

SWIMMING RULEBOOK

All participants should be at the swimming pool on Saturday 22 April at 12h00.

All swimming categories are based on FINA Rules (www.fina.org) as amended and advised by EuroValencia 2017 Organizing Committee.

Swimming categories are the following:

- 50 meter breast stroke
- 50 meter back stroke
- 50 meter free style
- 50 meter butterfly
- 100 meter breast stroke
- 100 meter back stroke
- 100 meter free style
- 200 meter individual medley
- 4x50 meter free style

Please take attention to following points:

1-Warm up

Participants will have a minimum of 30 minutes and a maximum of 45 minutes for warming up.

2-Clothing

It will be mandatory for all participants to be equipped with the following material: Swimsuit, cap, glasses and thongs. Participants can also bring towels, or plugs.

3-Competition

All men and women races will take place one after the other. No unregistered participants will be allowed to compete.

4-Categories

Upon arrival to the swimming pool, all swimmers shall sign up in the swimming categories they wish to participate.

5-Ranking

The two first places in all men and women races will receive gold and silver medal.