

**9th PAO International
Swimming Trophy
February 20-21, 2026**



OPEN U13+

Ages U10 -12

Mini U8-9



2026 Swim Race Bulletin

1 Introduction and Deadlines

Panathinaikos Athletic Club (PAO) invites you to the 9th International Swimming Trophy at OAKA, which is organized under the auspices of the Greek Swimming Federation (KOE) and in collaboration with the TYR company and the Region of Attica.

Specifically for the competitive categories, the 9th PAO International Swimming Trophy is a qualifying competition for the following events: Multination, European Juniors, European Men's and Women's and for the 2026 World Short-Course and is organized with the aim of giving another opportunity to improve to high-level swimmers of all categories.

Dates of entries deadlines, withdrawals and race days

Up to 7 FEB	: Declaration of interest (pao_aquatics@hotmail.com)
Up to 13 FEB 23:59	: Entries via swimming@koe.org.gr
Up to 17 FEB 23:59	: Withdrawals (Further withdrawals will be made in the competition categories)
20 - 21 FEB	: Elite Swim Races U13+ / Competition Ages U13+
20 - 21 FEB	: Pre-competition Ages U10-12
21 FEB	: Mini U8-9

Your participation is an honor and a joy for our club

2 Terms and regulations

2.1 General regulations

The 9th PAO International Swimming Trophy will be held in accordance with the regulations of World Aquatics (AQUA) and the Greek Swimming Federation (HSF). Any swimmer from a team registered with HSF, or a federation registered with AQUA, may participate.

The competitions will be held in accordance with the Integrity Code and the applicable regulations of WORLD AQUATICS for the sport of Swimming. Also in accordance with the regulations and categories of the HSF, as well as with the terms of this announcement.

The swimming competitions will be held under the constant presence of a doctor and a lifeguard and in a swimming pool with a sports facility operating license, taking all the necessary measures and precautions for the hygiene and safety of the athletes and attendees.

2.1 Timing / Judges

Official electronic timing. Judges and timekeepers are appointed by the Central Judges Committee of the Regional Committee of the HSF

2.2 Swimming pool

OAKA – Indoor Swimming Pool 5000 spectators, 50 meters, 8 lanes, water temperature according to World Aquatics regulations. (Google maps Plus: 2QQM+H6)

2.3 Heats – Ranking

The competition heats will be held in OPEN format, beginning from the slower to faster heats.

The ranking in the results will be:

- a) One and only OPEN category including the ages U13+
- b) By age, according to the official classification of HSF, in the Pre-Competition and Mini categories.

2.4 Awards

Medals will be awarded to the top three (3) winners in the above-mentioned categories. The PAO Trophy will also be awarded to the teams that collect the most medals, counting first the gold medals and then the silver and bronze medals, as follows:

- Winner Club OPEN category (competitive categories)
- Winner Club U10
- Winner Club U11
- Winner Club U12

Relays are excluded from medal counting because swimmers of various ages participate.

2.5 Individual terms of participation

Each club participates with an unlimited number of swimmers in each event.

2.5.1 Αγωνιστικές κατηγορίες ΟΠΕΝ 13+ :

- Up to 40 male and 40 female swimmers participate in the 50-meter events. (5+5 heats)
- Up to 32 male and 32 female swimmers participate in the 100-meter events. (4+4 heats)
- Up to 24 male and 24 female swimmers participate in the 200-meter events. (3+3 heats)
- Up to 16 male and 16 female swimmers participate in the 400-meter events. (2+2 heats)
- In the 1500m. men's and 800m. women's up to 16 + 16 swimmers. (2+2 heats)
- In the 800m. men's and 1500m. women's up to 8 + 8 swimmers. (1+1 heat)

The final placement in rows and routes for the participants will be based on performance. The starting lists per event will be announced the day before and there will be no possibility of modification or deletion.

For this reason, please make all required deletions by February 17, 2026 at 23:59 via swimming@koe.org.gr.

For clubs abroad, an email regarding their intention to participate must be sent to the email: swimming@koe.org.gr and a certificate from the relevant federation regarding their participation in the competitions.

2.5.2 Pre-competition categories 10-12 years old:

All events will be held in final heats, with no numerical limitation on the number of heats. Each swimmer aged 10-12 may participate in a total of up to three (3) events.

2.5.3 Mini categories 8-9 years old:

All events will be held in final heats, with no numerical limitation on the number of heats. Each 8-9 year old swimmer may participate in a total of up to two (2) events.

2.6 Withdrawals

Withdrawals in the swimming pool are **NOT** possible in the competition categories. The series will be pre-determined after the withdrawals that will be made through the HSF via email until 17.02.2026 23:59.

In the Pre-Competition and Mini categories, withdrawals can be made up to 30 minutes before the start of each competition section. No more changes or additions to events are allowed.

2.7 Participation fee

OPEN U13+ : **25,00€** (3 starts)
Ages U10 -12 : **25,00€** (3 starts)
Mini U8-9 : **20,00€** (2 starts)

€5.00 from each participation is donated to the HSF

2.8 Information

You can contact the PAO secretariat at OAKA tel. 2106826659, daily 17:00 – 20:00 and Saturday 11:00 – 13:00, or via email: pao_aquatics@hotmail.com

3 Competition Schedule

Friday, February 20, 2026

Time	Event	Participants
14:00	Warm-up	
14:50	800 FREESTYLE Women	16
	1500 FREESTYLE Men	16
	400 MEDLEY Women	16
	400 MEDLEY Men	16
16:20	Warm-up	
17:00	50 FREESTYLE Women	40
	50 FREESTYLE Men	40
	50 BREASTSTROKE Women	40
	50 BREASTSTROKE Men	40
	100 BACKSTROKE Women	32
	100 BACKSTROKE Men	32
	100 BUTTERFLY Women	32
	100 BUTTERFLY Men	32
	200 BREASTSTROKE Women	24
	200 BREASTSTROKE Men	24
	200 FREESTYLE Women	24
	200 FREESTYLE Men	24
18:50	Warm-up	
19:30	50 BACKSTROKE girls (10-12)	
	50 BACKSTROKE boys (U10-12)	
	100 BREASTSTROKE girls (10-12)	
	100 BREASTSTROKE boys (U10-12)	
	200 FREESTYLE girls (10-12)	
	200 FREESTYLE boys (U10-12)	
	100 BUTTERFLY girls (10-12)	
	100 BUTTERFLY boys (U10-12)	

The schedule is indicative.

For the best service to the teams and the safety of the swimmers, the warm-up regulations must be followed.

Please make all withdrawals by 17.02.2026, 23:59, so that all available positions are filled and no swimmers are unfairly excluded.

Saturday, February 21, 2026

				Participants.
8:00	Warm-up	16:40	Warm-up	
8:50	50 FREESTYLE boys (U10-12)	17:30	50 BACKSTROKE Women	40
	50 FREESTYLE girls (10-12)		50 BACKSTROKE Men	40
	100 BACKSTROKE boys (U10-12)		50 BUTTERFLY Women	40
	100 BACKSTROKE girls (10-12)		50 BUTTERFLY Men	40
	200 BREASTSTROKE boys (U11-12)		400 FREESTYLE Women	16
	200 BREASTSTROKE girls (11-12)		400 FREESTYLE Men	16
	200 IND. MEDLEY boys (U10-12)		100 BREASTSTROKE Women	32
	200 IND. MEDLEY girls (10-12)		100 BREASTSTROKE Men	32
	6x50 FREESTYLE MIXED (U10-12)		200 BACKSTROKE Women	24
			200 BACKSTROKE Men	24
			100 FREESTYLE Women	32
			100 FREESTYLE Men	32
			200 BUTTERFLY Women	24
			200 BUTTERFLY Men	24
			200 IND. MEDLEY Women	24
			200 IND. MEDLEY Men	24
			1500 FREESTYLE Women	8
			800 FREESTYLE Men	8
11:00	Warm-up			
11:40	50 BUTTERFLY boys (U10-12)			
	50 BUTTERFLY girls (10-12)			
	50 BREASTSTROKE boys (U10-12)			
	50 BREASTSTROKE girls (10-12)			
	100 FREESTYLE boys (U10-12)			
	100 FREESTYLE girls (10-12)			
	200 BACKSTROKE boys (U11-12)			
	200 BACKSTROKE girls (11-12)			
14:30	Warm-up			
15:00	50 FREESTYLE boys (U8-9)			
	50 FREESTYLE girls (U8-9)			
	50 BREASTSTROKE boys (U8-9)			
	50 BREASTSTROKE girls (U8-9)			
	50 BACKSTROKE boys (U8-9)			
	50 BACKSTROKE girls (U8-9)			
	6x50 FREESTYLE MIXED (U8-9)			

The schedule is indicative.

For the best service to the teams and the safety of the swimmers, the warm-up regulations must be followed.

Please make all withdrawals by 17.02.2026, 23:59, so that all available positions are filled and no swimmers are unfairly excluded.

The Aquatics - Swimming department of Panathinaikos A.C.
wishes you to enjoy the
9th PAO International Swimming Trophy