heats
17th Event	4x50 Medley Relay	male	heats
18th Event	4x50 Freestyle Relay	female	heats
19th Event	1500 Freestyle	male	slow heats

* 1500m Freestyle fast heats will be disputed at the beginning of the finals program following the mixed relay final.

Sunday, Feb, 5th 2023

Warm-up starts at 7:30am and ends at 8:50am.

Heats Session starts at 9:00am

20th Event	4x50 Freestyle Relay	mixed	heats
21st Event	100 Butterfly	male	heats
22nd Event	50 Butterfly	female	heats
23rd Event	200 Backstroke	male	heats
24th Event	100 Backstroke	female	heats
25th Event	50 Breaststroke	male	heats
26th Event	100 Breaststroke	female	heats
27th Event	400 Freestyle	male	heats
28th Event	200 Freestyle	female	heats
29th Event	200 Medley	male	heats
30th Event	400 Medley	female	heats
31st Event	50 Backstroke	male	heats
32nd Event	200 Butterfly	female	heats
33rd Event	200 Breaststroke	male	heats
34th Event	50 Freestyle	female	heats
35th Event	100 Freestyle	male	heats
36th Event	4x50 Medley Relay	female	heats
37th Event	4x50 Freestyle Relay	male	heats
38th Event	800 Freestyle	female	slow heats

*The 800m Freestyle fast heat will be disputed at the beginning of the finals program following the mixed relay final.

Saturday, Feb, 4th 2023

Warm-up starts at 2:30pm and ends at 3:50pm.

Finals Session starts at 4:00pm

1st event	4x50 Medley Relay	mixed	A Final
19th event	1500 Freestyle	male	Fast Heat
2nd event	100 Butterfly	female	A and B Final
3rd event	50 Butterfly	male	A and B Final
4th event	200 Backstroke	female	A and B Final
5th event	100 Backstroke	male	A and B Final
6th event	50 Breaststroke	female	A and B Final
7th event	100 Breaststroke	male	A and B Final
8th event	400 Freestyle	female	A and B Final
9th event	200 Freestyle	male	A and B Final
10th event	200 Medley	female	A and B Final
11th event	400 Medley	male	A and B Final
12th event	50 Backstroke	female	A and B Final
13th event	200 Butterfly	male	A and B Final
14th event	200 Breaststroke	female	A and B Final
15th event	50 Freestyle	male	A and B Final
16th event	100 Freestyle	female	A and B Final
17th event	4x50 Medley	male	A Final
18th event	4x50 Freestyle	female	A Final

Sunday, Feb, 5th 2023

Warm-up starts at 2:30pm and ends at 3:50pm.

Finals Session starts at 4:00pm

20th Event	4x50 Freestyle Relay	mixed	A Final
38th Event	800 Freestyle	female	Fast Heat
21st Event	100 Butterfly	male	A and B Final
22nd Event	50 Butterfly	female	A and B Final
23rd Event	200 Backstroke	male	A and B Final
24th Event	100 Backstroke	female	A and B Final
25th Event	50 Breaststroke	male	A and B Final
26th Event	100 Breaststroke	female	A and B Final
27th Event	400 Freestyle	male	A and B Final
28th Event	200 Freestyle	female	A and B Final
29th Event	200 Medley	male	A and B Final
30th Event	400 Medley	female	A and B Final
31st Event	50 Backstroke	male	A and B Final
32nd Event	200 Butterfly	female	A and B Final
33rd Event	200 Breaststroke	male	A and B Final
34th Event	50 Freestyle	female	A and B Final
35th Event	100 Freestyle	male	A and B Final
36th Event	4x50 Medley Relay	female	A Final
37th Event	4x50 Freestyle Relay	male	A Final