

## NATIONAL OPEN SWIMMING CHAMPIONSHIPS THESSALONIKI, GREECE 17-19/5/2024

Dear Friends,

Hellenic Swimming Federation (HSF) organizes the 2024 National Open Swimming Championships.

**Date of Competition:** The competition is going to be conducted from May 17<sup>th</sup> to May 19<sup>th</sup> 2024 in the city of Thessaloniki (Posidonio Swimming Center).

**Eligible age groups:** Swimmers born from 2011 and earlier.

**Timing:** Electronic Timing System.

**Swimming pool:** 50m Indoor swimming pool with full electronic timing system.

**Warm up pool:** 50m Outdoor swimming pool will be available for warm up and swimdown.

**Rules:** The competition will follow World Aquatics Rules and is approved as a qualifying event where swimmers can achieve the swimming qualifying times, for Paris 2024 Olympic Games.

**Doping Control:** Doping tests will be conducted at this competition in accordance with World Aquatics rules.

### COMPETITION

- ✓ The competition is going to be conducted in an Open Category format with Preliminary Heats and Finals.
- ✓ The formation of the Heats will be based on the times achieved in a 50m pool from 17/5/2023 to 7/5/2024.
- ✓ The competition is going to be conducted in three (3) days and six (6) sessions as follows:
  - Friday 17.5.2024 morning 09.30 and afternoon 17.00
  - Saturday 18.5.2024 morning 09:30 and afternoon 17:00
  - Sunday 19.5.2024 morning 09:30 and afternoon 17:00

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Συγγρού 137  
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Τηλ. 210 98 51 020

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- ✓ In order for the swimmers to be eligible for participating in the 2024 Men & Women Greek Swimming Championship they must have achieved at least one of the times listed in Table 1 from May 7<sup>th</sup> 2023 to May 5<sup>th</sup> 2024 in a 25 or 50m pool.
- ✓ Foreign swimmers are not subjected to restrictions regarding the number of participating events.

## FORMAT

The Competition is going to be conducted according to the following format:

- 50 & 100m events are going to be conducted in Preliminary Heats in the morning sessions with the participation of all swimmers. Finals A' and B' are going to be conducted in the afternoon sessions with the participation of the 16 fastest swimmers from the Preliminaries. The A' Final is going to be consisted of the swimmers that achieved the 1<sup>st</sup> to 8<sup>th</sup> fastest times of the Preliminaries and the B' Final is going to be consisted of the swimmers that achieve the 9<sup>th</sup> to 16<sup>th</sup> fastest times in the Preliminary Heats. **Specifically for the 50 & 100m events only two foreign athletes can participate in the A' Finals regardless of their classification in the Preliminary Heats. Foreign athletes cannot participate in the B' Finals.**
- 200m events are going to be conducted in Final Heats with the 24 swimmers with the fastest times (achieved from 7.5.2023 to 7.5.2024) competing in the afternoon sessions.
- The events of 400 freestyle and 400m individual medley are going to be conducted in Final Heats with the participation of the 16 swimmers with the fastest times (achieved from 7.5.2023 to 7.5.2024) competing in the afternoon sessions
- The events of 800 & 1500m Freestyle are going to be conducted in Final Heats with the participation of the 8 swimmers with the fastest times (achieved from 7.5.2023 to 7.5.2024) competing in the afternoon sessions
- For the events 200 to 1500m the final classification will be concluded after the unification of both the morning and the evening results.
- In the Relay events only Greek Clubs/Teams can participate.
- After the conclusion of each event the first 3 winners are going to be awarded in a medal ceremony.
- In the events that foreign swimmers will be among the first three winners separate medal ceremonies are going to be conducted.

## ENTRIES & WITHDRAWALS

- All entries must be submitted until Tuesday May 7<sup>th</sup> via email in [swimming@koe.org.gr](mailto:swimming@koe.org.gr).
- Late submissions will be allowed up until Monday May 13<sup>th</sup> at a double fee of 12€ per event.
- On Tuesday May 14<sup>th</sup> the initial entry list is going to be uploaded on the HSF home page ([koe.org.gr](http://koe.org.gr))
- Withdrawals will be accepted until 14.00 (**at the latest**) the day before the event.
- Specifically for the events of 400-800 & 1500m a confirmation of the athletes participation in the event is mandatory. The confirmation must be submitted in the competition front office until 14.00 (**at the latest**) the day before the event.
- In the unlikely event of an undeclared withdrawal a penalty fee of 50€ will be amerced.
- Withdrawals of swimmers participating in the A' Finals at the 50 & 100m events can be submitted in the competition front office 30' after the end of the morning session.

## ENTRY FEE & ACCREDITATION

- The accreditation cost per person will be 12€. Accreditation is mandatory for all swimmers and staff member.
- The entry fee cost is 6€ per event that the swimmer is going to compete on.

## ACCOMMODATION & TRANSPORTATION

The 2024 National Open Swimming Championships, Organizing Committee can arrange the accommodation and transportation services for interested foreign Nation, Team/Clubs and Athletes, upon request.

For further information you can contact Mrs Yianna Giannou from HSF International Relations ([g.giannou@koe.org.gr](mailto:g.giannou@koe.org.gr))

## PAYMENTS

Payments can be made through bank transfer to the following account number:

**Beneficiary Address:** Hellenic Swimming Federation, 137 Syngrou Avenue, 17121 Nea Smyrni, Greece

**Bank:** National Bank of Greece

**IBAN:** GR6601100800000008048090172

**BIC/SWIFT:** ETHNGRAA

**Transfer Reason:** 2024 NATIONAL OPEN SWIMMING CHAMPIONSHIPS - TEAM NAME



## COMPETITION PROGRAM

The competition is going to be conducted in 3 days (17<sup>th</sup> to 19<sup>th</sup> of May 2024) and 6 sessions (morning & afternoon) as indicated in the following table.

### NATIONAL OPEN SWIMMING CHAMPIONSHIPS, THESSALONIKI GREECE 17-19.5.2024

Friday 17.05.2024									
1st session morning (09:30) - Heats					2nd session afternoon (17.00) - Finals				
1.	200m.	FREESTYLE	Men	Slow heats	1.	200m.	FREESTYLE	Men	3 fast heats
2.	200m.	FREESTYLE	Women	Slow heats	2.	200m.	FREESTYLE	Women	3 fast heats
3.	200m	BREASTROKE	Men	Slow heats	3.	200m	BREASTROKE	Men	3 fast heats
4.	200m	BREASTROKE	Women	Slow heats	4.	200m	BREASTROKE	Women	3 fast heats
5.	200m	BACKSTROKE	Men	Slow heats	5.	200m	BACKSTROKE	Men	3 fast heats
6.	200m	BACKSTROKE	Women	Slow heats	6.	200m	BACKSTROKE	Women	3 fast heats
7.	50m.	BUTTERFLY	Men	Prel.	7.	50m.	BUTTERFLY	Men	B' - A'
8.	50m.	BUTTERFLY	Women	Prel.	8.	50m.	BUTTERFLY	Women	B' - A'
9.	1500m.	FREESTYLE	Men	Slow heats	9.	1500m.	FREESTYLE	Men	1 fast heat
10.	4X100m.	MEDLEY. mix	Men-Women	Final heats	10.	1500m.	FREESTYLE	Women	1 fast heat
11.	1500m.	FREESTYLE	Women	Slow heats	11.	4X100m.	FREESTYLE	Men	Final heats
					12.	4X100m.	FREESTYLE	Women	Final heats

  

Saturday 18.5.2024									
3rd session morning (09.30) - Heats					4th session afternoon (17.00) - Finals				
1.	50m.	FREESTYLE	Women	Prel.	1.	50m.	FREESTYLE	Women	B' - A'
2.	50m.	FREESTYLE	Men	Prel.	2.	50m.	FREESTYLE	Men	B' - A'
3.	400m.	IND. MEDLEY	Women	Slow heats	3.	400m.	IND. MEDLEY	Women	2 fast heats
4.	400m.	IND. MEDLEY	Men	Slow heats	4.	400m.	IND. MEDLEY	Men	2 fast heats
5.	100m.	BACKSTROKE	Women	Slow heats	5.	100m.	BACKSTROKE	Women	B' - A'
6.	100m.	BACKSTROKE	Men	Slow heats	6.	100m.	BACKSTROKE	Men	B' - A'
7.	400m.	FREESTYLE	Women	Slow heats	7.	400m.	FREESTYLE	Women	2 fast heats
8.	400m.	FREESTYLE	Men	Slow heats	8.	400m.	FREESTYLE	Men	2 fast heats
9.	100m.	BUTTERFLY	Women	Prel.	9.	100m.	BUTTERFLY	Women	B' - A'
10.	100m.	BUTTERFLY	Men	Prel.	10.	100m.	BUTTERFLY	Men	B' - A'
11.	100m.	BREASTROKE	Women	Prel.	11.	100m.	BREASTROKE	Women	B' - A'
12.	100m.	BREASTROKE	Men	Prel.	12.	100m.	BREASTROKE	Men	B' - A'
					13.	4X200m.	FREESTYLE	Women	Final heats
					14.	4X200m.	FREESTYLE	Men	Final heats

  

Sunday 19.5.2024									
5th session morning (09.30) - Heats					6th session afternoon (17.00) - Finals				
1.	100m.	FREESTYLE	Women	Prel.	1.	100m.	FREESTYLE	Women	B' - A'
2.	100m.	FREESTYLE	Men	Prel.	2.	100m.	FREESTYLE	Men	B' - A'
3.	50m.	BREASTROKE	Women	Slow heats	3.	50m.	BREASTROKE	Women	B' - A'
4.	50m.	BREASTROKE	Men	Slow heats	4.	50m.	BREASTROKE	Men	B' - A'
5.	200m.	BUTTERFLY	Women	Slow heats	5.	200m.	BUTTERFLY	Women	3 fast heats
6.	200m.	BUTTERFLY	Men	Slow heats	6.	200m.	BUTTERFLY	Men	3 fast heats
7.	50m.	BACKSTROKE	Women	Prel.	7.	50m.	BACKSTROKE	Women	B' - A'
8.	50m.	BACKSTROKE	Men	Prel.	8.	50m.	BACKSTROKE	Men	B' - A'
9.	200m.	IND. MEDLEY	Women	Prel.	9.	200m.	IND. MEDLEY	Women	3 fast heats
10.	200m.	IND. MEDLEY	Men	Prel.	10.	200m.	IND. MEDLEY	Men	3 fast heats
11.	800m.	FREESTYLE	Women	Slow heats	11.	800m.	FREESTYLE	Women	Final heats
12.	800m.	FREESTYLE	Women	Slow heats	12.	800m.	FREESTYLE	Women	1 fast heat
					13.	800m.	FREESTYLE	Men	1 fast heat
					14.	4X100m.	MEDLEY	Women	Final heats
					15.	4X100m.	MEDLEY	Men	Final heats

## QUALIFICATION TIMES

In order for the swimmers to be eligible in competing to the 2024 Greek Men & Women Swimming Championship they have to achieve at least one of the times listed in the table below. The Qualification period is from May 7<sup>th</sup> 2023 to May 7<sup>th</sup> 2024.

2024 GREEK SWIMMING MEN & WOMEN CHAMPIONSHIP - THESSALONIKI					
Women		17-19.5.2024 (50m)		Men	
50m Pool	25m. Pool	Events		50m Pool	25m. Pool
00:28,30	00:27,80	50μ.	Freestyle	00:25,06	00:24,18
01:01,30	01:00,77	100μ.	Freestyle	00:55,11	00:53,00
02:14,09	02:10,63	200μ.	Freestyle	02:00,98	01:58,51
04:43,14	04:39,05	400μ.	Freestyle	04:17,81	04:13,22
09:40,05	09:37,57	800μ.	Freestyle	08:49,88	08:40,72
18:28,32	18:23,07	1500μ.	Freestyle	16:53,20	16:36,00
00:32,17	00:30,56	50μ.	Backstroke	00:28,69	00:27,12
01:09,68	01:06,79	100μ.	Backstroke	01:02,13	00:59,00
02:32,05	02:27,54	200μ.	Backstroke	02:16,96	02:10,69
00:35,59	00:34,99	50μ.	Breastroke	00:31,16	00:30,29
01:17,54	01:16,11	100μ.	Breastroke	01:08,71	01:06,27
02:49,26	02:47,39	200μ.	Breastroke	02:31,17	02:26,43
00:30,00	00:29,80	50μ.	Butterfly	00:26,94	00:26,31
01:07,08	01:06,95	100μ.	Butterfly	00:59,75	00:59,05
02:29,88	02:30,52	200μ.	Butterfly	02:15,38	02:12,36
02:32,93	02:31,24	200μ.	Indiv. Medley	02:17,72	02:12,54
05:25,52	05:19,17	400μ.	Indiv. Medley	04:56,10	04:46,57