



ARENA LISBON INTERNATIONAL MEETING

JAMOR, FEBRUARY 8TH AND 9TH, 2020

ARENA LISBON INTERNATIONAL MEETING GENERAL INFORMATION

Event:	arena Lisbon International Meeting
Date:	February 8 th and 9 th , 2020
Location:	Jamor – Lisbon, PORTUGAL
Organizer:	Lisbon Swimming Association
Under:	Portuguese Swimming Federation
Facilities:	50 meters heated pool, 10 lanes; electronic timekeeping; 8 lanes 25m warm up/swim down pool
Regulations:	Under FPN and FINA regulations
Ages:	Males from 2005 and older; Females from 2006 and older
Competition Mode:	<p>Heats: Heats will be run in two session and 10 lane formats: <u>Session A</u> will include Slow Heat for 400 IM, 800 Free female, 1500 Free male, and the fastest 30 entry times for all other events <u>Session B</u> will include all other entry times. There will be no heats for 400 IM, 800 and 1500 Free.</p> <p>Finals: There will two finals per event with the exception for the 400 IM, 800 and 1500 Free that will be swum by the 10 fastest entry times (Fast heat) Final B will precede Final A.</p> <p>There will be no limit for foreign swimmers permitted to swim in each final.</p>
Entries Fees:	Individual events: 6€; Relay events: 12€
Registrations:	For registration please hand in enclosed pre-application form fully completed
Prizes:	<p>Individual events: medals and prizes between 50€ and 10€ Relay events: medals and prizes between 100€ and 25€ Excellence subvention for teams: Teams will receive 200€ for each swimmer above Fina Point Score defined on regulation</p>
Deadline:	January 24th, 2020
Information's:	<p>Associação de Natação de Lisboa Phone: 00 351 917952187 Email: geral@anlisboa.pt Site: www.anleventos.com/en/meeting-internacional-de-lisboa/</p>
Insurance:	Each participant is responsible for his/her insurance. The organizer accepts no responsibility for accidents of any kind.

Looking forward to welcome you and you team in Jamor,

Lisbon Swimming Association

ARENA LISBON INTERNATIONAL MEETING 2020

The arena Lisbon International Meeting will observe FINA and Portuguese Swimming Federation (FPN) rules and regulations. Event Officials will be Lisbon Swimming Association Referees

EVENT CONDITIONS & RULES

Organizer	Lisbon Swimming Association (ANL)									
Location:	National Sports Center, Jamor – Lisbon, Portugal									
Dates:	February 8 th and 9 th , 2020									
Sessions Times:	<table border="1"> <thead> <tr> <th>Session</th> <th>Warm-Up</th> <th>Events</th> </tr> </thead> <tbody> <tr> <td>Heats</td> <td>Session A: 7.15 am Session B: 10.00 am</td> <td>8.30 am 11.00 am</td> </tr> <tr> <td>Finals</td> <td>3.00 pm</td> <td>4.30 pm</td> </tr> </tbody> </table>	Session	Warm-Up	Events	Heats	Session A: 7.15 am Session B: 10.00 am	8.30 am 11.00 am	Finals	3.00 pm	4.30 pm
Session	Warm-Up	Events								
Heats	Session A: 7.15 am Session B: 10.00 am	8.30 am 11.00 am								
Finals	3.00 pm	4.30 pm								
Open training Session:	There will be an open training session at the venue on Friday February 7 th between 2 & 8 pm									
Entry Limit:	<ul style="list-style-type: none"> All National and foreign federations teams or clubs are entitled to compete, providing that they are filiated on FINA's members federations Ages: males from 2005 and older; female swimmers from 2006 and older Swimmers may only enter on events for which they have qualified entry time Swimmers who have only qualified in one event may add one other event except for 400 IM, 800 and 1500 Free On 400 IM, 800 Free female & 1500 Free male events only the best 20 entry times will be admitted. On 800 Free male & 1500 Free female events only the best 10 entry times will be admitted. All other entries will be considered as reserves. Withdraws for these events should be communicated to the organizer 72 hours before the beginning of the competition, so that reserves can be notified. A fine of €30 will be issued to clubs who fail to comply Entry times should be achieved on Long Course Only in the period between 1st January 2019 – 24th January 2020 All swimmers must achieve competition qualification times during the competition. Failure to do so will be subject to a fine of 12€. 									
Entries Fees:	<ul style="list-style-type: none"> Individual entries: 6€; Relay entries: 12€ <p>No entry will be processed until the appropriate fee has been received Entries are non-refundable once the final date for payment has passed</p>									
Entries Deadline:	January 24 th , 2020									

Entries form and submission:

Electronic Hy-tek and Splash entries are both accepted. Entries can also be sent on appropriate excel file.

All files available to download from www.anleventos.com/en/meeting-internacional-de-lisboa/
File entries should be emailed to the Associa o de Nata o de Lisboa to: inscricoes@anlisboa.pt

Payments Options

Entry fees payment are to be made at the same time as submission of inscriptions and must also be accompanied by a 36  pledge to ensure admission mark fines. Once they've been collected the remaining amount will be returned at the end of the Meeting. All payments shall be done by banking transfer.

Please reference all payments as "XII MIL" and include club details.

Bank	Banco Santander Totta S.A.
Account holder	Associa�o de Nata�o de Lisboa
Account IBAN	PT50 0018 0008 0404 3773 0207 5
BIC/SWIFT code	TOTAPTPL

Competition format:

Heats and Finals will be run in 10 lanes

Heats:

Heats will be run in two session

- Session A will include fastest 30 entry times for all events except for the 400 IM, 800 Free female and 1500 Free male that will include the slowest 10 entry times (slow heat).
- Session B will include all other entry times. There will be no heats for 400 IM, 800 and 1500 Free.

If the number of entries is equal or below 10, there will be a direct A Final.

If a tie should happen in qualifying positions for finals, a swim-off will be held 10 minutes after the end of the session. If the tie involves swimmers from different sessions, the swim-off will be swum 10 minutes before the start of finals session

All absences from finals must be declared on official Withdraw Sheet and submitted to Organization no later than 30 minutes after event results are published.

Finals:

There will be two finals per event with the exception for the 400 IM, 800 and 1500 Free that will have the fastest heat (10 fastest entry times)

If the number of finalists is below 20, there will be no B Final

Final B will precede Final A

All absences from finals that were not declared and submitted to Organization will be fined in 70 

Relays:

Each club or team is only allowed to enrol one relay team per event

Relays team constitution must be submitted 60 minutes before the start of the session in which the race takes place

The names of the 4 relay team members swimming in the race and the order of swimming must be declared on the official relay form and submitted to Organization, no later than 30 minutes before the start of the session in which the race takes place. All competing swimmers must be entered in the meet Failure to do both will be subject to a fine of 50  and disqualification of the relay team

Classification

Team classification will be separated in the following categories:

- Team/Clubs Classification
- National/Regional Teams Classification

For both categories, points will be attributed based on events classification as followed:

Events points			
1 st Place	22 pts	5 th Place	16 pts
2 nd Place	20 pts	6 th place	14 pts
3 rd Place	18 pts
4 th Place	17 pts	20 th Place	1 pts

If a tie between two or more swimmers should occur, points attributed will be calculated by the sum of all points won divided by the number of swimmers in question

Ties

All ties for collective classifications will be resolved by using the number of best places obtained by the involved teams

Events Prizes

Best three places of each Final A will be awarded with medals and the following prize moneys

Event Awards	1 st Place	2 nd Place	3 rd Place
Individual Events	50 €	25 €	10 €
Relay Events	100 €	50 €	25 €

A trophy will be awarded for the best male and female swimmer according to the most recent FINA POINTS SCORING TABLE

Other possible prizes will be disclosed in due time

Uncollected Prizes will not be sent

Team Prizes

The first three Teams/Clubs will be awarded with trophies

A trophy will also be awarded to the best regional/national

Excellence subvention

A 200€ team subvention will be granted for each swimmer that obtain on finals a FINA point score equal or higher than:

Teams subvention	
400, 800, and 1500 events	830 pts
50, 100, and 200 events	800 pts

Admission
Times

FEMALE			MALE	
2004 and older	2005 and 2006		2003 and older	2004 and 2005
30,50	30,50	50 Freestyle	27,00	27,00
01:05,00	01:08,50	100 Freestyle	57,90	01:02,00
02:20,00	02:27,00	200 Freestyle	02:04,00	02:15,00
04:56,00	05:12,00	400 Freestyle	04:25,00	04:44,00
10:00,00	10:10,00	800 Freestyle	09:20,00	
19:25,00		1500 Freestyle	18:00,00	18:10,00
04:25,00	04:25,00	4x100 Freestyle	03:55,00	03:55,00
00:38,00	00:38,00	50 Breaststroke	00:33,00	00:33,00
01:22,00	01:28,00	100 Breaststroke	01:13,00	01:19,00
02:58,00	03:10,00	200 Breaststroke	02:38,00	02:49,00
35,00	35,00	50 Backstroke	31,00	31,00
01:13,50	01:18,00	100 Backstroke	01:05,20	01:11,00
02:38,00	02:45,00	200 Backstroke	02:21,50	02:33,00
32,50	32,50	50 Butterfly	28,50	28,50
01:11,00	01:16,00	100 Butterfly	01:03,00	01:09,00
02:38,00	02:47,00	200 Butterfly	02:20,00	02:35,00
02:38,00	02:46,00	200 Ind. Medley	02:20,00	02:34,00
05:36,00	05:36,00	400 Ind. Medley	05:04,00	05:04,00
05:03,00	05:03,00	4x100 Medley	04:28,00	04:28,00

Day 1 - February 8th		Day 2 - February 9th	
Session A		Session A	
Warm Up 7:15, Start 8:30		Warm Up 7:15, Start 8:30	
400 Indiv. Medley	SH M	400 Ind. Medley	SH F
800 Freestyle	SH F	1500 Freestyle	SH M
50 Butterfly	M	50 Butterfly	F
50 Breaststroke	F	50 Breaststroke	M
400 Freestyle	M	400 Freestyle	F
50 Freestyle	F	50 Freestyle	M
50 Backstroke	M	50 Backstroke	F
100 Backstroke	F	100 Backstroke	M
200 Butterfly	M	200 Butterfly	F
200 Breaststroke	F	200 Breaststroke	M
100 Freestyle	M	100 Freestyle	F
200 Freestyle	F	200 Freestyle	M
100 Breaststroke	M	100 Breaststroke	F
100 Butterfly	F	100 Butterfly	M
200 Backstroke	M	200 Backstroke	F
200 Indiv. Medley	F	200 Indiv. Medley	M

Heats:
Order of events

Session B Warm Up 10:00, Start 11:00		Session B Warm Up 10:00, Start 11:00	
50 Butterfly	M	50 Butterfly	F
50 Breaststroke	F	50 Breaststroke	M
400 Freestyle	M	400 Freestyle	F
50 Freestyle	F	50 Freestyle	M
50 Backstroke	M	50 Backstroke	F
100 Backstroke	F	100 Backstroke	M
200 Butterfly	M	200 Butterfly	F
200 Breaststroke	F	200 Breaststroke	M
100 Freestyle	M	100 Freestyle	F
200 Freestyle	F	200 Freestyle	M
100 Breaststroke	M	100 Breaststroke	F
100 Butterfly	F	100 Butterfly	M
200 Backstroke	M	200 Backstroke	F
200 Indiv. Medley	F	200 Indiv. Medley	M

Finals,
Order of events

Day 1 - February 8 th			Day 2 - February 9 th		
Finals			Finals		
Warm Up 15.00, Start 16.30			Warm Up 15.00, Start 16.30		
400 Indiv. Medley	M	Fast Heat	400 Indiv. Medley	F	Fast Heat
800 Freestyle	F	Fast Heat	1500 Freestyle	M	Fast Heat
50 Butterfly	M	Final B - A	50 Butterfly	F	Final B - A
50 Breaststroke	F	Final B - A	50 Breaststroke	M	Final B - A
Medals Ceremony			Medals Ceremony		
400 Freestyle	M	Final B - A	400 Freestyle	F	Final B - A
50 Freestyle	F	Final B - A	50 Freestyle	M	Final B - A
50 Backstroke	M	Final B - A	50 Backstroke	F	Final B - A
100 Backstroke	F	Final B - A	100 Backstroke	M	Final B - A
200 Butterfly	M	Final B - A	200 Butterfly	F	Final B - A
200 Breaststroke	F	Final B - A	200 Breaststroke	M	Final B - A
Medals Ceremony			Medals Ceremony		
100 Freestyle	M	Final B - A	100 Freestyle	F	Final B - A
200 Freestyle	F	Final B - A	200 Freestyle	M	Final B - A
100 Breaststroke	M	Final B - A	100 Breaststroke	F	Final B - A
100 Butterfly	F	Final B - A	100 Butterfly	M	Final B - A
200 Backstroke	M	Final B - A	200 Backstroke	F	Final B - A
200 Indiv. Medley	F	Final B - A	200 Indiv. Medley	M	Final B - A
800 Freestyle	M	Fast Heat	1500 Freestyle	F	Fast Heat
Medals Ceremony			Medals Ceremony		
4x100 Medley	M	Final	4x100 Medley	F	Final
4x100 Freestyle	F	Final	4x100 Freestyle	M	Final
Medals Ceremony			Medals Ceremony		

Accreditation:

Swimmers accreditation will be produced after all entries are received. All other team members or staff will need to apply for accreditation.

Please ensure that all team elements always carry their accreditation during all event.

Further information on accreditation will be circulated to clubs after entries are closed.

Swimsuits:

All swimsuits must comply with FINA regulations and must bear the FINA approved stamp (<https://www.fina.org/sites/default/files/frsa.pdf>)

Anti-doping:

It is a condition of attending XII Lisbon International Meeting that swimmers may be required to be tested for prohibited substances in accordance with the Portuguese Swimming Federation and /WADA/FINA Anti-Doping rules.

Omissions:

Any omission will be handled according with the Portuguese Swimming Federation (FPN) rules and regulations

Jury of Appeal

All protests to the Referee's decision must be submitted to the Referee in writing within 30 minutes after the event, signed by the Team Manager of the participating Club and accompanied by 100€. If the protest is upheld the fee will be returned to the Team Manager.

Protests should be based on matter of law, and will be appreciated by the Jury of Appeal for the competition, which is composed of:

- Meeting's Delegate
- Regional Technical Director
- Referee Council Official

Journey
Accommodation:

Information on hotels, hostels, and restaurants will be available on the meeting homepage.