

Welcome to Speedo Helsinki Swim Meet at Mäkelänrinne swimming center 5.-6.4.2022
at Mäkelänkatu 49, Helsinki, Finland.

Competition schedules and entry lists can be found here

<https://livetiming.fi/index.php?cid=6565&session=1>

Competition office is located at the swimming center main entrance in the ground level. Teams will receive accreditations and competition material upon arrival to the swimming center. Team leaders are asked to give your contact information (mobile) to the competition office!

Competition sessions:

A-heats at 9.00 (50&100m 4 heats, 200+ 3heats)
B-heats at 11.45

B-finals at 15.15
A-finals at 17.00

Warm-up times in the competition pool are

- Monday at 17.00-20.00
- Tuesday & Wednesday 07.30-08.50, approx. 11.00-11.40, 13.30-15.05 and approx. 16.10-16.50.

During the competition, you can use the diving pool (6 lanes x 25 meters) for warm-up/cool down.

Team leaders meeting will take place at Mäkelänrinne swimming center on Monday at 17.00.

Scratches for the first heats on Tuesday must be made on Monday by 18.00 o'clock at the latest to the livetiming application and for Wednesday heats by Tuesday at 18.00 o'clock. Scratches for finals must be made at the latest 30 minutes after ending of the morning heats to the technical delegate desk at the pool level.

Swimmers must report in the call room at the latest 10 minutes before their event. Overhead starts are used in the morning heats.

Results can be found at

<https://livetiming.fi/results.php?cid=6565&session=1>

Team physio's are given assigned space to work at at the sports center.

Tap water is safe to drink!

Remember to maintain good hand hygiene and wear face mask!