



Cetus Espoo organizes Speedo Cup competitions with WA-status on 28-29th of September, 2024 at Espoonlahti Pool (Espoonlahdenkuja 4, 02320 Espoo). The competition will be in 25 m pool.

## PROGRAM

### Saturday the 28<sup>th</sup> of September at 9:30

1. GIRLS –10, 11, 12, 13-14, 15-16, MEN 50 m back
2. GIRLS –10, 11, 12, 13-14, 15-16, WOMEN 50 m back
3. GIRLS 13-14, 15-16, MEN 200 m fly
4. GIRLS 13-14, 15-16, WOMEN 200 m fly
5. GIRLS –10, 11, 12, 13-14, 15-16, MEN 100 m free
6. GIRLS –10, 11, 12, 13-14, 15-16, WOMEN 100 m free
7. GIRLS 13-14, 15-16, MEN 200 m breast
8. GIRLS 13-14, 15-16, WOMEN 200 m breast
9. GIRLS 15-16, MEN 1500 m free

### Sunday the 29<sup>th</sup> of September at 9:30

19. GIRLS 11, 12, 13-14, 15-16, WOMEN 400 m free
20. GIRLS 11, 12, 13-14, 15-16, MEN 400 m free
21. GIRLS 11, 12, 13-14, 15-16, WOMEN 100 m back
22. GIRLS 11, 12, 13-14, 15-16, MEN 100 m back
23. GIRLS –10, 11, 12, 13-14, 15-16, WOMEN 50 m breast
24. GIRLS –10, 11, 12, 13-14, 15-16, MEN 50 m breast
25. GIRLS 13-14, 15-16, WOMEN 400 m I.M.
26. GIRLS 13-14, 15-16, MEN 400 m I.M.

### Saturday the 28<sup>th</sup> of September at 16:30

10. GIRLS 11, 12, 13-14, 15-16, MEN 200 m I.M.
11. GIRLS 11, 12, 13-14, 15-16, WOMEN 200 m I.M.
12. GIRLS 11, 12, 13-14, 15-16, MEN 100 m breast
13. GIRLS 11, 12, 13-14, 15-16, WOMEN 100 m breast
14. GIRLS –10, 11, 12, 13-14, 15-16, MEN 200 m free
15. GIRLS –10, 11, 12, 13-14, 15-16, WOMEN 200 m free
16. GIRLS -10, 11, 12, 13-14, 15-16, MEN 50 m fly
17. GIRLS -10, 11, 12, 13-14, 15-16, WOMEN 50 m fly
18. GIRLS 15-16, WOMEN 1500 m free

### Sunday the 29<sup>th</sup> of September at 16:30

27. GIRLS 13-14, 15-16, WOMEN 200 m back
28. GIRLS 13-14, 15-16, MEN 200 m back
29. GIRLS 11, 12, 13-14, 15-16, WOMEN 100 m fly
30. GIRLS 11, 12, 13-14, 15-16, MEN 100 m fly
31. GIRLS –10, 11, 12, 13-14, 15-16, WOMEN 50 m free
32. GIRLS –10, 11, 12, 13-14, 15-16, MEN 50 m free
33. GIRLS 13-14, 15-16, WOMEN 800 m free
34. GIRLS 13-14, 15-16, MEN 800 m free

**Warm-up:** Warm-up in competition pool begins 1,5 hours before start of each session. During competitions a 23,5 meter pool will be available for warm-up / swim-down.

**Entries** through Tempus, when available. International competitors may send their entries (name of swimmer, club, event, best time achieved during last 12 months) by e-mail to [kilpailukoordinaattori@cetus.fi](mailto:kilpailukoordinaattori@cetus.fi) by 23rd of September, 2024.

**Additional information:** [kilpailukoordinaattori@cetus.fi](mailto:kilpailukoordinaattori@cetus.fi)

**Start fees:** 11€ per event to be paid upon entries to the account of Cetus Espoo: Nordea IBAN FI59 1432 3000 2198 73. Late entry fee is 33€ per event. Receipt of the payment shall be sent to [kilpailukoordinaattori@cetus.fi](mailto:kilpailukoordinaattori@cetus.fi) before the competition.

**Meals at venue:** can be ordered from [cafelahti@windyday.fi](mailto:cafelahti@windyday.fi) / +358 44 702 1234 by 23rd of September, 2024.

**WELCOME TO ESPOO!**