

SWIMMING CLUB



ENERGY STANDARD



PRIZE MONEY
UP TO 150 000 €

International Swimming Meet Energy Standard Cup 2016

Lignano Sabbiadoro (Italia)
30 April – 1 May 2016

REGULATIONS



FINA approved qualifying event for the
XXXI Olympic Games in Rio de Janeiro.

energystandardcup.org/en



1. Venue and Time

The competition will take place on the 30th of April and 1st of May 2016 in 8 lanes 50m swimming pool «Ge Tur» in Lignano Sabbiadoro (Italia).

The date of arrival is the 29th of April 2016.

First Day 30 April 2016 (Saturday)

Morning session -- Warm up 7.45 Start 09.00

Evening session -- Warm up 14.45–16.00 Opening ceremony 16.00–16.20 Start 16.30

Second Day 1 May 2016 (Sunday)

Morning session -- Warm up 7.45 Start 09.00

Evening session -- Warm up 14.45 Start 16.00

Each session will last no longer than 3 hours 30 minutes.

The Accreditation and Registration will take place on the 29th of April 2016. The Technical Meeting will take place on the 29th of April 2016 in the swimming pool meeting room at 18.00.

2. Organization

The Italian Swimming Federation with the support of the «Swimming Club «Energy Standard» is responsible for the overall organization and management of the event. The swimming contests will be judged by the Referees Panel appointed by the Italian Swimming Federation. The competition will be organized and officiated according to the FINA (the Federation Internationale de Natation Amateur) rules and regulations.

3. Participation

4 teams are allowed to participate:

Great Britain – France – Italy – Swimming Club «Energy Standard»

3 Age Groups:

1. Age Group – YOUTH

10 boys 2000–2001 and younger, of whom no fewer than 5 men born 2001

10 girls 2002–2003 and younger, of whom no fewer than 5 women born 2003

(20 participants in each team)

2. Age Group – JUNIOR

10 boys 1998–1999, of whom no fewer than 5 men born 1999

10 girls 2000–2001, of whom no fewer than 5 women born 2001

(20 participants in each team)

3. Age Group – OPEN

7 men 1997 and older

7 women 1999 and older

(14 participants in each team)

All entry times of each contestant in OPEN category must be no less than those specified in the Standard Time Table (table no.2)

The total number of participants in each team is 54 athletes.

In case of illness during the event with the certification of the medical service of the event (not the team doctor), replacements can be accepted within the same age-group or even with an older swimmer. Ex: if the swimmer ill is born in 1999, you can replace him with another born in 1998.

4. Progressive Order

First Day 30 April 2016 (Saturday)					
Morning session Warm up 7.45 Start 9.00			Evening session Warm up 14.45 Start 16.30		
400 IM	YOUTH	Girls	200 FREE	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
	OPEN	Women		OPEN	Women
		Men			Men
Award Ceremony			Award Ceremony		
100 FREE	YOUTH	Girls	100 BACK	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
	OPEN	Women		OPEN	Women
		Men			Men
Award Ceremony			Award Ceremony		
200 BACK	YOUTH	Girls	200 BREAST	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
	OPEN	Women		OPEN	Women
		Men			Men
Award Ceremony			Award Ceremony		
50 FLY	YOUTH	Girls	50 FREE	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
	OPEN	Women		OPEN	Women
		Men			Men
Award Ceremony			Award Ceremony		
4X200 FREE	YOUTH	Mixed	4X100 MEDLEY RELAY	YOUTH	Girls
					Boys
	JUNIOR	Mixed		JUNIOR	Girls
					Boys
	OPEN	Mixed		OPEN	Women
					Men
Award Ceremony			Award Ceremony		

Second Day 1 May 2016 (Sunday)					
Morning session Warm up 7.45 Start 9.00			Evening session Warm up 14.45 Start 16.00		
1500 FREE	YOUTH	Boys	400 FREE	YOUTH	Girls
		Boys			
	JUNIOR	Boys		JUNIOR	Girls
		Boys			
	OPEN	Men		OPEN	Women
					Men
Award Ceremony			Award Ceremony		
100 BREAST	YOUTH	Girls	100 FLY	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
	OPEN	Women		OPEN	Women
		Men			Men
Award Ceremony			Award Ceremony		
200 FLY	YOUTH	Girls	200 IM	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
	OPEN	Women		OPEN	Women
		Men			Men
Award Ceremony			Award Ceremony		
50 BACK	YOUTH	Girls	50 BREAST	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
	OPEN	Women		OPEN	Women
		Men			Men
Award Ceremony			Award Ceremony		
800 FREE	YOUTH	Girls	4X100 FREE	YOUTH	Girls
					Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			
	OPEN	Women		OPEN	Women
					Men
Award Ceremony			Award Ceremony		

TEAMS AND BEST PERFORMERS AWARD CEREMONY

5. Competition Rules

Individual and team form of participation is allowed.

Each swimmer from Youth and Junior age groups competes in no less than 3 but no more than 6 individual events and relays. Each swimmer from Open age group competes in no less than 3 but no more than 5 individual events and relays. Each team enters no more than 2 swimmers of Youth and Junior age groups and 1 swimmer of Open age group for all events. Only one relay team is entered by each participating team.

The points are earned by each individual team member in each age group for all the events by the Points Table (table no.1). The relay score is determined by the Points Table x2. The winning team (all age groups together) is determined based on total points (table no.1) scored by 54 swimmers.

6. Antidoping

The event will be submitted with the antidoping control by draw according to the FINA rules.

7. Award Ceremony

The winners are determined among men and women in each age group for each event. Athletes who will have won 1, 2, 3 places for individual events or relays in each age group will be awarded with diplomas and medals.

The winning teams (1st, 2nd and 3rd place) by total points by the Points Table (table no.1) will be awarded with the Cups.

Additionally, 4 swimmers (2 boys, 2 girls from Youth and Junior age groups) who score the most points by the Points Table (table no.1) in a maximum of 4 individual events will be awarded with special prizes.

Additionally, 2 swimmers (1 boy, 1 girl from Youth and Junior age groups) who score the most points based by FINA Table "Long course 2015" will be awarded with special prizes.

Additionally, 10 swimmers (5 men, 5 women from Open age group) who score the most points by the Points Table (table no.1) in a maximum of 4 individual events will be awarded with money prizes according the following table:

1 place – 18 000 euro	2 place – 12 000 euro	3 place – 10 000 euro
4 place – 6 000 euro	5 place – 4 000 euro	

In case athletes are equal on points (table no.1), the winner is those, whose best performance scores the most points based on FINA points table.

New World Record: 30 000 euro.

New European Record: 20 000 euro.

TOTAL PRIZE MONEY: 150 000 euro.

The prize money will be awarded by Gayno International LTD.

8. Event Sponsor

The Energy Standard Club covers the expenses of 54 swimmers and 16 accompanying persons (flights, transfers, the accommodation, the meal) from 29 April to 2 May 2016.

9. Participants and Spectators Safety

The competition are organized in the sport facility, which complies with regulations aimed at ensuring public order and safety of participants and spectators effective in the territory of Italian Federation, with technical inspection reports of established standard certifying readiness of the sport facility to host sporting events.

Official in charge: Meet Director, Mr. Gianfranco Saini. Participants of the event must:

- follow the swimming rules and observe the antidoping regulations in sport;
- observe the health and safety rules in water and at the venue of the event;
- observe ethical norms in sport;
- observe the event Regulations and requirements of the Organizing Committee.

10. Application

The entry form should be submitted **by the 25th of April 2016** by e-mail to:

simona.fagioli@federnuoto.it

The team representative should submit at the Technical Meeting:

- the team roster, which includes the team representatives,
- team medical form or insurance policies for each participant (accident/health/life insurance),
- the copy of the passport of each participant.

The name entry form for the relays should be submitted to the Secretary no later than one hour before the event session of the current day.

11. Accommodation

The accommodation for 54 swimmers and 16 team staff Members is at charge of the Energy Standard Club and will be arranged at GE.TUR. GESTIONI TURISTICHE ASSISTENZIALI SCARL

Viale Centrale 29 – 33054 Lignano Sabbiadoro (UD) – www.getur.com

Tel. +39 0431409506

Fax. +39 0431409513

The Rooming list and Hotel Form must be sent to by the **17th of April 2016** by e-mail to:

eloisa.bortolan@getur.com and **energystandard2020@gmail.com**

Table no.1

Points Table

1 place	20 points
2 place	15 points
3 place	12 points
4 place	10 points
5 place	8 points
6 place	6 points
7 place	4 points
8 place	3 points



Table no.2

Standard Time Table for OPEN age group

Women	Event	Men
25.7	50 freestyle	22.6
55.8	100 freestyle	49.7
2.00.7	200 freestyle	1.49.6
4.12.39	400 freestyle	3.54.8
8.40.56	800 freestyle	
	1500 freestyle	15.36.3
29.1	50 backstroke	25.9
1.02.7	100 backstroke	55.9
2.15.2	200 backstroke	2.00.1
32.3	50 breaststroke	28.1
1.09.8	100 breaststroke	1.02.0
2.30.8	200 breaststroke	2.16.4
27.4	50 butterfly	24.3
1.00.4	100 butterfly	53.5
2.12.8	200 butterfly	2.00.1
2.17.5	200 IM	2.02.6
4.52.1	400 IM	4.24.8

The entry times shall be 50m pool times and not older than January 1, 2015. The Secretary may check/verify the accuracy/validity of the indicated entry time and reserves the right to not accept/reject entries with older or non-verifiable times.

