

SPANISH WINTER NATIONALS

“OPEN” SWIMMING CHAMPIONSHIP

Dates: 21st to 25th February 2024

Place: Sabadell (Barcelona)

Pool: Club Natació Sabadell “Can Llong”

- **Competition pool: 50m - 10 lanes**
- Training pool: 25m



Entries

- Every swimmer may enter in FIVE events, according the QUALIFYNG TIMES.
- Each team may enter one relay event, according to the QUALIFYING TIMES.
- Qualifying times must be swum in a 50m pool and electronic timekeeping system, **between 21st December 2022 to 04th February 2024.**
- Deadline: **Wednesday, 07th February, at 12PM.**
- Entries must sent to: janmarza@rfen.es / rfen@rfen.es (request excel form or file Lenex).
It is possible to register through [Swimrankings](https://www.swimrankings.net)
- Entry fees: 1 event 18€ - 2 events 27€ - following events 4€ (each one) / Relay: 19€
- **Entry lists will be published on 09th February.**

Contacts

TECHNICAL INFORMATION	Sergio de la Calle scalle@rfen.es
ENTRIES	Jose Manuel Almarza janmarza@rfen.es / rfen@rfen.es
ACCOMMODATION	VIAJES EL CORTE INGLÉS - Website Championships Official Agency sacvecisa@viajeseci.es

Program

DAYS	AM	PM
Wednesday 21.February.2024	50 Butterfly Women 50 Butterfly Men 200 Breaststroke Women 200 Breaststroke Men 50 Backstroke Women 50 Backstroke Men 400 Freestyle Women 400 Freestyle Men <i>4x100 Medley Mixed Junior</i>	Finals Morning Session <i>Junior D - C / B - A</i> 4x100 Medley Mixed
Thursday 22.February.2024	400 Ind. Medley Men 50 Freestyle Women 50 Freestyle Men 200 Backstroke Women 200 Backstroke Men <i>4x100 Freestyle Women Junior</i> <i>4x200 Freestyle Men Junior</i> 1500 Freestyle Women (slowest heats)	Finals Morning Session <i>Junior D - C / B - A</i> 1500 Freestyle Women (2 fastest heats) 4x200 Freestyle Men 4x100 Freestyle Women
Friday 23.February.2024	100 Butterfly Women 100 Butterfly Men 400 Ind. Medley Women 50 Breaststroke Men 50 Breaststroke Women <i>4x100 Freestyle Men Junior</i> <i>4x200 Freestyle Women Junior</i> 1500 Freestyle Men (slowest heats)	Finals Morning Session <i>Junior D - C / B - A</i> 1500 Freestyle Men (2 fastest heats) 4x200 Freestyle Women 4x100 Freestyle Men
Saturday 24.February.2024	200 Freestyle Men 100 Freestyle Women 200 Butterfly Men 200 Butterfly Women 100 Backstroke Men 100 Backstroke Women 200 Ind. Medley Men 800 Freestyle Women (slowest heats)	Finals Morning Session <i>Junior D - C / B - A</i> 800 Freestyle Women (2 fastest heats)
Sunday 25.February.2024	200 Freestyle Women 100 Freestyle Men 100 Breaststroke Women 100 Breaststroke Men 200 Ind. Medley Women <i>4x100 Medley Men Junior</i> <i>4x100 Medley Women Junior</i> 800 Freestyle Men (slowest heats)	Finals Morning Session <i>Junior D - C / B - A</i> 800 Freestyle Men (2 fastest heats) 4x100 Medley Women 4x100 Medley Men

* Junior Spanish Championship events (Not Open).

Estimated schedule

SESSION	Wednesday 21.February	Thursday 22.February	Friday 23.February	Saturday 24.February	Sunday 25.February
HEATS	09:30	09:30	09:30	09:30	09:30
FINALS	17:30 - 20:45	17:30 - 20:30	17:30 - 20:15	17:30 - 20:15	17:00 - 19:45

- End of qualifying sessions (heats): according to number of entries.
- **The final schedule will be published on Wednesday, 14th February.**
- Official trainings: the competition pool will be available from Monday, 19th February.
- The competition pool will be available 1h 45' before the start of each session.

Qualifying times

		MEN		WOMEN	
		SENIOR	2004 & YOUNGER	SENIOR	2004 & YOUNGER
FREE	50	00:23,85	00:24,30	00:26,85	00:27,10
	100	00:52,00	00:53,05	00:58,50	00:59,00
	200	01:53,75	01:56,50	02:07,00	02:07,50
	400	04:04,50	04:08,70	04:27,30	04:28,00
	800	08:28,00	08:37,60	09:05,90	09:07,00
	1500	16:19,00	16:28,00	17:30,00	17:34,00
BACK	50	00:27,65	00:28,15	00:30,95	00:31,15
	100	00:58,75	00:59,90	01:05,80	01:06,30
	200	02:09,50	02:11,00	02:22,55	02:23,10
BREAST	50	00:29,80	00:30,70	00:33,95	00:34,35
	100	01:05,75	01:06,65	01:14,50	01:14,95
	200	02:24,10	02:26,90	02:41,50	02:42,75
FLY	50	00:25,55	00:26,25	00:28,75	00:29,15
	100	00:56,05	00:57,00	01:03,90	01:04,60
	200	02:08,40	02:10,75	02:21,00	02:21,80
IM	200	02:09,20	02:10,85	02:24,00	02:24,80
	400	04:38,90	04:43,90	05:03,95	05:05,00

		Relay	Sum	Relay	Sum
FREE R.	4x100	03:30,10	03:31,90	03:55,00	03:56,80
	4x200	07:40,50	07:42,30	08:29,00	08:30,80
MEDLEY R.	4x100	03:54,75	03:56,55	04:23,70	04:25,50

		Relay	Sum
MEDLEY R.M.	4x100	04:09,20	04:11,00

* Relays: will be accepted official time in the relay event (Relay) or sum of the times of the four relievers (Sum).

Rules & Regulations

The competition will be conducted under World Aquatics 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 WAQ Rule SW.3. The rest will be swum on a timed final basis.
- During the morning sessions, the last 2 heats of 400 meters events, will be swum according to WAQ Rule SW.3. The rest will be swum on a timed final basis.
- Heat Declared Winner for 800 & 1500 events.

EVENTS	FINALS
50 Free, Back, Breast, Fly 100-200 Free, Back, Breast, Fly 200 Ind. Medley 400 Freestyle, Ind. Medley	4 FINALS: Junior D – C / B – A 8 fastest times in each final <i>* FINALS B - A:</i> <i>Not more than 2 foreign swimmers allowed</i>

EVENTS	HEAT DECLARED WINNER
800 - 1500 Freestyle	16 fastest times in Finals Session: First Heat Junior - Second Heat "Open" - all ages - <i>* Second Heat "Open"</i> <i>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. National teams will not be entitled to awards in relay events.

Doping

It will be regulated according to the specific rules of the Spanish Antidoping State Agency, the Royal Swimming Spanish Federation and World Aquatics.

Technical information

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