



ΟΜΙΛΟΣ ΞΙΛΩΝ ΘΑΛΑΣΣΗΣ ΑΛΕΞΑΝΔΡΟΥΠΟΛΗΣ

ΦΑΡΟΣ - Junior 2024

The swimming club O.F.T.H.A in collaboration with the Municipal of Alexandroupolis and Regional Committee of Swimming Macedonia & Thrace and under the roof of National Swimming Federation held the International swimming meeting 8- 12 years old "ΦΑΡΟΣ - Junior 2024" on 28 April 2024.

The competition will be held in the regional swimming pool of Alexandroupolis "Dimosthenis Michalenzakis" 50m, 10 lanes with the new electronic system timing **OMEGA**, according to the international rules of swimming. The results are official and will be put in the files of National swimming Federation.

The results of the competition will be display 10' after the races are finished.

GENERAL RULES FOR PARTICIPATION

- All the clubs that belong to Hellenic Swimming Federation can take part and also clubs from abroad that are interested in.
- Boys and girls that have been born in the years 2016 (8 years old) 2015 (9 years old), 2014 (10 years old), 2013 (11 years old) και 2012 (12 years old).
- The duration of the competition is going to be one day, in 2 schedules (Sunday morning & afternoon).
- The times of the competition are going to be :

A. 28/4/2023 SUNDAY morning : warm up 09.30, competition 10.30

B. 28/4/2023 SUNDAY afternoon: warm up 16.30, Opening Ceremony 17.30, competition 17.45

SPECIAL RULES FOR PARTICIPATION

- Each person is entitled 2 individual races for the ages (2016) 8 years old & (2015) 9 years old.
- Each person is entitled 3 individual races for the ages 2014 (10 years old) 2013 (11 years old) and 2012 (12 years old).
- In RELAY 8X50 FREESTYLE 10-12 years old, any ages can swim as long as there are 4 boys and 4 girls.
- In RELAY 6X50 FREESTYLE * 8-9 years old, any ages can swim as long as there are 3 boys and 3 girls under the specific rule that 2 of the 6 swimmers are going to swim freestyle kick with kickboard in any turn they want.
- The rules are going to be strict and we are not going to accept any athlete that does not apply to them!

STATEMENT OF PARTICIPATION & FINAL STATE OF PARTICIPATION

The amount of money for the participation is going to be 15 euros for each swimmer. The money is going to be given in the secretariat of the competition. The total amount for each club will be estimated according the participations the day of the competition.

(Accord in. 622/E, 30/1/2018 decision of National swimming Federation 3€ are given to the National swimming Federation).

The participations will be sent in the Regional Committee of swimming Macedonia & Thrace at email : pekoanmath@yahoo.gr and at email O.F.T.H.A : oftha.alexandroupolis@gmail.com until **TUESDAY 23 April 2024 .**

In each participation besides the name and the age, it must also be written the Federation number (without that number the participations will not be accepted). Furthermore it must also be written the email of each club for further information, also the names and phone numbers of the coaches and the people who are in charge. The swimmers that come from abroad must have ID or passport.

TROPHIES

- Medals are going to be given to the 3 first winners of each Age group and Race as it is listed above.
- Diplomas are going to be given to the 4th,5th και 6th winner of each Age group and Race as it is listed above.
- Trophies are going to be given to the first 3 clubs according to first places, second and third places.

On SUNDAY evening the Opening Ceremony will take place.

For further information you can address Mr. Tiligadas George (phone 6945381427), Mr. Kallitsaris Tasos (phone 6944589677), στην προπονήτρια Miss Athanasiou Giota (phone 6977625479) and the person in charge Miss Tzouvara Zoe (phone 6948822257).

Competition Schedule

1st Session

Sunday 28 / 4 / 2024

Warm up 9.30 – Competition 10.30

1.	50m.	BACKSTROKE	GIRLS-BOYS	8-9-10-11-12 AGE
2.	50m.	BUTTERFLY	GIRLS-BOYS	8-9-10-11-12 AGE
3.	200m.	I.M.	GIRLS-BOYS	10-11-12 AGE
4.	100m.	FREESTYLE	GIRLS-BOYS	10-11-12 AGE
5.	100m.	BREASTSTROKE	GIRLS-BOYS	10-11-12 AGE
6.	200m.	BACKSTROKE	GIRLS-BOYS	11-12 AGE
7.	4X50m.	MEDLEY RELAY	GIRLS-BOYS	8-9-10-11-12 AGE

2nd Session

Sunday 28 / 4 / 2024

Warm up 16.30 – Opening Ceremony 17.30 - Competition 17.45

1.	50m.	FREESTYLE	BOYS - GIRLS	8-9-10-11-12 AGE
2.	50m.	BREASTSTROKE	BOYS - GIRLS	8-9-10-11-12 AGE
3.	100m.	BACKSTROKE	BOYS - GIRLS	10-11-12 AGE
4.	100m.	BUTTERFLY	BOYS - GIRLS	11-12 AGE
5.	200m.	FREESTYLE	BOYS - GIRLS	10-11-12 AGE
6.	200m.	BREASTSTROKE	BOYS - GIRLS	11-12 AGE
7.	6X50m.	FREESTYLE*	3 BOYS – 3 GIRLS	OPEN 8-9 AGE
8.	8X50m.	FREESTYLE	4 BOYS – 4 GIRLS	OPEN 10-11-12 AGE



HOTELS

- **Hotel Ramada Plaza Thraki** Address 4o Km. National road Alexandroupolis - Thessaloniki, Alexandroupolis, 68100, Greece, phone number : [25510 89100](tel:2551089100)
- **Hotel 31 DOORS HOTEL** L. Dimokratias 422-424, Alexandroupolis, 68131, phone number [25510 33130](tel:2551033130)
- **Hotel ALEXANDER BEACH HOTEL @ SPA** Address 2o Km. National road Alexandroupolis - Komotini, Alexandroupolis, 68100, Greece, phone number : [25510 39290](tel:2551039290)
- **Hotel Nefeli Hotel Alexandroupolis** 5o Km. National Road Alexandroupolis - Komotini, Alexandroupolis, 68100, Greece , phone number : [25510 40401](tel:2551040401)
- **Hotel Astir*Egnatia Alexandroupolis** Dimokratias Avenue 280, Park Egnatia, Alexandroupolis, 68100, Evros , phone number : [25510 38000](tel:2551038000).



Website: www.oftha.gr



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Δημοτικό Κολυμβητήριο Αλεξανδρούπολης

<https://www.facebook.com/swimmingaxd/>

ΔΗΜΟΣΘΕΝΗΣ ΜΙΧΑΛΕΝΤΖΑΚΗΣ

Η Πρόεδρος

Χριστίνα Ρουσσίδου



Ο Γεν. Γραμματέας

Αθανάσιος Σταυρίδης