

Program

Friday afternoon 29/04/16

Warm-up : 16h00

Beginning of the races : 17h00

800 freestyle girls (3 heats)

1500 freestyle boys (3 heats)

400 medley girls and boys

50 backstroke girls and boys

50 butterfly girls and boys

50 freestyle girls and boys

50 breaststroke girls and boys

Saturday morning 30/04/16

Warm-up : 07h30

Beginning of the races : 08h30

400 freestyle girls and boys

200 backstroke girls and boys

200 butterfly girls and boys

100 breaststroke girls and boys

100 freestyle girls and boys

Saturday afternoon 30/04/16

Warm-up : 14h30

Beginning of the races : 15h30

Finals

400 freestyle girls and boys category : open

200 backstroke girls and boys category : 1;2;3 et 4

200 butterfly girls and boys category : 1;2;3 et 4

100 breaststroke girls and boys category : 1;2;3 et 4

100 freestyle girls and boys category : 1;2;3 et 4

400 medley girls and boys category : open

50 backstroke girls and boys category : open

50 butterfly girls and boys category : open

Relay 4x50 freestyle mixed

Sunday morning 01/05/16

Warm-up : 07h00

Beginning of the races : 08h00

200 freestyle girls and boys

100 backstroke girls and boys

200 breaststroke girls and boys

100 butterfly girls and boys

200 medley girls and boys

Sunday afternoon 01/05/16

Warm-up : 13h00

Beginning of the races : 14h00

Finals

200 freestyle girls and boys category : 1;2;3 et 4

100 backstroke girls and boys category : 1;2;3 et 4

200 breaststroke girls and boys category : 1;2;3 et 4

100 butterfly girls and boys category : 1;2;3 et 4

200 medley girls and boys category : 1;2;3 et 4

50 freestyle girls and boys category : open

50 breaststroke girls and boys category : open

Relay 4x50 medley mixed

Rules

1. Rules

The CIJ Meet Lux is organized in accordance with the rules of FINA and the Luxembourg Swim Federation. The organiser is SWIMMING LUXEMBOURG asbl. The organiser reserves the right to make programme changes if required.

2. Date and location of competition

The competition will take place from 29th April until 1st May 2016 at the indoor Olympic pool at Luxembourg-Kirchberg (50m x 25m, 10 lanes, 2m depth, water temperature 26°). A 6x50m training pool and a 4x25m warm-up pool are at the disposal of swimmers during the competition.

3. Age categories

The competition is open to boys born in 1996 and younger and to girls born in 1998 and younger.

-For the 100m and 200m distances, classification will be based on the following categories:

Boys	Girls
Category 1:1996/97	Category 1:1998/99
Category 2:1998/99	Category 2:2000/01
Category 3:2000/01	Category 3:2002/03
Category 4:2002 and younger	Category 4:2004 and younger

-For the 50m, 400m, 800m, 1500m and 4x50m relays, the swimmers are subject to open classification

4. Heats and finals

There will be heats in the 50m, 100m, 200m, 400m freestyle et 400m medley to qualify for the finals. The heats shall be made up according to the entry times without taking into account the age category. The heats are swum in 10 lanes.

After the 50m, 400m freestyle and 400m medley heats, the 8 best boys and 8 best girls from each race shall qualify for the finals, even if they have not reached the time standard. The 50m, 400m freestyle and 400m medley finals will be swum in open category in 8 lanes and will be subject to open classification (A Finals only).

After the 100m and 200m heats, the 8 best boys and 8 best girls from each category and race will have qualified for the finals, even if the time standard has not been reached. The 100m and 200m are swum by age category on 8 lanes and are subject to classification by age category. The sequence for finals starts with category 4 and finishes with category 1. If necessary, and in particular in the case of not enough qualifying for a race, 2 categories can be regrouped into one race. In this instance, the starting order will be determined by the qualifying times.

The 800m freestyle and 1500m freestyle are swum in open category in direct finals on 10 lanes and are subject to open classification. Series are limited to 3 per race for boys and girls respectively. We ask for proof of performance at a competition in a 50m pool in the year preceding the competition.

There will be direct finals in 8 lanes in the 4x50m freestyle and the 4x50m medley relays and open classification. The relays are mixed and must be composed of 2 girls and 2 boys.

Non-participation in a final must be declared to the competition office within an hour of announcement of the results of the series. A non-declared absence from a final will be sanctioned by a fine of 10 €. In the spirit of fair play towards all participants and all teams, the organiser appeals for any such cancellations to be done on time and in the correct way.

All swimmers will be mentioned on the results lists, even if the time standards have not been reached.

5. Entry deadline

The entry deadline for registration is **15th April 2016 at 8 p.m** at the secretariat of Swimming Luxembourg. Entries received after this date will not be taken into consideration.

To facilitate the registration procedure and reduce the risk of errors, participants are invited to send their entries via the LENEX file specially adapted for this competition. This file can be downloaded from www.cijmeet.lu (to use the LENEX file you must have the « Splash Entry Editor » programme which can also be downloaded from www.cijmeet.lu). Once the LENEX file has been filled out, please send it by e-mail to cij@swimming.lu.

Failing using the LENEX file, and in order to avoid any confusion, participants are invited to use either the EXCEL file, or the paper forms foreseen for this, which are also available on www.cijmeet.lu. Paper entry forms must be completed by machine or in capital letters.

Completed forms are to be sent to the following address :

SWIMMING LUXEMBOURG ASBL

P.O. Box 576

L-2015 Luxembourg

E-mail : cij@swimming.lu

Fax : +352 22 85 27

If a competitor from a team cannot participate, he can be replaced in the same race(s) by another competitor of the same age and from the same team. This change must be indicated to the office at least one hour before the start of the first part of the competition. Supplementary entries will not be accepted, even if the participant is already entered for other races.

6. Entry fee

Entry fees are 5€ for each individual race and 8€ for the relays. In the case of absence, there is no reimbursement.

All entry fees must be paid at the latest by 15th April 2016 to the Swimming Luxembourg bank account at « **BGL BNP Paribas** » **IBAN: LU15 0030 5366 6696 0000 (code SWIFT BGLLLULL) with the mention « CIJ Meet LUX ».**

7. Meals

Swimming Luxembourg proposes meals which can be taken at the National Sports Center. Meals can be ordered using the forms foreseen for this. Payment must be made by transfer before **15th April 2016** to the Swimming Luxembourg account referred to under Point No. 6 with the mention « **CIJ MENU** ».

8. Welcome desk

Teams are welcome from 12 midday on Friday, **29th April 2016** at the National Sports Center, d'Coque.

9. Prizes

In the 4 categories of the 100m and 200m races and in the open category of the 50m, 400m, 800m and 1500m and 4x50m relays, the first three will receive a medal provided that the time standard was reached in the final.

The first in each of the 50m races will receive a premium of 50 €.

The best performance girl and best performance boy (FINA grill) will receive a prize to the value of 250 €.

An award of 75 € will be given to a swimmer improving a Meet record.

10. Team classification

The « Félicien Hanrion Trophy » is automatically open to all teams participating at CIJ MEET LUX.

Team classification is based on all the results of all the races. To be considered, the time standards must have been reached.

The points will be attributed as follows :

1st - 13 pts 2nd - 8 pts 3rd - 5 pts 4th - 3 pts 5th - 2 pts 6th - 1 pt

For the team classification, the 50 best rankings of each team are taken into account (a maximum of 650 points can be attained). In the case of equality of points, the number of best rankings is taken into consideration.

The club which accumulates the highest number of points in the overall ranking receives the « Félicien Hanrion Trophy » Clubs ranked second and third will also receive a prize. The winning team benefits from 50 free starts (without entry fees) at the next edition, the team coming second gets 30 free starts and the team ranked third 20 free starts.

11. Results

The results will be available shortly after each race on www.cijmeet.lu. A team member can

download the results from the competition office on to a USB key. During the competition, the results will be displayed in two different places.

12. Judges and officials

All participating clubs are invited to nominate officials indicating their availability and their preferred domains.

For any information :
 SWIMMING LUXEMBOURG ASBL
 P.O. Box 576 - L-2015 LUXEMBOURG
 Tél. +352 22 85 28 - Fax +352 22 85 27
 e-mail : cij@swimming.lu
www.cijmeet.lu

Time standards

Girls				Races	Boys			
98-99	00-01	02-03	04 and younger		96-97	98-99	00-01	02 and younger
		30"13		50 freestyle			27"11	
1'04"16	1'07"35	1'11"87	1'20"32	100 freestyle	56"93	59"90	1'03"60	1'07"03
2'19"07	2'25"92	2'35"69	2'50"69	200 freestyle	2'05"56	2'12"10	2'20"25	2'27"82
		5'12"08		400 freestyle			4'47"18	
		10'14"42		800 freestyle				
				1500 freestyle			18'10"87	
		34"95		50 backstroke			31"43	
1'13"54	1'16"86	1'22"00	1'32"68	100 backstroke	1'04"66	1'08"03	1'12"23	1'16"12
2'37"24	2'44"32	2'55"33	3'15"88	200 backstroke	2'21"46	2'28"33	2'38"01	2'46"53
		38"61		50 breaststroke			34"55	
1'22"25	1'26"29	1'32"07	1'42"28	100 breaststroke	1'12"67	1'16"46	1'21"18	1'25"56
2'55"45	3'04"82	3'17"20	3'32"20	200 breaststroke	2'37"75	2'45"97	2'56"21	3'05"71
		32'50		50 butterfly			29"54	
1'11"29	1'14"35	1'19"33	1'29"30	100 butterfly	1'02"91	1'06"19	1'10"28	1'14"07
2'36"70	2'43"47	2'54"42	3'15"40	200 butterfly	2'19"83	2'27"12	2'36"19	2'44"62
2'40"34	2'47"81	2'59"05	3'17"05	200 medley	2'22"53	2'29"96	2'39"21	2'47"80
		5'43"54		400 medley			5'14"20	