

COPENHAGEN
DENMARK
2017

LEN EUROPEAN
SHORT COURSE
SWIMMING
CHAMPIONSHIPS
13-17 DECEMBER



TEAM LEADERS GUIDE

Event Official Partners



Event Official Suppliers



Institutional Partners



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ROYAL ARENA



ROYAL ARENA



I. Welcome Words

Message from the LEN President

Dear Friends,

Again, we are heading to Denmark for a Short-course European Championships and the fond memories from 2013 ensure all of us that we will witness another fantastic event – this time in Copenhagen.

This meet is going to be outstanding for several reasons. First of all, we couldn't have found any better venue than the brand new, state-of-the-art Royal Arena and we are honoured to be the very first sport event in this magnificent facility.

The professionalism and dedication of our Danish friends are a firm guarantee for a perfect organisation. Our fellow Bureau Member and Danish Swimming Federation CEO Pia Holmen, her excellent staff and the highly experienced team of Sport Event Denmark have done a marvellous job to create the very best environment for our athletes.

And our athletes will be out once more to offer their very best which has rocketed Europe to top in the world of aquatics. Our swimmers are key to continue this success story and we can be sure that they will deliver again.

LEN is immensely proud of what these athletes, coaches and ultimately the National Federations have achieved. We are committed to support them in all possible ways. Since our federation has also benefitted from the success our athletes and events produced, we won't stop giving back to them. As LEN President I do think this is fundamental to meet the principles of good governance: any benefits of an international or continental federation should be redistributed among those who are the protagonists and they are the athletes and the federations.

In Copenhagen, LEN offers €220.000 in prize money for the athletes, and, for the first time, World and European Record bonuses. Also, we maintain to ensure financial support for the participating federations.

Finally, let me thank all the efforts of the volunteers who are going to be the heart of the event. We are really grateful for the local organising committee and for all the support coming from the LEN Partners and the local companies standing behind the European Championships. You all make our event another fantastic celebration of European Aquatics.

Now, let the show begin!



Paolo Barelli
LEN President

Denmark welcomes you

Dear team leaders,

Welcome to Denmark! Welcome to Copenhagen!

With this Team Leaders Guide we will give you a practical tool for your stay in Copenhagen and for your teams' participation in the LEN European Short Course Swimming Championships 2017.

Denmark loves swimming. The numbers of swimmers in the member clubs has increased from 124.00 in 2009 to 185.00 in 2017. The sport of swimming in Denmark is not only high-performance swimming. We also find it very important to ensure safety in water. We want every child in Denmark to be able to swim and our almost 300 clubs are working purposefully to teach every child to swim and have respect for water.

During your stay in Denmark you will meet our team of volunteers that are trained to give you and your team the best possible conditions at the championships – and they will do their utmost to guide and help you as well. Don't hesitate to ask – for tips, advice or help if this guide doesn't already give you the answers.

It is our hope that you will have an excellent stay in Denmark and that you will bring back good memories and results at the LEN European Short Course Swimming Championships 2017.

We look forward to demonstrating Denmark's unparalleled potential to meet your needs and to showing our passion about your sport!

Best regards,



Kjeld Egebo Larsen,
President of the Danish
Swimming Federation



Frank Jensen,
Lord Mayor of
Copenhagen



Lars Lundov,
CEO of Sport Event Denmark

2. Key Information

2.1. Key Dates

2.1.1. Training Period

December 10-12:

Sunday, December 10: ONLY Competition Pool: 09.00-20.00

Monday, December 11: Competition Pool: 08.00-12.00 and 14.00-20.00. Training Pool: 08.00-20.00

Tuesday, December 12: Competition Pool: 08.00-18.00. Training Pool: 08.00-20.00

Royal Arena, Hannemanns Allé 18, 2300 Copenhagen S.

For further information see 5.5.1.

2.1.2. Team Leaders Meeting

Tuesday, December 12: 15.00-17.00

Meeting Room: Royal Square

Royal Arena, Hannemanns Allé 18, 2300 Copenhagen S.

2.1.3. Official Meeting

Tuesday, December 12: 17.00

Wednesday, December 13 to Sunday, December 17:

- Heats: 08.45

Wednesday, December 13:

- Finals: 15.45 (due to Opening Ceremony)

Thursday, December 14 to Sunday, December 17:

- Finals: 16.15

Meeting Room: Official Lounge

Royal Arena, Hannemanns Allé 18, 2300 Copenhagen S.

2.1.4. Official Championships Period

Wednesday, December 13 to Sunday, December 17:

- Heats: 09.30

- Finals: 17.00

Royal Arena

Hannemanns Allé 18, 2300 Copenhagen S.

[The full Championships schedule can be found in appendix 1, Championship Schedule](#)

2.1.5. Opening Ceremony

The Opening Ceremony will begin at 16.25 hours Wednesday, December 13 – just before the first semi-final.

Royal Arena

Hannemanns Allé 18

2300 Copenhagen S.

2.2. Organisation and Contact Information

2.2.1. Local Organizing Committee (LOC) Contact Details

E-mail: loc@svoem.dk

Website: <http://euroswim2017.com/>

2.2.2. Local Organizing Committee (LOC) Postal Address

Danish Swimming Federation
House of Sport
Broendby Stadion 20
2670 Broendby
Denmark

2.2.3. LOC Competition and Swimming Contact Person

Name: Jens-Christian Iversen
E-mail: jens-christian.iversen@forbo.com
Phone: +45 24 24 77 60

The detailed organization schedule can be found in Appendix 2, Local Organizing Committee

3. Arrival Information

3.1. Travelling to Denmark

Official Airport:

Copenhagen Airport
Lufthavnsboulevarden 6
2770 Kastrup

Official Metro Station:

Royal Arena is placed close to public transport and within a five minute walk of the nearest under-ground station (Oerestad Metrostation) from which you can reach the centre of Copenhagen (Noerreport) in 12 minutes.
Plan your trip at rejseplanen.dk

Taxi:

Taxa 4 x 35
Phone: +45 35 35 35 35

Dantaxi

Phone: +45 70 25 25 25

3.2. Transfer

The LOC will arrange transfer for all teams that have used the accommodation arrangements offered by LOC, and which arrives and leaves via Copenhagen Airport. For any further information, please visit our website <http://euroswim2017.com/>.

3.3. Accreditation

3.3.1. Accreditation Entry through the Online LEN System

Detailed information was made available to all Federations by LEN. In the team accreditation the following functions are available: President of Federation, Athlete, Team Staff and Team Doctor. Team Staff covers coaches, physiotherapists, chaperones etc. Team Press Officers must have applied for a media accreditation.

Accreditations will be ready for collection at the Accreditation Centre located at Oerestad Skoejte-hal, Hannemanns Allé 14AB, 2300 Copenhagen S. Once your team has arrived in Copenhagen, the Head of Delegation must go to the Accreditation Centre bringing the passports from every member of the delegation. Please be aware that all payments for accommodation must be settled before the accreditations will be handed out. Furthermore, data on accreditation will be compared to data on valid passports or identity cards of all participants and staff-members. It will speed up the accreditation process if you have all documents ready.

Please note: If accreditation cards are lost, it has to be reported immediately. New accreditations will only be released when the athlete or staff member present himself/herself at the Accreditation Centre with a valid passport or identity card. Renewal of accreditation cards costs € 100.

3.3.2. Access Control

Security staff will guard the Championships venue and its zones. It is mandatory to visibly wear the accreditation cards for all participants and staff at all times during both the training and Championships period. Security and accreditation control for entrance of the venue and inside the pool will be operational from Sunday, December 10. Athletes must present their accreditation cards when checking in at the Call Room where regular competition will be performed.

3.4. Accreditation Centre

The Accreditation Centre will be located at Oerestad Skoejtehal, Hannemanns Allé 14AB, 2300 Co-penhagen S. The Team Manager of each Federation must proceed to the Accreditation Centre upon arrival to the venue for the first time. For additional information in relation to the Accreditation Centre, please contact LOC at loc@svoem.dk.

At the Accreditation Centre you will be informed about:

1. Athletes entry and staff entry
2. National anthem and national flag* (only if not approved).
3. Accommodation information and accommodation fee payment
4. Transport arrangements
5. Training and competition arrangements
6. Contact information of LOC, Team Information Desk and Team Hosts.
7. Accreditation cards for the entire team**

**Delegations will be asked to give written approval for the correct short version of their national an-then and a correct image in colour of the national flag*

***It is mandatory to all Team Managers to present the valid passports of all delegation members, in order for the organizers to check the accreditation cards.*

A detailed Venue Plan can be found in Appendix 3, Venue Plan.

3.4.1. Team Hosts

At the official hotels, a Hotel Information Desk can be found.

The Hotel Information Desk will provide the following services for the National Federations:

1. Assistance with contact to the Team Information Desk and the LOC Organization regarding any matter associated with the Championships.
2. Transport request assistance.

4. Championships Venue

Royal Arena

The competition arena is the brand new Royal Arena, which can host up to 16,000 spectators at a concert setting. Due to the raised floor there will be room for about 6,500 spectators during the Short Course Championships.

The arena covers 35,000 square meters, which cover the arena floor, foyer, concession stands, office-spaces and much more. During the LEN European Short Course Championships 2017 it will have dressing rooms for swimmers and coaches, call rooms, a large press center, warm-up pool and individual massage rooms for all participating nations. Massage area adjacent to the training pool.

At the European Short Course Championships 2017, two temporary pools will be put up on the floor at Royal Arena – one for competition and one for warm-up and swim-down.

4.1. Competition Pool / Warm-up/Swim-down Pool

Competition pool:

Size: 25 m x 26 x 2 m (10 lanes)

Spectator capacity: 6,500

Warm-up / cool-down pool:

Size: 25 m x 15 m x 2 m (6 lanes)

4.1.1. Venue Address

Royal Arena, Hannemanns Allé 18, 2300 Copenhagen S.
Denmark



4.1.2. Transportation

From Monday, December 11 until and including Sunday, December 17, there will be shuttle service for transportation between the official Championships hotels and Royal Arena. Schedules will be available at the hotels and at the Team Information Desk.

4.1.3. Water Supply Point

Bottles of water will be handed out through water distribution points. The water distribution points will be located at team areas. The swimmers can also use their own drinking bottles or refill the bottles that will be handed out since tap water in Denmark can be drunk without hesitation.

5. General Championships Information

5.1. LEN Technical Swimming Committee

Chairman: Alfonso Wucherpfenning (ESP)

Vice Chairman: Craig Hunter (GBR)

Secretary: Andrea Thielenhaus (GER)

Members:

Tatiana Zhukova (BLR) Jens-Christian Iversen (DEN) Denis Cadon (FRA) Ville Riekkinen (FIN) Ivan Petrov (HUN) Gary Stoops (IRL) Thorunn Kristin Gudmundsdottir (ISL) Mireille Zimmer (LUX) Waldemar Kilian (POL) Erkan Mutlu (TUR) Sergiy Lyzak (UKR)

5.2. LEN Delegates

2017 European Short Course Swimming Championships

Technical Delegates: Craig Hunter (GBR) and Alfonso Wucherpfennig (ESP)

Referees: Andrea Thielenhaus (GER) and Ville Riekkinen (FIN)

Starters: Teresa Canalias (SPA) and Claus V. Sørensen (DEN)

Call Room Supervisor: Mireille Zimmer (LUX)

Control Room Supervisor: Sergiy Lyzak (UKR)

Announcers: Guy Dar (ISR)

Medical Delegates: Naama Constantini (ISR), Christer Magnusson (SWE)

Bureau Delegate: Jerzy Kowalsky (POL)

International officials:

Hans-Jörg Zamponi (AUT)	Luc Van Laere (BEL)	Tatiana Zhukova (BLR)
Lenka Nowakova (CZE)	Henriette Soelberg Jensen (DEN)	Jens Soelberg Jensen (DEN)
Lene Madegaard (DEN)	Bjørn Brander (DEN)	Charlotte Kert (DEN)
Claus V. Sørensen (DEN)	Jens Strandberg (DEN)	Paz Belenguer (ESP)
Dann Hjelm (FAR)	Nicolas Jaeger (FRA)	Jane Whittle (GBR)
David Downie (GBR)	Torsten Warner (GER)	Lilla Lukacs (HUN)
Gabriella Parkany (HUN)	Alison Gilbert (IRL)	Haraldur Hreggviðsson (ISL)
Björn Valdimarsson (ISL)	Barbara Caloi (ITA)	Deborah Maggi (ITA)
Saulius Binevicius (LTU)	Alice Catriona Boyd (NOR)	Unni Stensrud Hansen (NOR)
Tiago Marques (POR)	Vadim Akhmadiev (RUS)	Georgii Erokhin (RUS)
Gordana Indihar Velickovic (SLO)	Daniel Laube (SUI)	Jonas Aström (SWE)

5.3. Swimming Services Key Contacts

Competition Manager: Jens-Christian Iversen

Team Information Desk: Lise Møller

5.4. Rules and Regulations

The LEN Rules and Regulations (General Event Rules and the European Short Course Championships) are the applicable rules. In the LEN General Event Rules, E 1.2 it is stated that: "LEN Events shall be held in accordance with the Rules of FINA or such modifications thereof as stated in LEN Rules or as approved by the Bureau."

FINA Rules and Regulations can be found at the official FINA website, www.fina.org. These rules include FINA approved swimsuits.

[The Rules and Regulations can be found in Appendix 4, Rules and Regulations.](#)

5.4.1. Athletes' Uniform

All uniforms and personal equipment must adhere to LEN & FINA rules.

5.4.2. Advertising

Advertising is only permitted in accordance with the LEN rules and regulations.

5.4.3. Taping Approval

Taping is not allowed – unless the LEN Medical Delegates or the Referees have approved it prior to the start of the competition.

5.4.4. Victory Ceremonies

In accordance with the LEN General Event Rule E 19.2 (updated March 8, 2013), dress requirements for the Victory Ceremonies are:

1. Complete Federation tracksuit
2. Shoes
3. No national flags, banners etc. on the podium
4. Bibs must be worn fully visible

Please note: If an athlete is not present at the Victory Ceremony in accordance with this rule the Federation he/she is affiliated to shall be subject to a fine of € 200 payable to LEN.

5.5. Competition Program and Time Schedule

5.5.1. Training Schedule

December 10-12:

Sunday, December 10: **ONLY** Competition Pool: 09.00-20.00

Monday, December 11: Competition Pool: 08.00-12.00 and 14.00-20.00. Training Pool: 08.00-20.00

Tuesday, December 12: Competition Pool: 08.00-18.00. Training Pool: 08.00-20.00

Please note: There will not be any scheduled training periods assigned per Federation, however, in case of overcrowded swimming facilities the LOC will regulate the accessibility of the pools and might introduce an assigned time line.

5.5.2. Competition Program

December 13		Competition pool	Training pool
Morning	Warm-up Heats	07.15-9.15 09.30	07.15-13.00
Afternoon	Warm-up Finals	14.00-16.15 17.00	14.00-20.00
December 14		Competition pool	Training pool
Morning	Warm-up Heats	7.15-9.15 09.30	07.00-13.00
Afternoon	Warm-up Finals	14.00-16.45 17.00	14.00-20.00
December 15		Competition pool	Training pool
Morning	Warm-up Heats	7.15-9.15 09.30	07.00-13.00
Afternoon	Warm-up Finals	14.00-16.45 16.30	14.00-20.00

December 16		Competition pool	Training pool
Morning	Warm-up Heats	07.15-9.15 09.30	07.00-13.00
Afternoon	Warm-up Finals	14.00-16.45 17.00	14.00-20.00

December 17		Competition pool	Training pool
Morning	Warm-up Heats	07.15-9.15 09.30	07.00-13.00
Afternoon	Warm-up Finals	14.00-16.45 17.00	14.00-20.00

5.5.3. Swimming Program

Freestyle	50 m	100 m	200 m	400 m	800 m (women)	1500 m (men)
Breaststroke	50 m	100 m	200 m			
Butterfly	50 m	100 m	200 m			
Backstroke	50 m	100 m	200 m			
Individual Medley		100 m	200 m	400 m		
Freestyle relay	4x50 m					
Medley relay	4x50 m					
Freestyle relay mixed	4x50 m					
Medley relay mixed	4x50 m					

5.5.4. Prizes – Money and Awards

In addition to the medals awarded to 1st, 2nd, and 3rd placed swimmers and relays, the following prize money and awards will be presented.

- LEN shall pay prize money for the best performances during the Championships, based on the FINA points table; the top 12 Men and Women will receive prize money respectively, as follows (please note that only the one highest points score for each athlete will be considered):

- 1st €20 000
- 2nd €18 000
- 3rd €15 000
- 4th €12 000
- 5th €10 000
- 6th €8 000
- 7th €7 000
- 8th €6 000
- 9th €5 000
- 10th €4 000
- 11th €3 000
- 12th €2 000

Individual World Record bonus: €10 000

Individual European Record bonus: €5 000

All performances are considered (heats, semi-finals, and finals).

2. The Championships Trophy will be awarded to the Federation obtaining the highest number of points in all events, according to the following system:
In individual events:
- Places 1-10: 22, 20, 19, 18, 17, 16, 15, 14, 13, 12 points;
 - Places 11-20: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 points.
- In relay events: places 1-10: 40, 36, 34, 32, 30, 28, 26, 24, 22, 20 points.

5.5.5. Opening and Closing Ceremony

The Opening Ceremony will begin at 16.25 hours Wednesday, December 13 – just before the first semifinals and finals.

The Opening Ceremony will begin with three welcome speeches; first the Lord Mayor of Copenhagen, Mr Frank Jensen, next the president of the Danish Swimming Federation, Mr Kjeld Egebo Larsen, finally the LEN president, Mr Paolo Barelli. After the welcome speeches, the athletes (one from each delegation) will be marching in carrying their country's flag and a board with the name of their country. Athletes must remember to wear official team clothing. The athletes will be marching out and a show with performance, lights and music will begin.

5.6. Team Leaders Meeting

The Team Leaders Meeting for the competition is scheduled for December 12 at 15.00-17.00 at the venue (meeting room: Royal Square). The meeting will provide the Team Leaders with updated sport specific information.

All LEN Federations have to be represented. Failing to do so will be fined with € 100.
The meeting will be conducted in English.

Please note: This meeting is also a last opportunity of reviewing the Entry Lists by name. Team Leaders will be asked to check all entry data including times and the spelling of the athletes' names. Forms for Withdrawal and Substitution will be available at the meeting.

5.7. Team Information Desk

A Team Information Desk will operate at the venue, during all scheduled training and competition sessions from Sunday, December from 12 o'clock until and including Sunday, December 17.

It is the only point of distribution of all Championships related information including the following:

1. Distribution of start lists and results (only for National Federations)
2. Official communication with teams
3. Liaison between teams, LOC and LEN

To ensure that information is communicated efficiently and effectively to all teams, access to the Notice Boards will also be available for posting Championships updates and results.

5.7.1. Team Information Desk Opening Hours

Training, December 10-12: 08.00-20.30 (Tuesday from 7.30)

Competition, December 13-17: 07.15 and until 1 hour after finish of the morning sessions and finals.

6. Athlete Preparation

6.1. Warm-up, Cool Down & Training during Competition

During competition days, the training pool will be available from 07.15 hours to 20.00. The training pool is constantly available for warm-up and training (circle swimming) – with exception of the mid-day break: (60 min).

Competition pool: All lanes are circle swimming until 45 minutes prior to the end of the warm-up sessions. Special sprint lanes and backstroke start lanes will be assigned hereafter. Please follow the instructions from the pool deck volunteers, the announcer and safety marshalls regarding the schedules and use of sprint lanes.

The detailed time schedule can be found in Appendix 4, Time Schedule

6.1.1. Massage Area

An area has been appointed for teams to bring their own massage table to the competition venue. Each delegation will have a designated massage area appointed upon arrival. Teams are requested to assure order and cleanliness in this area.

6.2. Seating of Athletes

Seating of the athletes is positioned at section 103-104 and 116 at Royal Arena. The seating section will be clearly marked and supervised by service volunteers. All delegation members, swimmers and staff members are obliged to only use this area for seating. This will be the only area available for delegation members, swimmers and staff members. Seats will be assigned in two groups. Seating maps will be handed out to each Federation at the Team Information Desk. The athlete seats are easily accessible from the Training Pool.

6.2.1. Coaches Area

During competition the first row at the athlete seating will be allocated to coaches who have swimmers in the specific events. Coaches are instructed to only use this seating during races by their swimmers and not as permanent seating. Volunteers will supervise this.

6.3. Preparation for Competition

6.3.1. Information

Entry Lists and results

Preliminary Entry Lists will be made available at the Team Information Desk upon arrival.

Start lists and results will be available to all teams via the allocated pigeonholes of the National Federations in the Team Information Desk. In addition, start lists will be published on the appointed Information Boards.

Start lists and results are also available online

Start lists: <http://www1.len.eu/wp-content/uploads/2017/12/EntriesByEvent.pdf>

Results: http://copenhagen2017.microplustiming.com/index_web.php

Timelines

A preliminary timeline for the heats will be printed out on the daily heat sheets.

[Timelines for the final sessions can be found in Appendix 4, Time Schedule](#)

Correction and withdrawal

A LEN TSC Table will be operated by the LEN Meet Directors. The TSC table will be open 1,5 hours before the start of each session and will be located on the pool deck in front of timing.

The LEN TSC Table will have all forms required by the teams available and will resolve all matters pertaining to the competition including:

1. Swimming Relay Entry Card submission (to be submitted no later than one (1) hour before the start of the session).
2. Submission of competition specific information.
3. Submission of swimming withdrawals. Withdrawals from semi-finals and finals must be submitted no later than thirty (30) minutes after the event. Reserves must withdraw as well if they do not want to swim the event.
4. Specific enquiries from the Team Leaders concerning the conduct of the Championships.

Please note: Forms for Withdrawals, Relay Entry Cards, Substitution and Correction Cards and all Championships related forms will also be available at the Team Leaders Meeting.

All submissions have to be performed by a National Federation representative.

Protest

Before the competition session begins, all matters pertaining to the competition will be handled at the LEN TSC Table. In the event of a protest, Team Leaders have to take the matter to the LEN Meet Directors, who will take up the matter with the Referee.

Protests must be made in writing on the official form. The protests must be delivered to the LEN TSC Table no later than thirty (30) minutes after the event. A € 65 fee paid in cash must be submitted together with the protest.

6.3.2. Access to Pool Deck

The professional presentation of the pool deck during competition is of utmost importance. All athletes and team delegates are asked to respect the need of a clear pool deck during competition. Please ensure that only competing athletes are on the pool deck and comply with directions given by competition staff and volunteers. Access to the pool deck will be strictly limited to those persons with the correct accreditation. Further information relating to athlete and team delegates' pathways during competition, will be presented at the venue orientation at the Team Leaders Meeting.

6.3.3. Athletes' Clothing

Identification such as logos on swimwear e.g. swimsuits, caps and goggles, and pool deck equipment e.g. track suits, official's uniforms, footwear, towels and bags, are permitted in accordance with LEN Regulations. The name and flag of the country of the competitor or the country code shall not be regarded as advertisement.

6.4. Competition

6.4.1. Marshalling and Call Room Procedures

Athletes are to check in at the 1st Call Room, a minimum of 20 minutes before their scheduled competing time for Heats, Semi-Finals and Finals. All athletes have to present their accreditation card when entering the Call Room to enable marshalling supervision and procedures.

Call Room procedure

Call Rooms will be operated by marshalling volunteers under the direction of the LEN Call Room Supervisor. Within the marshalling area, there will be two (2) call rooms in operation:

1. 1st Call Room: All athletes must report here prior to their event.
2. Final Call Room: Athletes will be taken to this area prior to their entry onto the pool deck.

Accreditation collection

Call Room volunteers will collect the accreditation cards from the athletes in the Final Call Room. During pool entrance parade and introduction, the passes will be handed to the Accreditation and Doping Control Desk at the exit to the Mixed Zone.

LEN Bibs

Bibs will be used in Semi-Finals, Finals and Victory Ceremonies. Bibs will be distributed to athletes when they are taken to the Last Call Room prior to each semi-final or final and in the assembly area before the Victory Ceremonies. Bibs must be worn until the presentation is finished for the lane. The Bibs are to be worn on the chest over the tracksuit and the bibs must be fully visible during the athletes' introduction and Victory Ceremonies.

Please note: If a swimmer removes the bibs before a presentation has ended or before the completion of a Victory Ceremony, the swimmer will be subject to a fine according to LEN Rules.

6.4.2. Athlete Marching and Pool Deck Entry

Competitors will be escorted from the Last Call Room to the pool deck during Heats and Semi-finals. There will be a different procedure for Finals where athletes will be introduced by lane when leaving the Last Call Room. All athletes have to follow the instructions given by the Call Room or deck control volunteers and the procedures as described.

6.4.3. Athlete Introductions

All athletes are obliged to follow the instructions of the Call Room or deck control volunteers and to support the procedures to enable optimal media coverage and information transfer.

6.4.4. Athletes' Clothing

Clothing baskets will be situated on the pool deck beside each lane. After introduction of the athlete, the athlete should put his/hers belongings into the basket prior to the start of the race. Volunteers will collect the baskets after the start of each race and take the baskets to a location off the pool deck. The collection point of the belongings is located after the pool deck exit.

6.5. After Competition

6.5.1. Accreditation Collection

An Accreditation and Doping Control table will be located at the pool deck during competition. After completion of the Heat, Semi-Final or Final, the athletes have to leave the pool deck from the side nearest to their lane and if required, cross the start platform and report at the Accreditation Table. It is mandatory to all athletes to personally collect their accreditation at this table.

6.5.2. Doping Sample Collection

All athletes can be subject to doping control, which implies sample collection and testing throughout the Championships. LEN will select athletes for in-competition testing according to FINA Rules. An Accreditation and Doping Control Table will be located at the pool deck during competition. At the Accreditation and Doping Control Table athletes will be notified of their selection by a member of the staff of the LEN Medical Committee.

Athletes will be asked to submit to testing no later than sixty (60) minutes following the notification. However, if the athlete has another

event he/she should report immediately to the Doping Control table and get permission to swim the next event before submitting to testing. If an athlete is selected for testing a chaperone will be in possession of the athlete's accreditation card and will escort the athlete up until he/she reports to provide a sample.

Please note: If additional doping tests are required, Federations will be invoiced.

6.5.3. Mixed Zone

Following the events, athletes must exit the pool deck and go to the Mixed Zone to enable inter-views with the press. The Mixed Zone is located after the pool deck exit. Athletes are obliged to co-operate in the flash quote interviews taken by LEN Media Representatives.

Team Managers wearing a Mixed Zone card will be allowed to escort their swimmers in the Mixed Zone. The meeting point of the Team Managers and the swimmers is located after the pool deck exit.

6.5.4. Announcement Finals

Based on the results of Heats, the start lists for the Semi-Finals and Finals will be published. Publication will be performed via the electronic scoreboards announced by the speaker. In addition, hard copies of the start lists will be available on the assigned publication boards and at the Team Information Desk as soon as possible.

6.5.5. Withdrawal from Finals

Withdrawals from Semi-Finals and finals have to be submitted on official forms to the LEN TSC Table within thirty (30) minutes after announcement by the announcer and displayed on the scoreboard.

6.6. Medals and Victory Ceremonies

Medals will be awarded to the first three places both in individual and team final events. In team events, all members of the team participating in at least one part of the competition shall receive medals, but only those athletes who participated in the Final shall attend the Victory Ceremony and the presentation of the media. Reserves, if any, will receive their medal(s) via the Head of the Delegation or Team Leader at the Team Information Desk.

Athletes have to report in the ceremony assembly room at least ten (10) minutes before the expected start of the ceremony. Athletes are reminded to attend all Victory Ceremonies in their official National Federation tracksuit with appropriate footwear. Flags, banners and expressions of political or commercial nature are prohibited as per LEN rules. The assembly point is located at the ceremony-area, which is on the ground-level between the two massage areas.

Athletes will be briefed about the ceremony procedures in the assembly point and Bibs will be supplied and put on the appropriate way. Both at the start of the Victory Ceremonies as well as at its completion athletes will participate in the line-up and marching on. Following the presentation of medals, the national anthem, in a short version, of the gold medallist(s) will be played and the flags of the medallists' nations will be raised.

Diplomas are awarded to all finalists via the team's pigeon hole at the Team Information Desk as soon as possible after the Finals. Medallists will be escorted at the conclusion of the Victory Ceremony to the applicable athlete area.

Please note: When the competition results are finalized, those athletes who will participate in the Victory Ceremony but have been appointed for doping control will be escorted by doping Chaperones to the medal ceremony assembly room.

6.7. Medical and Bio Mechanical Procedures

6.7.1. Emergency Procedures

Within the competition venue there is a special emergency plan. In case of emergency, make your-self known to the appointed pool responsible person or volunteer. We kindly request you to take notice of the procedures and the instructions given in case of emergencies. In addition we trust you and all participants to support your fellow athletes and staff members to enable smooth and secure exiting of the pool and swimming stadium in case of an emergency. A gathering place would be announced in due time. In case of a medical emergency, the appointed pool staff will organize transportation of the affected person. Information on location of medical facilities and notification of required team support will be applied by the Team Information Desk.

6.7.2. Medical Services

Trained life guards will be on duty during training sessions. They will supervise and regulate all swimming and pool deck activities. First aid personnel will staff the first aid emergency room. First aid and limited medical facilities will be available at the First aid / Emergency room located near the pool deck. A Physician and an ambulance will be available on standby during all training and competition sessions.

6.7.3. Medical Insurance and Invoices

Federations are accountable for medical treatment of their team members. The LOC only facilitates the medical support. All medication, laboratory and x-ray analysis will have to be paid in cash to the applicable hospital administration.

6.7.4. Competition Analysis

There is not any possibility that team will use their own camera. The service is provided by LEN/Spiideo and there will be an area where the analysts of each team can get the video signal from Spiideo. LEN/Spiideo provides a setup with 8 pan-tilt-zoom cameras that tracks the swimmers in each lane. In addition, two cameras at each end of the pool, captures the start and the turns. Recordings can be accessed in two ways: Globally by the Spiideo web service: www.spiideo.net and the Spiideo app for iOS, where coaches and swimmers can access the videos using the account. Locally there will be an area where the analysts of each team can get the video signal from Spiideo. Videos are accessible minutes after the finish of the race.

7. Information about the City of Copenhagen

Copenhagen is the capital and most populous city of Denmark. The city has a population of 763,908, of whom 601,448 live in the Municipality of Copenhagen. The larger urban area has a population of approximately 1.3 million.

Originally a Viking fishing village founded in the 10th century, Copenhagen became the capital of Denmark in the early 15th century. Beginning in the 17th century it consolidated its position as a regional centre of power with its institutions, defences and armed forces. In the early 19th century when Nelson attacked the Dano-Norwegian fleet and bombarded the city, rebuilding during the Danish Golden Age brought a Neoclassical look to Copenhagen's architecture.

Since the turn of the 21st century, Copenhagen has seen strong urban and cultural development, facilitated by investment in its institutions and infrastructure. The city is the cultural, economic and governmental centre of Denmark.

The Danish capital is known as one of the most bicycle-friendly cities in the world, with bicycles actually outnumbering its inhabitants. In 2012 some 36% of all working or studying city-dwellers cycled to work, school, or university. With 1.27 million km including both residents and commuters, and 75% of Copenhageners cycling throughout the year. The city's bicycle paths are extensive and well used, boasting 400 kilometres

Great experience with sport events

Copenhagen has, over the last decade, developed a great reputation as a powerful partner in hosting some of the biggest international sports events and championships. We will continue to add to our reputation as the Sports City in Scandinavia with Royal Arena as Copenhagen's biggest indoor arena, which hosts up to 15.000 spectators for sporting events. Denmark has been a proud swimming nation for years, winning several medals from European, World and Olympic Championships. Therefore, it is a great pleasure to be hosting an important swimming event like the European Short Course Swimming Championships 2017 on Danish ground, and we're hoping that all delegates will enjoy their stay in our capital. Over the past few years the city has hosted great sports events such as World Archery Championships, European Volleyball Championships, European Handball Championships and World Half-marathon Championships, in addition to the yearly Copenhagen Marathon and Ironman Copenhagen. In the future, we are looking forward to hosting the IIHF World Ice Hockey Championships in Royal Arena, and the UEFA European Championships. For now, however, it is all about swimming!

Things to do in Copenhagen

Copenhagen has attractions and sights to suit every taste and interest – and most of them are within walking distance. The three most famous attractions in the city are most likely the more than 100-year old amusement park Tivoli Gardens, the statue of The Little Mermaid, and the freetown of Christiania.

But Copenhagen has a lot more to offer. With a history that dates back to 1043 the city is full of historic landmarks, significant buildings and interesting sights and museums. Be sure to visit Christiansborg Palace and enjoy a lunch or a cold beer in Nyhavn.

<http://www.visitcopenhagen.com/copenhagen/sightseeing/top-30-attractions>

Appendix I: Full competition schedule

Wednesday December 13	Thursday December 14	Friday December 15	Saturday December 16	Sunday December 17					
Heats	Heats	Heats	Heats	Heats					
9.30	9.30	9.30	9.30	9.30					
100 m Butterfly	M	200 m Free	M	100 m Breast	W	50 m Butterfly	M	50 m Free	W
50 m Breast	W	50 m Butterfly	W	50 m Free	M	50 m Back	W	50 m Back	M
50 m Breast	M	200 m Breast	M	200 m Back	W	100 m Free	M	200 m Breast	W
400 m IM	W	100 m Free	W	100 m Breast	M	200 m Free	W	200 m Butterfly	M
400 m Free	M	100 m Back	M	200 m Butterfly	W	100 m Butterfly	W	400 m Free	W
100 m Back	W	100 m IM	W	200 m IM	M	100 m IM	M	4x50 m Medley	M
200 m Back	M	400 m IM	M	4x50 m Free	W	200 m IM	M	4x50 m Medley	W
4x50 m Free	M	4x50 m Medley	Mix	4x50 m Medley		4x50 m Free	Mix	4x50 m Medley	
800 m Free	W	1500 m Free	M						

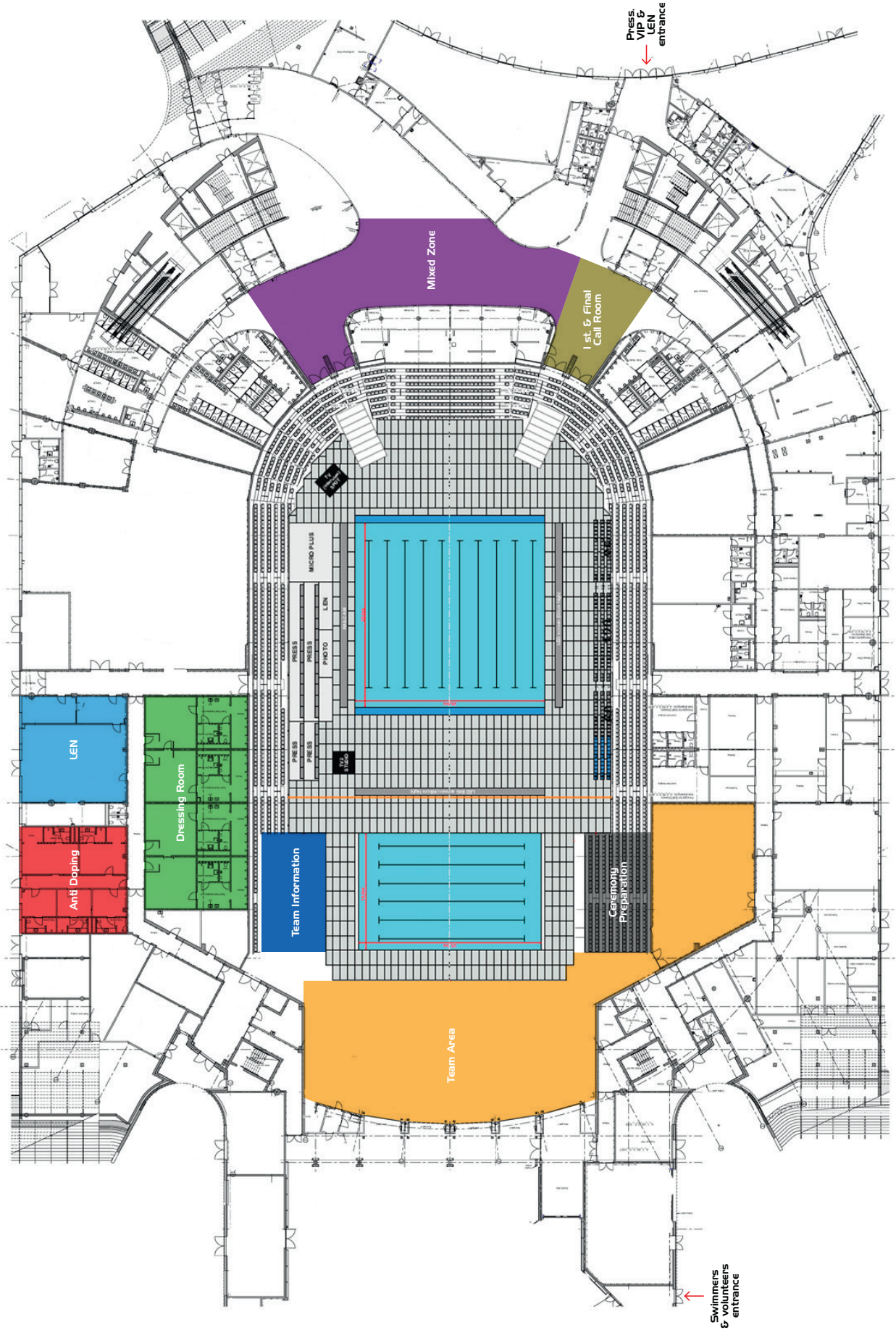
Semi-finals & Finals		Semi-finals & Finals		Semi-finals & Finals		Semi-finals & Finals		Semi-finals & Finals	
17.00		17.00		17.00		17.00		17.00	
50 m Breast - semi	M	50 m Butterfly - semi	W	50 m Free - semi	M	50 m Back - semi	W	50 m Free - semi	W
50 m Breast - semi	W	2000 m Free	M	100 m Free	W	50 m Butterfly - semi	M	50 m Back - semi	M
200 m Back	M	200 m Breast	M	100 m Breast - semi	M	100 m Breast	W	200 m Breast	W
400 m IM	W	100 m Free - semi	W	200 m Back	W	100 m Free - semi	M	100 m Free	M
400 m Free	M	400 m IM	M	200 m IM	M	200 m IM	W	100 m Butterfly	W
100 m Back - semi	W	100 m Back	W	200 m Butterfly	W	100 m IM - semi	M	100 m IM	M
100 m Butterfly - semi	M	100 m Back - semi	M	100 m Breast - semi	W	200 m Free	W	400 m Free	W
50 m Breast	W	100 m IM - semi	W	100 m Back	M	100 m Breast	M	200 m Butterfly	M
50 m Breast	M	100 m Butterfly	M	100 m IM	W	100 m Butterfly - semi	W	50 m Free	W
4x50 m Free	M	800 m Free	W	1500 m Free	M	50 m Butterfly	M	50 m Back	M
		50 m Butterfly	W	50 m Free	M	50 m Back	W	4x50 m Medley	W
		4x50 m Medley	Mix	4x50 m Free	W	4x50 m Free	Mix	4x50 m Medley	M



Appendix 2: LOC

Executive Event Manager	
Mads Bang Aaen	+45 2897 7842
Operations	
Accreditation: Lene Krüger	+45 6114 6042
Accommodation: Nanna Vildershøj Jensen	+45 5170 7825
Financial Manager: Lene Krüger	+45 6114 6042
VIP Hospitality: Mads Gerner Pedersen	+45 3035 6557
Catering: Tilde Kjær Kristensen	+45 2297 0811
Transport: Nanna Vildershøj Jensen	+45 5170 7825
Volunteers: Tilde Kjær Kristensen	+45 2297 0811
Venue Logistics: Mads Gerner Pedersen	+45 3035 6557
Partners Manager: Pia Holmen	+45 2920 6161
Marketing: Mads Gerner Pedersen	+45 3035 6557
Side Events: Tilde Kjær Kristensen	+45 2297 0811
Media & Marketing	
Media & Press: Nora Thomsen	+45 2149 0937
LOC TV Contact: Mads Bang Aaen	+45 2897 7842
Broadcast Manager: Lars Søndergaard (TV 2)	+45 5156 3272
Sport	
Competition Manager: Jens-Christian Iversen	+45 2424 7760
Team Information Desk: Lise Møller	+45 2013 7160
Medals & Victory Ceremony: Torben Jansen	+45 4254 9000
Medical Service & Doping Control: Sussanne Glasius	+45 2869 0680
Opening Ceremony: Mads Bang Aaen	+45 2897 7842
Venue	
Technical Manager: Carsten Frentz	+45 4033 0804
Pool: Myrtha Pools	
Timing & Scoring: MicroPlus	

Appendix 3: Venue Plan



Appendix 4: Rules and Regulations

General Event Rules: http://www1.len.eu/?page_id=600

EUROPEAN SWIMMING

SHORT COURSE CHAMPIONSHIPS

(UPDATED 7 MARCH 2015)

In addition to the LEN General Event Rules the following

REGULATIONS

shall apply:

ESC 1 ORGANISATION

ESC 1.1 The Championships shall be held every odd year.

ESC 1.2 The organising Federation and the place where the Championships will be held shall be decided by the LEN Bureau and circulated by the LEN Office.

ESC 1.3 Four (4) Delegates, one (1) to be appointed by the Bureau and three (3) by the LEN Technical Swimming Committee (LEN TSC), will be responsible for and supervise the organisation and the correct conduct of the competitions according to LEN Rules and Regulations. One of the TSC Delegates shall act as Control Room Supervisor in the Timing Room. In addition a TSC Clinic Co-Ordinator shall be appointed.

The Delegates will decide on all matters arising on site at the competition which require an immediate decision. The Delegates will decide on all matters arising on site at the competition which require an immediate

ESC 2 EVENTS AND PARTICIPATION

ESC 2.1 Events are (men and women):

- Freestyle 50 m, 100 m, 200 m, 400 m, 800 m (women only), 1500 m (men only);
- Breaststroke 50 m, 100 m, 200 m;
- Backstroke 50 m, 100 m, 200 m;
- Butterfly 50 m, 100 m, 200 m;
- Individual Medley 100 m, 200 m, 400 m;
- Freestyle Relay 4 x 50 m;
- Medley Relay 4 x 50 m;
- Mixed Relays 4 x 50 m Freestyle, 4 x 50 m Medley.

ESC 2.2 In individual events a maximum of four (4) entries per Federation and per event may be submitted.

Notwithstanding the times or places achieved in the heats, only the two (2) fastest swimmers of the respective Federation may:

- a) proceed to the semi-finals and/or finals;
- b) take part in a swim-off;
- c) be nominated as a reserve.

In any event where heats are not held a maximum of two (2) swimmers per Federation may take part in semi-finals, finals or timed finals.

ESC 2.3 In relay events one (1) entry per Federation and per event may be submitted.

ESC 2.4 The order of the events will be circulated by the LEN Office.

ESC 3 FORMAT

ESC 3.1 Standards and Lane placing

ESC 3.1.1 Entries will be accepted regardless of standards, but they shall include entry times. ESC 3.1.2 The entry time shall be taken from the LEN Ranking list.

Entry times achieved in 25m pools and 50m pools shall be accepted

Entry times shall not be older than fifteen (15) months prior to the first day of the swimming competition.

ESC 3.1.3 Lane placing for heats shall be:

- a) for individual swimming according to FINA Rules, based on the entry times;
- b) for relay heats and timed finals by draw.

ESC 3.1.4 Heats, Semi-Finals and Finals may be swum using 10 lanes.

ESC 3.2 Qualification System

ESC 3.2.1 In 50 m and 100 m events there shall be heats, semi-finals and finals.

ESC 3.2.2 In 200 m, 400 m and relay events there shall be heats and finals.

ESC 3.2.3 In 800 m and 1500 m events timed finals may be held.

ESC 3.2.4 Where semi-finals are held the qualifiers for the final will be 1st and 2nd in each semi-final together with the fastest times from the remaining swimmers in the semi-finals. In events without semi-finals, qualification for the final shall be based on times established in the heats in accordance with FINA Rules.

ESC 3.2.5 An individual swimmer or relay team qualified but not wishing to take part in a semi-final or final shall withdraw within 30 minutes from the end of the heats or semi-finals concerned; otherwise they shall be fined according to Rule E 17.6.

ESC 3.2.6 Reserves for semi-finals and finals are decided according to times established in the heats or semi-finals. In cases of withdrawal it is the responsibility of the team manager to ensure the reserve is present. A Federation failing to do so shall be fined according to E 17.6.

ESC 3.3 Relays

ESC 3.3.1 All swimmers entered for the Championships may swim in relays.

ESC 3.3.2 The composition of relay teams shall be declared in order of swimming no later than one hour before the commencement of the session in which the race will take place. In a case of emergency the referee on request in writing may accept changes up to the time of the start.

ESC 3.3.3 The composition of a relay team may be changed between heats and finals of an event.

ESC 3.3.4 In relay team events all participating members (including those who participated only in heats or semi-finals) of the teams finishing first, second and third shall qualify to receive medals but only the swimmers who participated in the finals shall attend the victory ceremony and media presentation.

ESC 4 ENTRIES

ESC 4.1 Preliminary Entries shall be submitted to the organising Federation, with copy to the LEN Office, no later than the date circulated by the LEN Office.

ESC 4.2 A Federation having made a Preliminary Entry may withdraw up to the date circulated by the LEN Office.

ESC 4.3 Named entries shall be submitted to the organising Federation, with copy to the LEN Office, no later than ten (10) days before the first day of the competition, if not announced otherwise.

ESC 4.4 Competitors who cannot prove identity and citizenship shall not be permitted to take part in the competitions.

ESC 5 ACCREDITATION

ESC 5.1 Federations entering the Championships will receive accreditation for:

- a) the President of the Federation;
- b) the Head of the Delegation;
- c) the entered competitors;
- d) one medical person;
- e) a second medical person if more than twenty competitors have been entered;
- f) one physiotherapist for up to 10 athletes entered, two for 10 to 20 athletes entered, three for 20 to 30 athletes entered, etc. g) team staff members:
 - 6 for up to 15 competitors;
 - 7 for up to 20 competitors;
 - 8 for more than 20 competitors.

ESC 5.2 The number of team staff members shall not exceed the number of competitors plus one.

ESC 5.3 Team staff members include everybody servicing the team: Team Leaders, Chaperones, Coaches, Physiotherapists, Interpreters, etc. (not officials such as judges, referees, etc.).

ESC 6 OFFICIALS

ESC 6.1 In addition to the Technical Delegates, two (2) referees, one (1) starter and one (1) announcer will be appointed by the LEN Technical Swimming Committee.

ESC 6.2 Federations may nominate one or two officials qualified on one of the current FINA Lists.

Nominations shall be submitted to the LEN Office no later than the date circulated by the LEN Office.

Officials approved by the Technical Swimming Committee are on the costs of the nominating Federation.

ESC 6.3 The organising Federation shall supply all other officials.

ESC 6.4 The LEN Technical Swimming Committee shall nominate the officials in charge for each competition day.

ESC 7 CHAMPIONSHIPS TROPHY

ESC 7.1 The Trophy shall be awarded to the Federation obtaining the highest number of points in both men's and women's events according to the following system:

a) in individual events using 8 lanes:

Places 1 - 8: 18,16,15,14,13,12,11,10 points;

Places 9 -16: 8,7,6,5,4,3,2,1 points.

b) in relay events using 8 lanes:

Places 1 - 8: 36,32,30,28,26,24,22,20 points.

c) in individual events using 10 lanes:

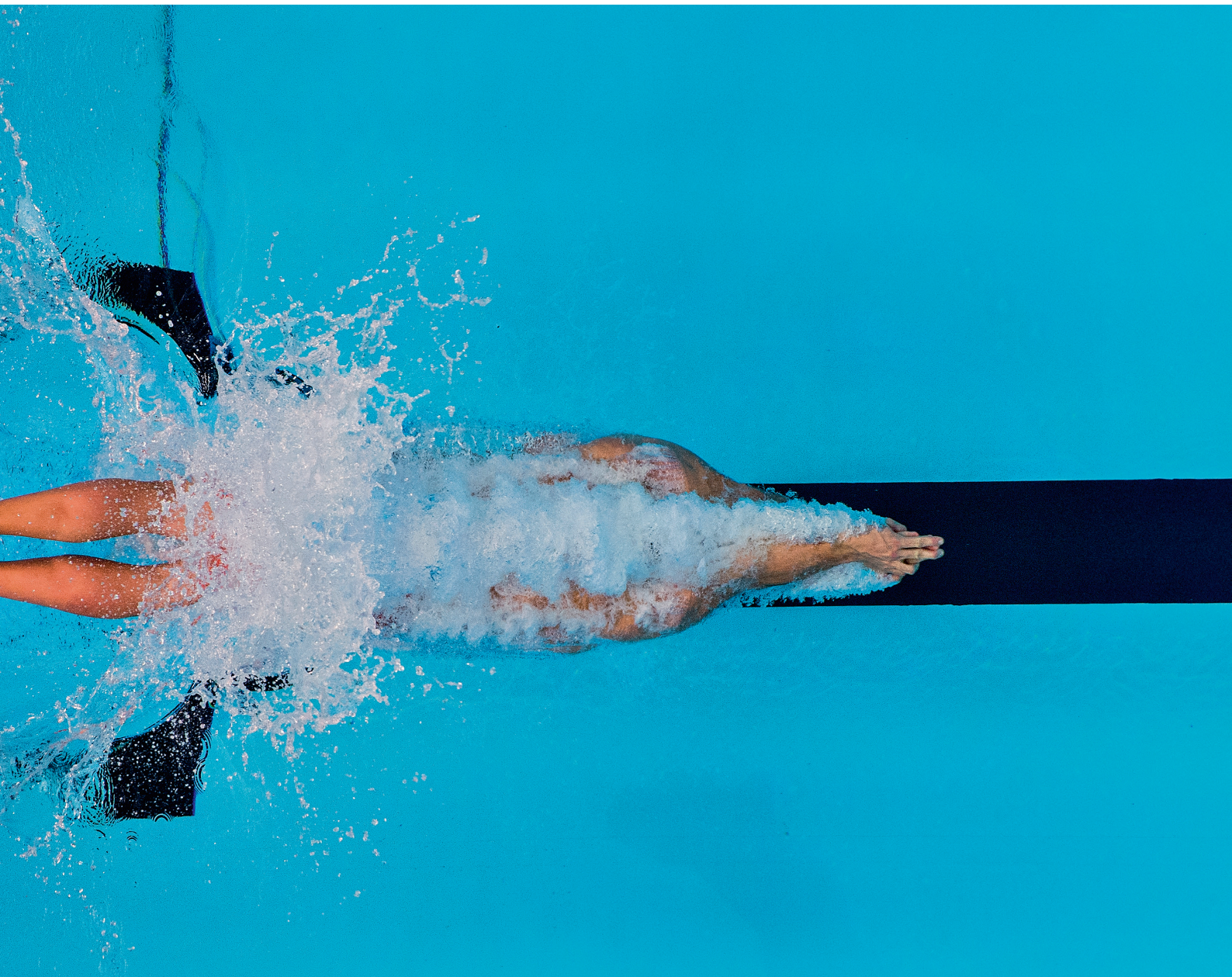
Places 1 - 10: 22,20,19,18,17,16,15,14,13,12 points;

Places 11 - 20: 10,9,8,7,6,5,4,3,2,1 points.

d) in relay events using 10 lanes:

Places 1 - 10: 40,36,34,32,30,28,26,24,22,20 points.

ESC 7.2 In case of a tie the highest points shall be awarded to each swimmer or relay team.



Appendix 5: Time Schedule (competition)

All timings are approximate and it is the responsibility of the competitor to ensure that he/she reports in good time to the Call Rooms at least 20 minutes prior to the times detailed below.

Wednesday, December 13

Morning Session:

07.15: Warm-up starts

09:15: Warm-up ends

09.30: Heats starts

Distance	Discipline	Sex
100 m	Butterfly	M
50 m	Breaststroke	W
50 m	Breaststroke	M
400 m	Ind Medley	W
400 m	Freestyle	M
100 m	Backstroke	W
200 m	Backstroke	M
4x50 m	Freestyle Relay	M
800 m	Freestyle	W

Afternoon session:

14.00: Warm-up starts

16.15: Warm-up ends

16.25: Opening ceremony

16.52: Introduction of programme

16.55: Officials marching in

Time	Distance	Discipline	Sex	Semi-final/final
17.00	50 m	Breaststroke	M	Semi-final
17.08	50 m	Breaststroke	W	Semi-final
17.16	200 m	Backstroke	M	Final
17.23	400 m	Ind Medley	W	Final
17.32	400 m	Freestyle	M	Final
17.41	200 m	Backstroke	M	Victory ceremony
17.48	100 m	Backstroke	W	Semi-final
17.57	400 m	Ind Medley	W	Victory ceremony
18.04	100 m	Butterfly	M	Semi-final
18.13	50 m	Breaststroke	W	Final
18.17	50 m	Breaststroke	M	Final
18.21	400 m	Freestyle	M	Victory ceremony
18.28	4x50 m	Freestyle	M	Final
18.35	50 m	Breaststroke	W	Victory ceremony
18.42	50 m	Breaststroke	M	Victory ceremony
18.49	4x50 m	Freestyle	M	Victory ceremony
18.59	End of session			

Thursday, December 14

Morning Session:

07.15: Warm-up starts

09.15: Warm-up ends

09.30: Heats starts

Distance	Discipline	Sex
200 m	Freestyle	M
50 m	Butterfly	W
200 m	Breaststroke	M
100 m	Freestyle	W
100 m	Backstroke	M
100 m	Ind Medley	W
400 m	Ind Medley	M
4x50 m	Medley Relay	Mix
1500 m	Freestyle	M

Afternoon session:

16.45: Warm-up ends

16.52: Introduction programme

16.27: Officials marching in

Time	Distance	Discipline	Sex	Semi-final/final
17.00	50 m	Butterfly	W	Semi-final
17.08	200 m	Freestyle	M	Final
17.15	200 m	Breaststroke	M	Final
17.22	100 m	Freestyle	W	Semi-final
17.31	200 m	Freestyle	M	Victory ceremony
17.38	400 m	Ind Medley	M	Final
17.47	200 m	Breaststroke	M	Victory ceremony
17.54	100 m	Backstroke	W	Final
17.59	100 m	Backstroke	M	Semi-final
18.08	400 m	Ind Medley	M	Victory ceremony
18.15	100 m	Ind Medley	W	Semi-final
18.24	100 m	Backstroke	W	Victory ceremony
18.31	100 m	Butterfly	M	Final
18.36	800 m	Freestyle	W	Final
18.48	50 m	Butterfly	W	Final
18.52	100 m	Butterfly	M	Victory ceremony
18.59	4x50 m	Medley	Mix	Final
19.06	800 m	Freestyle	W	Victory ceremony
19.13	50 m	Butterfly	W	Victory ceremony
19.20	4x50 m	Medley	Mix	Victory ceremony
19.30	End of session			

Friday, December 15

Morning Session:

07:15: Warm-up starts

09:15: Warm-up ends

9:30: Heats starts

Distance	Discipline	Sex
100 m	Breaststroke	W
50 m	Freestyle	M
200 m	Backstroke	W
100 m	Breaststroke	M
200 m	Butterfly	W
200 m	Ind Medley	M
4x50 m	Freestyle Relay	W

Afternoon session:

16:45: Warm-up ends

16.52: Introduction programme

16.55: Officials marching in

Time	Distance	Discipline	Sex	Semi-final/final
17.00	50 m	Freestyle	M	Semi-Finals
17.08	100 m	Freestyle	W	Final
17.13	100 m	Breaststroke	M	Semi-Finals
17.22	200 m	Backstroke	W	Final
17.29	100 m	Freestyle	W	Victory Ceremony
17.36	200 m	Ind Medley	M	Final
17.43	200 m	Butterfly	W	Final
17.50	200 m	Backstroke, Women	W	Victory Ceremony
17.57	100 m	Breaststroke	W	Semi-Finals
18.06	200 m	Ind Medley	M	Victory Ceremony
18.13	100 m	Backstroke	M	Final
18.18	200 m	Butterfly	W	Victory Ceremony
18.25	100 m	Ind Medley	W	Final
18.30	1500 m	Freestyle	M	Final
18.48	100 m	Backstroke	M	Victory Ceremony
18.55	50 m	Freestyle	M	Final
18.59	100 m	Ind Medley	W	Victory Ceremony
19.06	4x50 m	Freestyle	M	Final
19.12	1500 m	Freestyle	M	Victory Ceremony
19.19	50 m	Freestyle	M	Victory Ceremony
19.26	4x50 m	Freestyle	M	Victory Ceremony
19.36	End of Session			

Saturday, December 16

Morning Session:

07:15: Warm-up starts

09:15: Warm-up ends

09:30: Heats starts

Distance	Discipline	Sex
50 m	Butterfly	M
50 m	Backstroke	W
100 m	Freestyle	M
200 m	Freestyle	W
100 m	Butterfly	W
100 m	Ind Medley	M
200 m	Ind Medley	W
4x50 m	Freestyle Relay	Mix

Afternoon session:

16:45: Warm-up ends

16:52: Introduction programme

16:55: Officials marching in

Time	Distance	Discipline	Sex	Semi-final/final
17.00	50 m	Backstroke	W	Semi-Finals
17.08	50 m	Butterfly	M	Semi-Finals
17.16	100 m	Breaststroke	W	Final
17.21	100 m	Freestyle	M	Semi-Finals
17.30	200 m	Ind Medley	W	Final
17.37	100 m	Breaststroke	W	Victory Ceremony
17.44	100 m	Ind Medley	M	Semi-Finals
17.56	200 m	Freestyle	W	Final
18.03	200 m	Ind Medley	W	Victory Ceremony
18.07	100 m	Breaststroke	M	Final
18.12	100 m	Butterfly	W	Semi-Finals
18.21	200 m	Freestyle	W	Victory Ceremony
18.28	50 m	Butterfly	M	Final
18.32	100 m	Breaststroke	M	Victory Ceremony
18.39	50 m	Backstroke	W	Final
18.43	4x50 m	Freestyle	Mix	Final
18.50	50 m	Butterfly	M	Victory Ceremony
18.57	50 m	Backstroke	W	Victory Ceremony
19.04	4x50 m	Freestyle	Mix	Victory Ceremony
19.14	End of Session			

Sunday, December 17

Morning Session:

07:15: Warm-up starts

09:15: Warm-up ends

09:30: Heats starts

Distance	Discipline	Sex
50 m	Freestyle	W
50 m	Backstroke	M
200 m	Breaststroke	W
200 m	Butterfly	M
400 m	Freestyle	W
4x50 m	Medley Relay	M
4x50 m	Medley Relay	W

Afternoon session:

16:45: Warm-up ends

16.52: Introduction programme

16.55: Officials marching in

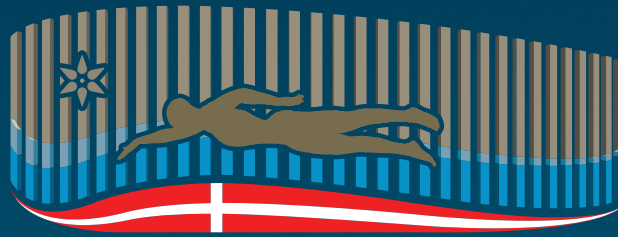
Time	Distance	Discipline	Sex	Semi-final/final
17.00	50 m	Freestyle	W	Semi-final
17.08	50 m	Backstroke	M	Semi-final
17.16	200 m	Breaststroke	M	Final
17.23	100 m	Freestyle	M	Final
17.28	100 m	<i>Butterfly</i>	W	<i>Victory ceremony</i>
17.33	100 m	Ind Medley	M	Final
17.38	200 m	<i>Breaststroke</i>	W	<i>Victory ceremony</i>
17.45	400 m	Freestyle	W	Final
17.54	100 m	<i>Freestyle</i>	M	<i>Victory ceremony</i>
18.01	200 m	Butterfly	M	Final
18.08	100 m	<i>Butterfly</i>	W	<i>Victory ceremony</i>
18.15	50 m	Freestyle	W	Final
18.19	100 m	<i>Ind Medley</i>	M	<i>Victory ceremony</i>
18.26	50 m	Backstroke	M	Final
18.30	400 m	<i>Freestyle</i>	W	<i>Victory ceremony</i>
18.37	200 m	<i>Butterfly</i>	M	<i>Victory ceremony</i>
18.44	4x50 m	Medley	W	Final
18.51	50 m	<i>Freestyle</i>	W	<i>Victory ceremony</i>
18.58	50 m	<i>Backstroke</i>	M	<i>Victory ceremony</i>
19.05	4x50 m	Medley	M	Final
19.13	4x50 m	<i>Medley</i>	W	<i>Victory ceremony</i>
19.20	4x50 m	<i>Medley</i>	M	<i>Victory ceremony</i>
19.31	Best performance awards and Team Trophy			



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