

Simmis Wanda organizes with the permission of  
The Finnish Swimming Association  
national swimming competition



WELCOME TO COMPETE IN [ALTAILE.COM](https://www.altaille.com)  
**VANTAA JUNIOR MEET**  
**SWIMMING COMPETITION**  
**in Tikkurila swimming pool 4.-5.3.2023**

**50 m / 6 lanes / electronic timing**

address: Läntinen Valkoisenlähteentie 50, 01300 Vantaa

Sat 4.3.2023 morning session at 9.30 evening session at 16.00  
Sun 4.3.2023 morning session at 9.30 evening session at 16.00

Warm-up begins one hour before the start of each session.

**PROGRAM**

<b>SAT</b>	<b>MORNING</b>	<b>9.30</b>	<b>SAT</b>	<b>EVENING</b>	<b>16.00</b>
1.	W-10,12,15,17,	50 backstroke	9.	W- 10,12,15,17	50 free
2.	M- 11,13,16,18	50 backstroke	10.	M- 11,13,16,18	50 free
3.	W- 13,15,17	200 butterfly	11.	W- 13,15,17	200 breaststr
4.	M- 14,16,18	200 butterfly	12.	M- 14,16,18	200 breaststr
5.	W- 11,13,15,17	100 breaststr	13.	W- 11,13,15,17	100 backstroke
6.	M- 12,14,16,18	100 breaststr	14.	M- 12,14,16,18	100 backstroke
7.	W- 13,15,17	400 ind. medley	15.	W- 12,15,17	400 free
8.	M- 14,16,18	400 ind. medley	16.	M- 13,16,18	400 free
<b>SUN</b>	<b>MORNING</b>	<b>9.30</b>	<b>SUN</b>	<b>EVENING</b>	<b>16.00</b>
17.	W- 11,13,15,17	50 butterfly	25.	W- 10,12,15,17	50 breaststr
18.	M- 12,14,16,18	50 butterfly	26.	M- 11,13,16,18	50 breaststr
19.	W- 13,15,17	200 backstroke	27.	W- 13,15,17	200 free
20.	M- 14,16,18	200 backstroke	28.	M- 14,16,18	200 free
21.	W- 11,13,15,17	100 free	29.	W- 13,15,17	100 butterfly
22.	M- 12,14,16,18	100 free	30.	M- 14,16,18	100 butterfly
23.	W- 11,13,15,17	200 ind. medley	31.	W- 13,15,17	800 free *
24.	M- 12,14,16,18	200 ind. medley	32.	M- 14,16,18	800 free *

If the timetable permits, there will be a 10 min warm-up break after events 4, 12, 20 and 28.

\*) We reserve the right to limit 800 free participants to up to 2 heats/event



**Registration** no later than on Monday 27.2.2023 to Tempus.

Registrations from abroad: please contact e-mail [kilpailut@simmiswanda.fi](mailto:kilpailut@simmiswanda.fi)

**Starting fee** 10 € / start is due before the registration period ends.

Simmis Wanda bank account: IBAN: FI51 4055 1320 1052 28 / BIC: HELSFIHH.

Please state the name of your club and number of starts in payment message.

**Late entries** are accepted until 1 hour before the start of the first session.

Late entry fee is three times the starting fee.

**Cancellations** after the end of registration electronically or to competition office no later than 1 hour before the start of each session.

For accommodation and meals and other competition information go to [www.simmiswanda.fi/kilpailut/vjm2023](http://www.simmiswanda.fi/kilpailut/vjm2023) or LiveTiming

Enquiries by email [kilpailut@simmiswanda.fi](mailto:kilpailut@simmiswanda.fi)

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