

# SPANISH NATIONAL CHAMPIONSHIP “OPEN”

## SPANISH TRIALS - FUKUOKA 2023

**Dates:** 29 March to 02<sup>nd</sup> April 2023

**Place:** Palma de Mallorca

**Pool:** Piscinas Municipales de Son Hugo



Ajuntament  de Palma



- **Competition pool (indoor): 50m (25m wide - 10 lanes)**
- Training pool: 50m (25m wide - 10 lanes)

### Entries

- Every swimmer may enter in an UNLIMITED number of events, according the QUALIFYNG TIMES.
- Qualifying times must be swum in a 50m pool and electronic timekeeping system, **between 29<sup>th</sup> January 2022 to 12<sup>th</sup> March 2023.**
- Deadline: **Wednesday, 15<sup>th</sup> March, at 12PM.**
- Entries must sent to: [jalmarza@rfen.es](mailto:jalmarza@rfen.es) / [rfen@rfen.es](mailto:rfen@rfen.es) (request excel form or file Lenex)
- It is possible to register through [Swimrankings](#)
- Entry fees: 1 event 16,50€ - 2 events 25,30€ - following events 3,30€ (each one)
- Entry lists will be published on **17<sup>th</sup> March.**

### Contacts

TECHNICAL INFORMATION	<b>Sergio de la Calle</b> <a href="mailto:scalle@rfen.es">scalle@rfen.es</a>
ENTRIES	<b>Jose Manuel Almarza</b> <a href="mailto:jalmarza@rfen.es">jalmarza@rfen.es</a> / <a href="mailto:rfen@rfen.es">rfen@rfen.es</a>
ACCOMMODATION	<b>VIAJES EL CORTE INGLÉS - <a href="#">Website</a></b> Championships Official Agency <a href="mailto:sacvecisa@viajeseci.es">sacvecisa@viajeseci.es</a>

## Program

DAYS	AM	PM
<b>Wednesday 29.March.2023</b>	100 Butterfly Men 100 Butterfly Women 50 Breaststroke Men 50 Breaststroke Women 100 Backstroke Men 100 Backstroke Women 1500 Freestyle Men (slowest heats) 800 Freestyle Women (slowest heats)	1500 Freestyle Men (2 fastest heats) 800 Freestyle Women (2 fastest heats)  Finals Morning Session <i>Junior C / B - A</i>
<b>Thursday 30.March.2023</b>	100 Breaststroke Women 100 Breaststroke Men 200 Freestyle Women 200 Freestyle Men 50 Butterfly Women 50 Butterfly Men 400 Ind. Medley Women 400 Ind. Medley Men <i>4x100 Freestyle Women Junior</i> <i>4x100 Freestyle Men Junior</i>	Finals Morning Session <i>Junior C / B - A</i>  <i>4x100 Freestyle Women Junior</i> <i>4x100 Freestyle Men Junior</i>
<b>Friday 31.March.2023</b>	100 Freestyle Men 100 Freestyle Women 200 Backstroke Men 200 Backstroke Women 800 Freestyle Men (slowest heats) 1500 Freestyle Women (slowest heats)	800 Freestyle Men (2 fastest heats) 1500 Freestyle Women (2 fastest heats)  Finals Morning Session <i>Junior C / B - A</i>
<b>Saturday 01.April.2023</b>	200 Butterfly Women 200 Butterfly Men 50 Freestyle Women 50 Freestyle Men 200 Ind. Medley Women 200 Ind. Medley Men <i>4x200 Freestyle Women Junior</i> <i>4x200 Freestyle Men Junior</i>	Finals Morning Session <i>Junior C / B - A</i>  <i>4x200 Freestyle Women Junior</i> <i>4x200 Freestyle Men Junior</i>
<b>Sunday 02.April.2023</b>	200 Breaststroke Men 200 Breaststroke Women 50 Backstroke Men 50 Backstroke Women 400 Freestyle Men 400 Freestyle Women <i>4x100 Medley Men Junior</i> <i>4x100 Medley Women Junior</i>	Finals Morning Session <i>Junior C / B - A</i>  <i>4x100 Medley Men Junior</i> <i>4x100 Medley Women Junior</i>

\* Junior Spanish Championship events (Not Open).

## Estimated schedule

SESSION	Wednesday 29.March	Thursday 30.March	Friday 31.March	Saturday 01.April	Sunday 02.April
HEATS	09:30 - 12:15	09:30 - 12:00	09:30 - 12:00	09:30 - 11:15	09:30 - 11:45
FINALS	17:30 - 20:15	17:30 - 20:15	17:30 - 20:00	17:30 - 19:45	17:00 - 19:30

- The final schedule will be published on Wednesday, 22<sup>nd</sup> of March.
- Previous trainings: the competition pool will be available since Monday PM (27<sup>th</sup> March).
- The competition pool will be available 1h45' before the start of each session.

## Qualifying times

		MEN		WOMEN	
		SENIOR	2003 & YOUNGER	SENIOR	2004 & YOUNGER
FREE	50	00:23,85	00:24,45	00:27,20	00:27,45
	100	00:52,00	00:53,40	00:59,00	00:59,50
	200	01:53,75	01:57,00	02:07,00	02:08,25
	400	04:04,50	04:08,70	04:27,30	04:29,90
	800	08:28,00	08:37,60	09:05,90	09:09,00
	1500	16:13,00	16:23,65	17:30,00	17:39,00
BACK	50	00:28,10	00:28,60	00:31,40	00:31,65
	100	00:58,75	00:59,90	01:05,80	01:06,95
	200	02:09,50	02:10,25	02:22,55	02:24,20
BREAST	50	00:30,60	00:31,15	00:34,65	00:34,95
	100	01:05,75	01:06,65	01:15,05	01:15,55
	200	02:24,10	02:27,35	02:42,75	02:43,85
FLY	50	00:25,80	00:26,30	00:29,30	00:29,55
	100	00:56,05	00:57,80	01:04,30	01:05,15
	200	02:08,40	02:10,75	02:21,80	02:22,50
IM	200	02:09,20	02:10,85	02:24,55	02:25,35
	400	04:38,90	04:43,90	05:05,00	05:07,20

## Rules & Regulations

The competition will be conducted under FINA rules.

### COMPETITION SYSTEM:

- Heats & Finals for 50-100-200-400 events. During the morning sessions, the last 3 heats of 50, 100 and 200, will be swum according to FINA Rule SW.3. The rest will be swum on a timed final basis.
- Heat Declared Winner for 800 & 1500 events. During the morning sessions, the last 2 heats of 400 meters events, will be swum according to FINA Rule SW.3. The rest will be swum on a timed final basis.

EVENTS	FINALS
50 Free, Back, Breast, Fly 100-200 Free, Back, Breast, Fly 200 Ind. Medley 400 Freestyle, Ind. Medley	3 FINALS: Junior C / <b>B – A</b> 8 fastest times in each final <i>* FINALS B - A: Not more than 2 foreign swimmers allowed</i>

EVENTS	TIMED BASED HEATS
1500 Free Men - 800 Free Women 800 Free Men - 1500 Free Women	16 fastest times in Finals Session: First Heat Junior - <b>Second Heat “Open” - all ages -</b> <i>* Second Heat “Open”: Not more than 2 foreign swimmers allowed</i>

WITHDRAWALS: for finals not later than 30 minutes after the respective event. The official form will be sent by email.

RESERVES: There will be 3 reserve swimmers for each event, following the results in the heats, to compete in the finals.

AWARDS: Gold, silver and bronze medals in each event.

## Doping

It will be regulated according to the specific rules of the Spanish Antidoping State Agency, the Royal Swimming Spanish Federation and F.I.N.A.

## Technical meeting

Technical meeting won't be celebrated. Technical information will be sent by email.