



ASSOCIAÇÃO ACADÉMICA DE COIMBRA

Comendador da Ordem Militar da Espada e da Ordem Militar de Cristo

Membro Honorário da Ordem do Infante D. Henrique

Membro Honorário da Ordem da Liberdade

Medalha de Ouro da Cidade de Coimbra

Instituição de Utilidade Pública

SECÇÃO DE NATAÇÃO

XXII TORNEIO INTERNACIONAL DA “QUEIMA DAS FITAS“

III MEETING CIDADE DE COIMBRA

RULES

1. This event is co-organized by the Secção de Natação da Associação Académica de Coimbra (Associação Académica de Coimbra's Swimming Department) and by Câmara Municipal de Coimbra (Coimbra City Council).

1.1. The event follows the General Rules and Procedures of Federação Portuguesa de Natação (Swimming Portuguese Association).

2. The tournament will take place on May 29 - 30, 2010 at the Complexo Olímpico de Natação Cidade de Coimbra (Coimbra's Swimming Olympic Complex).

3. The tournament will have qualifying rounds and finals. The qualifying rounds will take place in the morning in 10 lanes. The best 10 marks will be qualified for the finals. The athletes with the best 11th and 12th marks will be considered as replacements for the finals. In the races where there will be more than 3 heats, it will be used the system of heads of heats.

3.1. In the races of 400 Medley, 800 Freestyle e 1500 Freestyle only the 20 best marks in 2009/10 season will be accepted subject to proof confirmed by the jury.

In these races the slower heat will take place during the morning session with 10 swimmers, and the quicker heat in the afternoon.

3.2. An athlete that doesn't participate in a final for which he has been qualified must communicate that fact to the organization until half an hour after the end of that race through a typified formulary. If the athlete misses the final without prior warning and without a medical proof of his/her impediment he/she will be subject to a 100 euros fine.

3.3. This tournament will have absolute classifications after the finals.

4. The applications are subject to a 4 euro fee for individual race and 10 euro fee for relays. Payment should be done in advance either through bank transference for the account of Portuguese bank “Caixa Geral de Depósitos” with IBAN PT50 0035 0671 0001 3511 7309 5 and sending the payment document in advance to organization email, or either at the organization office priory to start of the meeting.

4.1 The participation in this Meeting is conditioned to a qualification mark established for each race. The non-compliance of this minimum mark is subject to a fine of 15 euros.

Table of minimum marks

Women	Race	Men
00:30,20	50 Free	00:26,80
01:04,00	100 Free	00:57,00
02:18,50	200 Free	02:03,60
04:51,50	400 Free	04:23,00
10:00,00	800 / 1500 Free	18:15,00
02:02,00	4x50 Free	01:45,00
04:20,00	4x100 Free	03:52,50
00:38,00	50 Breaststroke	00:34,80
01:22,00	100 Breaststroke	01:12,50
02:54,50	200 Breaststroke	02:38,00
00:34,70	50 Backstroke	00:32,00
01:13,30	100 Backstroke	01:05,00
02:38,00	200 Backstroke	02:23,00
00:31,90	50 Butterfly	00:28,70
01:11,20	100 Butterfly	01:02,00
02:37,00	200 Butterfly	02:17,50
02:37,00	200 Medley	02:21,50
05:40,00	400 Medley	05:15,00
02:18,00	4x50 Medley	01:58,00
04:55,00	4X100 Medley	04:12,50

4.2. Each club may present only one team for relays.

4.3. The organizing club may not comply with the previous provision.

5. Teams must confirm their intention to participate by May 3, 2010 informing at the same time the number of athletes that will participate. The applications must be sent by alphabetical order or in a lxf file until May 14, 2010 via fax to the fax number +351 239 090 551 or by mail to:

Associação Académica de Coimbra
Secção de Natação
Rua Padre António Vieira
3000 – Coimbra
PORTUGAL

or via e-mail to: meetingcoimbra@gmail.com

The *lxf* file for application can be downloaded from <http://www.natacaoaac.com/> or <http://www.meetingcoimbra.com>

6. The final classification by clubs is the product of the addition of points obtained in the finals of the different races, obeying to the following criteria:

1st place - 10 points

2nd place – 8 “

3rd place – 6 “

4th place – 5 “

5th place – 4 “

6th place – 3 “

7th place – 2 “

8th place – 1 “

7. Prizes – Trophies will be given to the 10 best classified clubs as well as prize-money for the 3 best classified clubs (1st- 1000€, 2nd- 500 €e 3rd- 250 €).

To the athletes with more points by the FINA 2010 Table at absolute level and by gender, a trophy will be given as well as a prize-money of 100 €

For each Portuguese Individual Record mark a prize-money of 50€will be given.

PROGRAM / SCHEDULE

SATURDAY MAY 29, 2010

Day 1 (Qualifying rounds)

Swimming pool opening _____ 8h30
Tournament _____ 10h00

- | | |
|---|---|
| 1 st Race – 4x50 Medley Women | 11 th Race – 100 Butterfly Men |
| 2 nd Race – 4x50 Medley Men | 12 th Race – 50 Breaststroke Women |
| 3 rd Race – 800 Freestyle Women | 13 th Race – 50 Breaststroke Men |
| 4 th Race - 200 Breaststroke Women | 14 th Race - 200 Freestyle Women |
| 5 th Race - 200 Breaststroke Men | 15 th Race – 200 Freestyle Men |
| 6 th Race - 50 Freestyle Women | 16 th Race - 200 Medley Women |
| 7 th Race - 50 Freestyle Men | 17 th Race - 200 Medley Men |
| 8 th Race - 100 Backstroke Women | 18 th Race – 1500 Freestyle Men |
| 9 th Race – 100 Backstroke Men | 19 th Race – 4x100 Freestyle Women |
| 10 th Race – 100 Butterfly Women | 20 th Race – 4x100 Freestyle Men |

Finals

Swimming pool opening _____ 15h30
Tournament _____ 17h00

- | | |
|---|---|
| 1 st Race – 4x50 Medley Women | 11 th Race – 100 Butterfly Men |
| 2 nd Race – 4x50 Medley Men | 12 th Race – 50 Breaststroke Women |
| 3 rd Race – 800 Freestyle Women | 13 th Race – 50 Breaststroke Men |
| 4 th Race - 200 Breaststroke Women | 14 th Race - 200 Freestyle Women |
| 5 th Race - 200 Breaststroke Men | 15 th Race – 200 Freestyle Men |
| 6 th Race - 50 Freestyle Women | 16 th Race - 200 Medley Women |
| 7 th Race - 50 Freestyle Men | 17 th Race - 200 Medley Men |
| 8 th Race - 100 Backstroke Women | 18 th Race – 1500 Freestyle Men |
| 9 th Race – 100 Backstroke Men | 19 th Race – 4x100 Freestyle Women |
| 10 th Race – 100 Butterfly Women | 20 th Race – 4x100 Freestyle Men |

SUNDAY, MAY 30, 2010

Day 2 (Qualifying rounds)

Swimming pool opening _____ 8h30

Tournament _____ 10h00

21st Race – 4x50 Freestyle Women

22nd Race – 4x50 Freestyle Men

23rd Race - 200 Butterfly Women

24th Race - 200 Butterfly Men

25th Race - 50 Backstroke Women

26th Race - 50 Backstroke Men

27th Race - 100 Freestyle Women

28th Race – 100 Freestyle Men

29th Race – 100 Breaststroke Women

30th Race – 100 Breaststroke Men

31st Race – 50 Butterfly Women

32nd Race – 50 Butterfly Men

33rd Race – 200 Backstroke Women

34th Race – 200 Backstroke Men

35th Race – 400 Freestyle Women

36th Race – 400 Freestyle Men

37th Race – 400 Medley Women

38th Race – 400 Medley Men

39th Race – 4x100 Medley Women

40th Race – 4x100 Medley Men

Finals

Swimming pool opening _____ 15h00

Tournament _____ 16h30

21st Race – 4x50 Freestyle Women

22nd Race – 4x50 Freestyle Men

23rd Race - 200 Butterfly Women

24th Race - 200 Butterfly Men

25th Race - 50 Backstroke Women

26th Race - 50 Backstroke Men

27th Race - 100 Freestyle Women

28th Race – 100 Freestyle Men

29th Race – 100 Breaststroke Women

30th Race – 100 Breaststroke Men

31st Race – 50 Butterfly Women

32nd Race – 50 Butterfly Men

33rd Race – 200 Backstroke Women

34th Race – 200 Backstroke Men

35th Race – 400 Freestyle Women

36th Race – 400 Freestyle Men

37th Race – 400 Medley Women

38th Race – 400 Medley Men

39th Race – 4x100 Medley Women

40th Race – 4x100 Medley Men

Meeting Record Times

Male				Race	Female			
Year	Club	Athlet	Time		Time	Athlet	Club	Year
2009	PORTINADO	Alexandre Agostinho	00:22,36	50 F	00:25,16	Marieke Guehrer	MELBOURNE	2009
2009	CGA	Diogo Carvalho	00:50,38	100 F	00:56,62	Marieke Guehrer	MELBOURNE	2009
2007	CFV	Adriano Niz	01:50,75	200 F	02:03,42	Sara Loureiro	FCP	2009
2009	CDBA	César Faria	03:57,92	400 F	04:25,34	Ana Ferreira	GDNVF	2009
2007	SCB	José Parente	15,38,25	1500 / 800 F	09:04,44	Vânia Neves	VNC	2009
2009	FCP	Rui Vilar	01:33,07	4x50 F	01:47,80	Patricia Conceição	CNA	2009
		Paulo Santos				Diana Gomes		
		Carlos Santos				Marta Conceição		
		João Carvalho				Filipa Silva		
2009	FCP	Paulo Santos	03:27,52	4x100 F	04:00,74	Sara Oliveira	FCP	2008
		Carlos Santos				Cláudia Moreno		
		Rui Vilar				Marta Marinho		
		João Carvalho				Sara Loureiro		
2009	PORTINADO	João Viola	00:29,16	50 Br	00:31,60	Joana Carvalho	FCP	2009
2009	PDEM	André Silva	01:04,53	100 Br	01:09,95	Ana Brito	SLB	2009
2009	CGA	Diogo Carvalho	02:15,87	200Br	02:33,36	Diana Gomes	CNA	2009
2009	ADN	Randall Bal	00:24,97	50 Bk	00:28,44	Fabiola Molina	BRA	2009
2008	STANFORD	Randall Bal	00:53,98	100 Bk	01:02,33	Fabiola Molina	BRA	2009
2008	STANFORD	Randall Bal	02:02,13	200 Bk	02:20,14	Marta Abreu	CNFA	2009
2009	CGA	Diogo Carvalho	00:24,29	50 Fly	00:26,60	Marieke Guehrer	MELBOURNE	2009
2009	CGA	Diogo Carvalho	00:52,92	100 Fly	1:00;56	Marieke Guehrer	MELBOURNE	2009
2007	CNRM	Pedro Oliveira	02:01,51	200 Fly	02:12,10	Kimberly Vandenberg	ADN	2009
2009	CGA	Diogo Carvalho	02:00,02	200 M	02:19,19	Nádia Vieira	GESLOURES	2009
2008	CGA	Diogo Carvalho	04:24,56	400 M	04:56,83	Julia Mas Sayos	SABADELL	2009
2009	FCP	Carlos Santos	01:43,63	4x50 M	01:59,18	Susana Miguel	CNA	2009
		Gil Pinto				Diana Gomes		
		João Carvalho				Filipa Silva		
		Paulo Santos				Patricia Conceição		
2009	CNA	João Pedro	03:53,32	4X100 M	04:20,47	Susana Miguel	CNA	2009
		Jaime Duarte				Diana Gomes		
		Duarte Mourão				Filipa Silva		
		Fábio Figueira				Patricia Conceição		

Team Winners

1989	_____	CNAC
1990	_____	CFP
1991	_____	CFP
1992	_____	CFP
1993	_____	CNAC
1994	_____	CNAC
1995	_____	SCB
1996	_____	SCB
1997	_____	SCB
1998	_____	SCB
1999	_____	SCB
2000	_____	SCB
2001	_____	CNAC
2002	_____	CNMaia
2003	_____	CNMaia
2004	_____	SCB
2005	_____	CNVV
2006	_____	SAD
2007	_____	CNCVG
2008	_____	FCP
2009	_____	FCP