Anouchka Martin, qualifiée aux JO 2021
relais 4x100m nage libre

21, 22, 23 OCTOBRE 2022 · LA PRESQU'ILE

SOIRÉE DE GALA : SAMEDI 22 OCTOBRE

C.O SAINT-DIZIER NATATION

www.cosd-natation.fr
cosd.natation@free.fr ou 03 25 05 23 07
www.saint-dizier.fr

OMS DE SAINT-DIZIER
OFFICE MUNICIPAL DES SPORTS

Saint-Dizier Der & Blaise Agglomération · Haute Marne le Département · La Région Grand Est · Fédération Française Natation · Natation Grand Est · arena · Vert Marine

PROGRAM

Friday, October 21th 2022

Evening:

Opening:	4:00 pm
Call of the officials and jury:	4:15 pm
Evacuation of the pool:	5:20 pm
Start of the events:	5:30 pm

1 - 50 m Butterfly Women	**heats**
2 - 50 m Butterfly Men	**heats**
3 - 50 m Backstroke Women	**heats**
4 - 50 m Backstroke Men	**heats**
5 - 800 m Freestyle Women	**3 heats**
6 - 1500 m Freestyle Men	**3 heats**

End of the events: 20h00 at the latest

FÉDÉRATION FRANÇAISE NATATION

Saturday, October 22nd 2022

Morning:

Opening:	7:45 am
Call of the officials and jury:	8:00 am
Evacuation of the pool:	9:05 am
Start of the events:	9:15 am
7 - 400 m Freestyle Women	**heats**
8 - 400 m Freestyle Men	**heats**
9 - 50 m Breaststroke Women	**heats**
10 - 50 m Breaststroke Men	**heats**

15 MINUTE BREAK

11 - 200 m Backstroke Women	
12 - 200 m Backstroke Men	
13 - 100 m Medley Women	**heats**
14 - 100 m Medley Men	

End of the tests: 12:15 at the latest

Afternoon:

Opening:	2:15 pm
Call of the officials and jury:	2:45 pm
Evacuation of the pool:	3:35 pm
Start of the events :	3:45 pm
15 - 200 m Butterfly Women	
16 - 200 m Butterfly Men	
17 - 100 m Freestyle Women	**heats**
18 - 100 m Freestyle Men	**heats**

15 MINUTE BREAK

19 - 200 m Breaststroke Women	
20 - 200 m Breaststroke Men	

End of the events: 6:15 pm at the latest

FÉDÉRATION FRANÇAISE NATATION

EVENING SHOW

Opening:	7:00 pm
Call of the officials and jury:	7:30 pm
Evacuation of the pool:	8:05 pm
Start of the events:	8:15 pm

21 - Artistic Swimming

22 - Final A 50 m Butterfly Women
23 - Final A 50 m Butterfly Men
24 - Final A 50 m Backstroke Women
25 - Final A 50 m Backstroke Men
26 - Final A 50 m Breaststroke Women
27 - Final A 50 m Breaststroke Men
28 - Final A 400 m Freestyle Women
29 - Final A 400 m Freestyle Men

30 - Artistic Swimming

31 - Final A 100 m Medley Women
32 - Final A 100 m Medley Men
33 - Final B 100 m Freestyle Women
34 - Final B 100 m Freestyle Men
35 - Final A 100 m Freestyle Women
36 - Final A 100 m Freestyle Men

37 -Artistic Swimming

FÉDÉRATION FRANÇAISE NATATION

Sunday, October 23, 2022

Morning:

Opening:	8:00 am
Call of the officials and jury:	8:30 am
Evacuation of the pool:	9:20 am
Start of the events:	9:30 am

38 - 400m Medley Women
39 - 400 m Medley Men
40 - 100 m Backstroke Women
41 - 100 m Backstroke Men

15 MINUTE BREAK

42 - 100 m Breaststroke Women
43 - 100 m Breaststroke Men
44 - 50 m Freestyle Women
45 - 50 m Freestyle Men

End of the tests: 12:15 at the latest

Afternoon:

Opening:	1:45 pm
Call of the officials and jury:	2:00 pm
Evacuation of the pool:	2:50 pm
Start of the events :	3:00 pm

46 - 1500 m Freestyle Women (1 heat)
47 - 800 m Freestyle Men (1 heat)
48 - 100 m Butterfly Women
49 - 100 m Butterfly Men
50 - 200 m Freestyle Women
51 - 200 m Freestyle Men

15 MINUTE BREAK

52- 200 m Medley Women
53- 200 m Medley men

End of the events: 5:45 pm at the latest / Award ceremony

FÉDÉRATION FRANÇAISE NATATION

ORGANIZATION:

Organizing club: C.O. SAINT-DIZIER NATATION
Location: Saint-Dizier's nautical center
(La Presqu'île)
- Pool 25m X 21m (8 lanes)
- Recovery pool 20m (4 lanes)
- Water temperature : 26,8° C
- Water PH : 8

AGE CATEGORIES :

- Girls born in 2007 - 2008
- Boys born in 2006 - 2007
- Girls born in 2005 - 2006
- Boys born in 2004 - 2005
- Girls all categories
- Boys all categories

The heats will be done on the times (of all pools), all categories included.
Finals A TC on 50m butterfly, 50m backstroke, 50m breaststroke, 100m medley and 400m freestyle. A and B TC finals on 100m freestyle.
In case of technical difficulties or timetable, the organizing club reserves the right to modify the program and to limit the number of participants in some events. The first heats of the 800 and 1500m freestyle may be swum at the end of the meeting.

REWARDS:

- Cup to the first three of each event by age category.
- Rewards to the podiums of all categories.
- 1st 125 euros, 2nd 75 euros, 3rd 50 euros.
- Reward to the girl and the boy having succeeded the best performance in the FFN rating table.
Girls category 2005 - 2006, and category 2007 - 2008.
Boys category 2004 - 2005, and category 2006 - 2007

PRICE :

The eight best swimmers in the FFN rating table (8 women and 8 men) will be reimbursed for their travel expenses:

1st :450 Euros / 2nd : 350 Euros / 3rd : 250 Euros / 4th :200 Euros
5th : 175 Euros / 6th : 150 Euros / 7th : 125 Euros / 8th : 100 Euros

FÉDÉRATION FRANÇAISE NATATION

COMMITMENTS:

Entries must be made on Extranat
BEFORE FRIDAY OCTOBER 7, 2022 MIDNIGHT

Special requests should be addressed to Sandrine Jore at sandrine.jore.59@gmail.com, with a copy to Arnaud Massart cosd.natation@free.fr.

- 8 euros per entry.
- 90 euros for application-fees, with 60 euros reimbursed in the days following the meeting if the registration times have been achieved and if the officials have been presented by the club.
- 5 Euros will be retained for each unrealized entry time for the 50, 100 and 200 m.
- 8 Euros for the 400 m (NL and 4N) if the overrun is < 5%.
- 15 Euros for the 400 m (NL and 4N) if overrun > 5% and for the 800/1500 m freestyle if overrun < 5%.
- 30 Euros for the 800/1500m if overrun > 5% or withdrawal.
- 15 Euros per meeting and per missing official up to 90 Euros
- No refund in case of withdrawal (7 Euros will be retained).

- **1 OFFICIAL FOR LESS THAN 8 SWIMMERS**
- **2 OFFICIALS FOR 8 SWIMMERS AND MORE**

- **Cheque or transfer to the order of C.O. Saint-Dizier NATATION.**

IBAN (International Bank Account Number)	BIC (Bank Identification Code)
FR76 1027 8020 0100 0202 2444 009	CMCIFR2A

Account Owner : C.O.SAINT-DIZIER NATATION

For more information, please contact :
M. Arnaud MASSART - 06.07.66.41.43

FÉDÉRATION FRANÇAISE NATATION

Comitment times

Femmes					Hommes		
2007-2008	2005-2006	2004 et Avant	EPREUVES		2003 et Avant	2004-2005	2006-2007
30''50	29''75	28''95	*50 m Nage Libre*		25''25	26''25	27''90
1'05''25	1'03''95	1'01''50	*100 m Nage Libre*		54''25	57''50	59''50
2'18''50	2'15''75	2'11''50	*200 m Nage Libre*		1'57''50	2'04''00	2'11''00
4'49''00	4'41''00	4'31''75	*400 m Nage Libre*		4'09''50	4'20''00	4'34''00
9'54''50	9'38''50	9'15''50	*800 m Nage Libre*	*1500 m Nage Libre*	16'20''00	17'10''00	17'57''00
Les 8 meilleurs temps			*1500 m Nage Libre*	*800 m Nage Libre*	Les 8 meilleurs temps		
34'00	33'50	33'25	50 m Dos		29'50	30'00	31'00
1'13''75	1'11''75	1'09''00	*100 m Dos*		1'01''50	1'04''75	1'07''50
2'35''50	2'31''50	2'26''50	*200 m Dos*		2'11''50	2'18''50	2'26''50
37'00	36'50	36'25	*50m Brasse*		31'50	32'50	33'00
1'22''00	1'20''00	1'17''00	*100 m Brasse*		1'07''50	1'11''50	1'14''50
2'55''00	2'50''75	2'44''00	*200 m Brasse*		2'24''50	2'31''75	2'40''50
32'50	32'00	31'50	50 m Papillon		27'25	28'00	28'50
1'11''50	1'09''50	1'06''50	*100 m Papillon*		59''00	1'02''50	1'05''00
2'34''00	2'31''00	2'25''50	*200 m Papillon*		2'10''00	2'16''75	2'25''00
1'14	1'13''00	1'12''50	100 m 4 Nages		1'05''50	1'06''50	1'07''50
2'38''00	2'33''75	2'28''50	*200 m 4 Nages*		2'13''00	2'20''00	2'28''00
5'33''00	5'20''50	5'09''75	*400 m 4 Nages*		4'39''25	4'51''50	5'09''00

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COMMITMENT FORM

To be returned by: September 17th, 2022

CLUB : .....

Will participate ☐ Will not participate ☐

To the 30th INTERNATIONAL MEETING of SAINT DIZIER
on October 21, 22 and 23, 2022

THE CLUB'S CONTACT INFORMATION :

NAME: .....
ADDRESS: .....
EMAIL .....
PHONE NUMBER.....

NUMBER OF THE SWIMMERS: .....

FÉDÉRATION FRANÇAISE NATATION

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