

LAPPI-UINNIT

Rovaniemi May 11th to 12th 2019

INSTRUCTIONS

Cancellations and Late registration

Cancellations (red form) and late registrations (yellow form) must be given to the result service/timing personnel at the pool no later than one hour before the start of the round. The form must be completed and signed, including the name in printed letters (On Saturday before the first round no later than 9 a.m. and before the second round no later than 4 p.m. On Sunday before the third round no later than 9 a.m.)

Late registrations will only be accepted if there is still room in the event heats.

A triple (x3) starting fee will be charged for late registration.

NON-CANCELLATION No-show competitors will be charged a seven-time (x7) start fee.

Relay teams

The line-up for relay teams (green form) must be completed and submitted to the result service personnel as follows:

Event 11 by 9.00 Saturday

Events 20 and 21 by 16.00 Saturday

Events 28, 31, 32 by 9.00 Sunday

Warm up sessions

Saturday 1st round 8:50 - 9:50

Saturday 2nd round 15.50-16.50

Sunday 8:50-9:50.

During the warm-up sessions, lane no. 6 is used for practicing starts and timing swimmers for the 25-metre distance. Jumping off starting blocks on other lanes is forbidden!

Keys

Keys for changing room lockers will be distributed for each swim club in an envelope marked with the name of the swimming club. The keys must be returned collectively by the club at the end of the competition. The fee for the replacement of lost/non-returned keys is EUR 10/key.

Competition schedules and starting times

The competition schedule and start time lists will be posted near the stairway leading upstairs, and in the pool area, on the wall near the shallow end of the pool. Start lists can also be purchased from the Competition Office in the entrance hall.

- Assembly** Assembly is five minutes before the start of each event at the assembly point next to the deep end of the pool. At the assembly point, the organiser will call the competitors by competition event and heat, and direct them to their starting position.
- Results** Results can be found displayed in the lower lobby, and in the pool area on the wall next to the children's pool. Each swim club can get their own copy of the results from the lower lobby "Competition Office" at the end of each round. The results will also be published on the website of the Finnish Swimming Association.
- Prizes and awards** In personal events, the three best swimmers in each event will receive medals, and in relay events the three best teams will receive medals.
- Lapland's Best Female and Male (W,M) swimmers will receive a special award. The points for this are calculated by adding up the FINA-points of each round for each swimmer. Lapland's Best Junior Swimmer (G-15 ja B-16) will also be awarded. The swimmer must participate in all three rounds to be considered for the award. Events 3,4,14,15,29 and 30 are not included.
- Superfinal 1st, 2nd and 3rd places for 50m FR M/ N will receive a monetary price.
- Surprise prizes are also drawn among participating swimmers.
- Dining** Meals for swimmers during the competition are organised by Hotel Aakenus. Address: Koskikatu 47, FI-96100 Rovaniemi. (Located approximately 150 metres from the swimming pool.) Meal bookings must be made no later than May 7th, 2019. After that the price of meals will be higher. The meal bookings preferably by email directly to hotelli.aakenus@co.inet.fi or by calling +358 16 342 2051.
- Swim equipment** Organised by IH-Sport & Consulting (Speedo, Arena, Madwave, Turbo). Debit cards accepted.
- Canteen** Canteen products, such as sandwiches, bakery items and drinks, will be available for purchase.

Welcome!

Swimming Club Rovaniemi and Kemin Uimaseura