

**«APOSTOLOS PAVLOS 2025»
SWIMMING EVENT AGES 13+**

RULES AND INFORMATION

The International Swimming competition “APOSTOLOS PAVLOS 2025” is co-organized by the Municipality of Kavala and the Swimming Club NOTHA Kavalas. The competition will be held at the Kavala Municipal Swimming Pool (50m, 8 lanes), on January 17th-19th 2025, according to FINA Rules.

The competition will give the best opportunity for the swimmers to achieve qualification times for the FINA World and European Junior Men U23 – Women U21 Championships 2025.

All the events will be broadcasting through livestreaming.

SESSIONS:

1st session - Friday 17/01/25 afternoon

Warmup time: 16:30

Session starts at: 17:30

2nd Session - Saturday 18/01/25 Morning

Warmup time: 08:00

Session starts at: 09:00

3rd session - Saturday 18/01/23 afternoon

Warmup time: 16:00

Opening Ceremony: 17:10

Session starts at: 17:15 – Finals 17:30

4th session- Sunday 19/01/25 morning

Warmup time: 08:00

Start time: 09:00

5th session - Sunday 19/01/25 afternoon

Warmup time: 15:30

Session starts at: 16:30 - Finals

TERMS OF PARTICIPATION:

- Eligible to participate are clubs - members of Hellenic Swimming Federation, athletes' age over 13+ Foreign clubs interested to participate, are welcome.
 - Each club may participate with up to 12 swimmers at the 50m events. and 100m, up to 8 swimmers at the 200m events. and up to 4 swimmers at the 400m events.
 - Each swimmer per club is entitled to compete in up to four (4) events in total and up to two (2) events per day for the racing categories. No swimmer can be entered as out of competition
 - In the morning we will have the Preliminaries as follows:
 - We will have all the events with the 3 strongest heats (30 min warmup) and all the events from the beginning with the remaining heats. In the afternoon the finals will be A and B final in all 50,100 and 200 events
 - The 400m freestyle will be in four (4) heats with the 32 best times and in the afternoon will be only Final A
 - The 400m IM will be in four (4) heats with the 32 best times and in the afternoon will be only the fast heats
 - The 1500m free women and 800m. men will be held in only one final heat with the 8 best times
 - The 1500m free men and 800m. women will be held in two final heats with the 16 best times.
 - The cost of participation for each swimmer (€ 25) and will be paid to the secretariat before the start of the meeting.
 - The entry times are determined by the best official performances in a 50m swimming pool since 1/1/2024.
- any change that may occur according the athletes, should be done until 16/01/2025 at 14:00, the latest before publishing the final starting list of the competition.

AWARDS:

Diplomas and medals will be awarded to the first 3 winners in the afternoon finals. A prize of 500€ will be awarded to the best athlete (woman & man) according to WORLD AQUATICS POINTS and a 100 € prize will be awarded to all winners of each event. Extra gifts and athletic equipment will be awarded to all winners of each event from TYR athletic company. At the end of 2nd Session - Saturday 18/01/25 Morning and 4th session- Sunday 19/01/25 morning, medals will be awarded to the 3 first winners of each age group 2010-2011-2012 (excluded 400m, 800m, 1.500m free style and 400m IM).

ENTRIES

Entries must be submitted no later than 10/01/25 at 14.00, at the office of the Regional Swimming Committee East Macedonia & Thrace (tel: +302510223434, e-mail: pekoanmath@yahoo.gr)

The entries per event and club, as well as the results of the competition, will be posted on the website www.koe.org.gr in the section of the Regional Committee of Swimming of the Anatolia of Macedonia and Thrace - Announcements.

We wish you good luck.

EVENT PROGRAM

1st Session: Friday 17/01/25 at 17:30 Preliminaries and Hetas

1. 50m. Backstroke Women
2. 50m Backstroke Men
3. 50m. Free Women
4. 50m. Free Men
5. 400m. I.M.Women (Heats)
6. 400m. M. Am. Men (Heats)
7. 800m Free Women (Heats)
8. 1500m Free Men (Heats)

2nd Session: Saturday 18/01/25 at 09:00 Preliminaries

1. 100m. Breaststroke Men
2. 100m. Breaststroke Women
3. 100m. Butterfly Men
4. 100m. Butterfly Women
5. 200m. Free Men
6. 200m. Free Women
7. 200m. I.M. Men
8. 200m. I.M. Women
9. 200m. Backstroke Men
10. 200m. Backstroke Women

3rd Session: Saturday 18/01/25 at 17:30 Finals

1. 800m. Free Men
2. 100m. Breaststroke Women
3. 100m. Breaststroke Men
4. 100m. Butterfly Women
5. 100m. Butterfly Men
6. 200m. Free Women
7. 200m. Free Men
8. 50m. Backstroke Women
9. 50m Backstroke Men

10.200m. I.M. Women

11.200m. I.M. Men

12.50m. Free Women

13.50m. Free Men

14.200m. Backstroke Women

15.200m. Backstroke Men

16.1500m. Free Women

4rth Session: Sunday 19/01/25 at 09:00 Preliminaries

1. 100m. Free Women

2. 100m. Free Men

3. 50m. Breaststroke Women

4. 50m. Breaststroke Men

5. 100m. Backstroke Women

6. 100m. Backstroke Men

7. 200m. Butterfly Women

8. 200m Butterfly Men

9. 400m. Free Women

10.400m. Free Men

11.200m. Breaststroke Women

12.200m. Breaststroke Men

13. 50m. Butterfly Women

14. 50m. Butterfly Men

5th Session: Sunday 19/01/25 at 16:30 Finals

1. 100m. Free Women

2. 100m. Free Men

3. 50m. Breaststroke Women

4. 50m. Breaststroke Men

5. 100m. Backstroke Women

6. 100m. Backstroke Men

7. 200m. Butterfly Women

8. 200m. Butterfly Men

9. 400m. Free Women

10.400m. Free Men

11.200m. Breaststroke Women

12.200m. Breaststroke Men

13. 50m. Butterfly Women

14. 50m. Butterfly Men

HOTEL RESERVATIONS, TRANSPORTATION AND OTHER FACILITIES WILL BE SCHEDULED AND CONTACTED BY NOTHA KAVALAS.

Contact Persons:

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