



ATHLETIC CLUB PERA

40 POSEIDONOS ST. ΠΟΣΕΙΔΩΝΟΣ 17561 PALAIO FALIRO

T: 2109848435 & 2109932702 / E: info@as-pera.gr

ATHLETIC CLUB PERA,

is organizing international swimming competitions for Competitive categories 13 years
(born in 2013) and older under the name

"A.C. PERA - ATHLETIC JOURNEY FROM CONSTANTINOPLE TO ATHENS IV."

The event is under the auspices of the Hellenic Swimming Federation (H.S.F.) and the Attica Regional Committee.

We invite your club to participate in our event, and it will be our pleasure and honor
to welcome you.

DATE: March 20, 21, and 22, 2026

VENUE: Olympic Athletic Center of Athens (O.A.C.A.) Indoor Swimming Pool, Spyrou Loui 1, Gate D, 15123 Marousi.

SWIMMING POOL: 50 meters, 8 lanes, capacity 5,500 seats, water temperature 26.5 °C

TIMING: The general regulations apply, with official and electronic timing under the auspices of the Hellenic Swimming Federation.

RIGHT TO PARTICIPATE: The competition will be available to both Greek and international swimmers with a valid athlete's card and health card.

CONDITIONS OF CONDUCT

- The competitions will be conducted in accordance with the *Integrity Code* and the applicable regulations of WORLD AQUATICS for the sport of swimming, the regulations of the Hellenic Swimming Federation, and this announcement.
- The competitions will take place in a swimming pool with a valid sports facility operating license.
- The competitions will be held under the supervision of a doctor.
- The races will have lifeguard coverage.
- All events will be held in order from fastest to slowest.
- Each club may participate in each event without numerical restrictions.
- AWARDS in all categories will be presented during the competitions without interrupting the flow of the races.
- The WARM-UP and SCHEDULE will be determined based on the number of participants from each club. There will be an outdoor pool for warm-up. Clubs will be informed electronically.
- REGISTRATION DEADLINE is Wednesday, March 11, 2026, on the H.S.F. platform.
https://clubs.koe.org.gr/KOEWebEntries_PROD/ after receiving codes to login.



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- INTENTION TO PARTICIPATE by Monday, March 2, 2026, to the Association's email address: kolymvisi@as-pera.gr
- DELETIONS : Tuesday, March 17, 2026, on the K.O.E. platform and at the secretariat before the start of the games.

DEPOSIT INTO THE ACCOUNT

a. FOR THE ATHLETIC CLUB PERA

at **PIRAEUS BANK- IBAN:GR33 0172 0320 0050 3201 6424 614 ATHLITIKOS SYLLOGOS PERA** according to each club's participation by 3/18/2025. 25 € per swimmer. A copy of the deposit should be sent to kolymvisi@as-pera.gr

b. FOR THE Hellenic Swimming Federation (H.S.F.)

According to each club's participation **until Wednesday 18.3.2025 and time 14.00**, 5 € per swimmer.

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|-----------------------------------|-----------------------------------|
| 1. NATIONAL BANK OF GREECE- IBAN: | GR66 0110 0800 0000 0804 8090 172 |
| 2. EUROBANK- IBAN: | GR82 0260 2770 0007 0020 1520 045 |
| 3. ALPHA BANK- IBAN: | GR15 0140 1470 1470 0232 0003 260 |
| 4. PIRAEUS BANK- IBAN: | GR91 0171 7270 0067 2716 3708 450 |

COMPETITION CATEGORIES

BOYS 13, GIRLS 13, BOYS 14, GIRLS 14

MEN 15-16, WOMEN 15-16

MEN 17-18, WOMEN 17-18

MEN 19-24, WOMEN 19-24

MEN 25+, WOMEN 25+

- Participation fee: thirty (30) euros.
- Swimmers may participate in four (4) individual events.
- All swimmers may participate in up to two (2) events per competition section.
- In the 50m Freestyle, Breaststroke, Backstroke, and Butterfly events, preliminary heats and corresponding finals will be held in OPEN format. In these events, awards will be given out by category after the end of preliminary.
- In the 1500m Freestyle events, there will be one (1) Men's heat and one (1) Women's heat in OPEN format for all categories, as well as the awards ceremony.



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- In the 800m Freestyle events, there will be two (2) Men's heats and two (2) Women's heats in OPEN format for all categories, as well as the awards ceremony.
- Athletes who register for the above events and are not included in the corresponding heats will be able to register for another event as long as the platform is open.
- Also, for the 400m Individual Medley and 400m Freestyle events, there will be three heats for each age group. That is, 3 heats for boys 13 & 14 and 3 heats for girls 13 & 14 categories. The same applies to the older categories.
- Medals and diplomas will be awarded to the top three winners of individual events in each category (except for the aforementioned 800m Freestyle Men-Women and 1500m Freestyle Men-Women). Medals and diplomas will also be awarded to the winners of the 50m finals, except for those in their category.
- The best male and female swimmers of the event, based on the WORD AQUATITICS POINT SYSTEM, will receive gifts from ARENA.

PROGRAMME OF COMPETITION

1st SESSION, FRIDAY 20/3/2026			2nd SESSION, SATURDAY 21/3/ 2026			3rd SESSION SUNDAY 22/3/2026		
START 16.30			START 14.00			START 14.00		
50m. FREESTYLE	BOYS 13 & 14	PRELIMINARI	50m. BUTTERFLY	BOYS 13 & 14	PRELIMINARI	100m. BUTTERFLY	GIRLS 13 & 14	FINAL HEATS
50m. FREESTYLE	GIRLS 13 & 14	PRELIMINARI	50m. BUTTERFLY	GIRLS 13 & 14	PRELIMINARI	100m. BUTTERFLY	BOYS 13 & 14	FINAL HEATS
50m. BREASTROKE	BOYS 13 & 14	PRELIMINARI	50m. BACKSTROKE	BOYS 13 & 14	PRELIMINARI	200m. BACKSTROKE	GIRLS 13 & 14	FINAL HEATS
50m. BREASTROKE	GIRLS 13 & 14	PRELIMINARI	50m. BACKSTROKE	GIRLS 13 & 14	PRELIMINARI	200m. BACKSTROKE	BOYS 13 & 14	FINAL HEATS
100m. BACKSTROKE	BOYS 13 & 14	FINAL HEATS	400m. FREESTYLE	BOYS 13 & 14	3 FINAL HEATS	200m. BREASTROKE	GIRLS 13 & 14	FINAL HEATS
100m. BACKSTROKE	GIRLS 13 & 14	FINAL HEATS	400m. FREESTYLE	GIRLS 13 & 14	3 FINAL HEATS	200m. BREASTROKE	BOYS 13 & 14	FINAL HEATS
400m. IND. MEDLEY	BOYS 13 & 14	3 FINAL HEATS	100m. BREASTROKE	BOYS 13 & 14	FINAL HEATS	200m. FREESTYLE	GIRLS 13 & 14	FINAL HEATS
400m. IND. MEDLEY	GIRLS 13 & 14	3 FINAL HEATS	100m. BREASTROKE	GIRLS 13 & 14	FINAL HEATS	200m. FREESTYLE	BOYS 13 & 14	FINAL HEATS
START 18.00			200m. BUTTERFLY	BOYS 13 & 14	FINAL HEATS	START 16.30		
1500m. FREESTYLE	MEN OPEN	1 FINAL HEAT	200m. BUTTERFLY	GIRLS 13 & 14	FINAL HEATS	800μ. ΕΛΕΥΘΕΡΟ	WOMEN OPEN	2 FINAL HEATS
1500μ. ΕΛΕΥΘΕΡΟ	WOMEN OPEN	1 FINAL HEAT	100m. FREESTYLE	BOYS 13 & 14	FINAL HEATS	800μ. ΕΛΕΥΘΕΡΟ	MEN OPEN	2 FINAL HEATS
START 18.40			100m. FREESTYLE	GIRLS 13 & 14	FINAL HEATS	START 17.15		
50m. FREESTYLE	MEN 15+	PRELIMINARI	200m. IND. MEDLEY	BOYS 13 & 14	FINAL HEATS	50m. BUTTERFLY	WOMEN OPEN	FINAL
50m. FREESTYLE	WOMEN 15+	PRELIMINARI	200m. IND. MEDLEY	GIRLS 13 & 14	FINAL HEATS	50m. BUTTERFLY	MEN OPEN	FINAL
50m. BREASTROKE	MEN 15+	PRELIMINARI	START 17.00			50m. BACKSTROKE	WOMEN OPEN	FINAL
50m. BREASTROKE	WOMEN 15+	PRELIMINARI	50m. FREESTYLE	MEN OPEN	FINAL	50m. BACKSTROKE	MEN OPEN	FINAL
100m. BACKSTROKE	MEN 15+	FINAL HEATS	50m. FREESTYLE	WOMEN OPEN	FINAL	START 17.23		
100m. BACKSTROKE	WOMEN 15+	FINAL HEATS	50m. BREASTROKE	MEN OPEN	FINAL	100m. BUTTERFLY	WOMEN 15+	FINAL HEATS
400m. IND. MEDLEY	MEN 15+	3 FINAL HEATS	50m. BREASTROKE	WOMEN OPEN	FINAL	100m. BUTTERFLY	MEN 15+	FINAL HEATS
400m. IND. MEDLEY	WOMEN 15+	3 FINAL HEATS	START 17.08			200m. BACKSTROKE	WOMEN 15+	FINAL HEATS
END 20.45			50m. BUTTERFLY	MEN 15+	ΠΡΟΚΡΙΜΑΤΙΚΟΙ	200m. BACKSTROKE	MEN 15+	FINAL HEATS
			50m. BUTTERFLY	WOMEN 15+	ΠΡΟΚΡΙΜΑΤΙΚΟΙ	200m. BREASTROKE	WOMEN 15+	FINAL HEATS
			50m. BACKSTROKE	MEN 15+	ΠΡΟΚΡΙΜΑΤΙΚΟΙ	200m. BREASTROKE	MEN 15+	FINAL HEATS
			50m. BACKSTROKE	WOMEN 15+	ΠΡΟΚΡΙΜΑΤΙΚΟΙ	200m. FREESTYLE	WOMEN 15+	FINAL HEATS
			400m. FREESTYLE	MEN 15+	3 FINAL HEATS	200m. FREESTYLE	MEN 15+	FINAL HEATS
			400m. FREESTYLE	WOMEN 15+	3 FINAL HEATS	END 20.15		
			100m. BREASTROKE	MEN 15+	FINAL HEATS			
			100m. BREASTROKE	WOMEN 15+	FINAL HEATS			
			200m. BUTTERFLY	MEN 15+	FINAL HEATS			
			200m. BUTTERFLY	WOMEN 15+	FINAL HEATS			
			100m. FREESTYLE	MEN 15+	FINAL HEATS			
			100m. FREESTYLE	WOMEN 15+	FINAL HEATS			
			200m. IND. MEDLEY	MEN 15+	FINAL HEATS			
			200m. IND. MEDLEY	WOMEN 15+	FINAL HEATS			
			END 20.45					



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- The start and end times of the races are indicative. They will be finalized, and you will be informed after the end of the registration period.

INFORMATION

- Dafni Kapetanaki (Head of Swimming Department of A.C. PERA) +30 6974056187

1886 –2026, 140 YEARS ATHLETIC CLUB PERA

