



CIRCUIT CATALÀ DE TROFEUS DE NATACIÓ

XXII TROFEU DE NATACIÓ CIUTAT DE TERRASSA

XV TROFEU IN MEMORIAL JAUME CARDELLACH



1. **SWIMMING CLUB TERRASSA** organises the “**XXII TERRASSA CITY TROPHY**” and the “**XV JAUME CARDELLACH MEMORIAL TROPHY**”, together with the Catalan Open Senior Swimming Championships.
2. **The competition** will take place on **January the 20th, 21st and 22nd 2012** in morning and afternoon sessions, at Swimming Club Terrassa’s sport facilities **50 meters pool**.
3. **This Trophy is Open**. Swimmers must prove the qualifying times which are specified in the Catalan Open Senior Championships rules.
4. **The competition will be only in senior category**, but younger swimmers can take part in it.
5. Competition program:

January the 20 th 2012						
Morning 9:30 hours				Afternoon 16:30 hours		
1.	200 m.	Freestyle Men	Preliminaries	50 m.	Butterfly Men	Semi-finals
2.	200 m.	Freestyle Women	Preliminaries	50 m.	Butterfly Women	Semi-finals
3.	200 m.	Breaststroke Men	Preliminaries	200 m.	Freestyle Men	Final
4.	200 m.	Breaststroke Women	Preliminaries	200 m.	Freestyle Women	Final
5.	50 m.	Butterfly Men	Preliminaries	200 m.	Breaststroke Men	Final
6.	50 m.	Butterfly Women	Preliminaries	200 m.	Breaststroke Women	Final
7.	100 m.	Backstroke Men	Preliminaries	100 m.	Backstroke Men	Final
8.	100 m.	Backstroke Women	Preliminaries	100 m.	Backstroke Women	Final
9.	1500 m.	Freestyle Men	Slow heats	50 m.	Butterfly Men	Final
10.	800 m.	Freestyle Women	Slow heats	50 m.	Butterfly Women	Final
11.	4x100 m.	Freestyle Men Relay	Slow heats	1500 m.	Freestyle Men	Fast heat
12.	4x100 m.	Freestyle W Relay	Slow heats	800 m.	Freestyle Women	Fast heat
				4x100 m.	Freestyle Men Relay	Fast heat
				4x100 m.	Freestyle W Relay	Fast heat





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January the 21 st 2012						
Morning 9:30 hours			Afternoon 16:30 hours			
13.	400 m.	Freestyle Men	Slow heats	400 m.	Freestyle Men	Fast heat
14.	400 m.	Freestyle Women	Slow heats	400 m.	Freestyle Women	Fast heat
15.	50 m.	Freestyle Men	Preliminaries	50 m.	Freestyle Men	Semi-final
16.	50 m.	Freestyle Women	Preliminaries	50 m.	Freestyle Women	Semi-final
17.	200 m.	Backstroke Men	Preliminaries	200 m.	Backstroke Men	Final
18.	200 m.	Backstroke Women	Preliminaries	200 m.	Backstroke Women	Final
19.	100 m.	Butterfly Men	Preliminaries	100 m.	Butterfly Men	Final
20.	100 m.	Butterfly Women	Preliminaries	100 m.	Butterfly Women	Final
21.	100 m.	Breaststroke Men	Preliminaries	100 m.	Breaststroke Men	Final
22.	100 m.	Breaststroke Women	Preliminaries	100 m.	Breaststroke Women	Final
23.	400 m.	IM Men	Slow heats	50 m.	Freestyle Men	Final
24.	400 m.	IM Women	Slow heats	50 m.	Freestyle Women	Final
25.	4x200 m.	Freestyle Men Relay	Slow heats	400 m.	IM Men	Fast heat
26.	4x200 m.	Freestyle W Relay	Slow heats	400 m.	IM Women	Fast heat
				4x200 m.	Freestyle Men Relay	Fast heat
				4x200 m.	Freestyle W Relay	Fast heat

January the 22 nd 2012						
Morning 9:30 hours			Afternoon 16:30 hours			
21.	100 m.	Freestyle Men	Preliminaries	50 m.	Backstroke Men	Semi-final
28.	100 m.	Freestyle Women	Preliminaries	50 m.	Backstroke Women	Semi-final
29.	200 m.	Butterfly Men	Preliminaries	50 m.	Breaststroke Men	Semi-final
30.	200 m.	Butterfly Women	Preliminaries	50 m.	Breaststroke Women	Semi-final
31.	50 m.	Backstroke Men	Preliminaries	100 m.	Freestyle Men	Final
32.	50 m.	Backstroke Women	Preliminaries	100 m.	Freestyle Women	Final
33.	50 m.	Breaststroke Men	Preliminaries	200 m.	Butterfly Men	Final
34.	50 m.	Breaststroke Women	Preliminaries	200 m.	Butterfly Women	Final
35.	200 m.	IM Men	Preliminaries	200 m.	IM Men	Final
36.	200 m.	IM Women	Preliminaries	200 m.	IM Women	Final
37.	800 m.	Freestyle Men	Slow heats	50 m.	Backstroke Men	Final
38.	1500 m.	Freestyle Women	Slow heats	50 m.	Backstroke Women	Final
39.	4x100 m.	Medley Men Relay	Slow heats	50 m.	Breaststroke Men	Final
40.	4x100 m.	Medley Women Relay	Slow heats	50 m.	Breaststroke Women	Final
				800 m.	Freestyle Men	Fast heat
				1500 m.	Freestyle Women	Fast heat
				4x100 m.	Medley Men Relay	Fast heat
				4x100 m.	Medley Women Relay	Fast heat

6. Entries must be sent by email to the **Catalan Swimming Federation's email address:** natacio@natacio.cat

7. **Entries deadline:** The deadline to send the entries is on **January the 11th 2012** at 12:00 PM.





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- Entries must be done with the official entry sheet which you can find it at our web site: www.natacio.cat
- Each swimmer is able to take part in a maximum of six (6) individual events (2 events per day), **provided that they proved the qualifying times in each event entered.**

8. Competition rules:

- ONE START rule will be applied for all competition.
- All the events will be swum in 10 lanes.

9. **Withdraws:** Withdraws have to be informed at most 30 minutes before the beginning of each session.

10. Punctuation system

- The Catalan Swimming Tour of Trophies' punctuation will be as follow: 10, 8, 6, 5, 4, 3, 2 and 1 point.
- In case of equal times, we will sum the points to be distributed and the result of the sum will be divided among the number of swimmers tied.

11. Awards

- Trophy for the best individual male and female achievements based on the FINA point table, which assesses the time results.
- The first club classified according to the total punctuation will be awarded with the **“XX TERRASSA CITY TROPHY”**. In case of a tie in the final classification with two or more clubs, the winner club will be the one with more victories in the individual male and female events.
- The first club classified in the 4x100 m. Medley Relay male and female events will be awarded each one with prize-money of **€200** and as well with the **“XV JAUME CARDELLACH MEMORIAL TROPHY”**.

NOTE: It is **OBLIGED** for the awarded swimmers to go to the podium with the Club's official dress.

12. Any non seen contingency in these Regulations will be solving according to the Catalan Swimming Trophies Tour General Rules, or falling him, the actual Technical Rules.

Terrassa, January the 4th 2012

