

Invitation

**RACE
DAYS**

Sustainable
Swimfestival
Dortmund

SV Westfalen

Dortmund von 1896 e.V.

Be ready! It's

DAY!

MARCH 1ST - 2ND 2025
SÜDBAD DORTMUND

NOMINIERT



Deutscher
Nachhaltigkeitspreis
Sport 2025



Swim Race Days: Sustainable competition spirit from Dortmund

SV Westfalen Dortmund would also like to promote the topic of sustainability in its own club life. Here the club was supported by Dortmund Master's students from the "Sports Management" course at the International School of Management (ISM) who, as part of a practical seminar, developed a concept for the short- and sustainability of the popular competition format. This concept is now to be gradually be implemented. Initially, small steps were taken to make the "Swim Race Days" more sustainable, such as avoiding unnecessary waste of paper through a self-determined certificate printout, reducing certificates, reducing the number of welcome boxes handed out and consciously offering fruit and vegetables from recyclable bowls for the judges. The selection of our service providers and sponsors is also made with sustainability in mind.

Our concept has been recognized - we have been nominated for the German Sustainability Award.

SÜDBAD DORTMUND

Ruhrallee 30, 44139 Dortmund

Lane Length: 50 meters

Starting Lanes: 8

Electronic Timing

Water depth: 1,25 meters - 4,50 meters

Water temperature: approx. 26°C



A few minutes of swimming, many minutes of waiting - That's how most competitions work. The Swim Race Days are different, because there is no boredom here. Due to the separation of the years (in the morning 2012 to 2016, in the afternoon 2011 and older) we avoid unnecessarily long breaks of the individual swimmers. If you still want to watch the whole event or are dependent on carpooling, can enjoy exciting competitions with modern formats, qualifying and finals. We also offer an educational accompanying program. Attractive cash and non-cash prizes, as well as a light show and dignified victory ceremonies await our participants. We present you races where you can't look away! Are you ready?

COMPETITION ORDER

1st Section: Saturday, March 1, 2025

Admittance/Referee meeting: as specified, Start of competition: 9:00 a.m.

WK 1	50m	Butterfly	Heats	male	2012 to 2016
WK 2	50m	Freestyle	Heats	female	2012 to 2016
WK 3	200m	Individual Medley		male	2012 to 2015
WK 4	100m	Butterfly		female	2012 to 2015
WK 5	200m	Backstroke		male	2012 to 2016
WK 6	200m	Breaststroke		female	2012 to 2015
WK 101	50m	Butterfly	Final	male	2012 to 2016
WK 102	50m	Freestyle	Final	female	2012 to 2016

Medal ceremonies

WK 7	50m	Backstroke	Heats	male	2012 to 2016
WK 8	50m	Breaststroke	Heats	female	2012 to 2016
WK 9	200m	Butterfly		male	2012 to 2014
WK 10	100m	Backstroke		female	2012 to 2016
WK 11	100m	Breaststroke		male	2012 to 2016
WK 12	200m	Freestyle		female	2012 to 2016
WK 13	100m	Freestyle		male	2012 to 2016
WK 108	50m	Breaststroke	Final	female	2012 to 2016
WK 107	50m	Backstroke	Final	male	2012 to 2016

Medal ceremonies

2nd Section: as specified

WK 14	50m	Freestyle	Heats	female	2011 and older
WK 15	50m	Butterfly	Heats	male	2011 and older
WK 16	200m	Individual Medley		female	2011 and older
WK 17	200m	Individual Medley		male	2011 and older
WK 18	100m	Butterfly		female	2011 and older
WK 19	200m	Backstroke		male	2011 and older
WK 20	200m	Breaststroke	Happe-Pokal	female	2011 and older
WK 115	50m	Butterfly	Final	male	2011 and older
WK 114	50m	Freestyle	Final	female	2011 and older

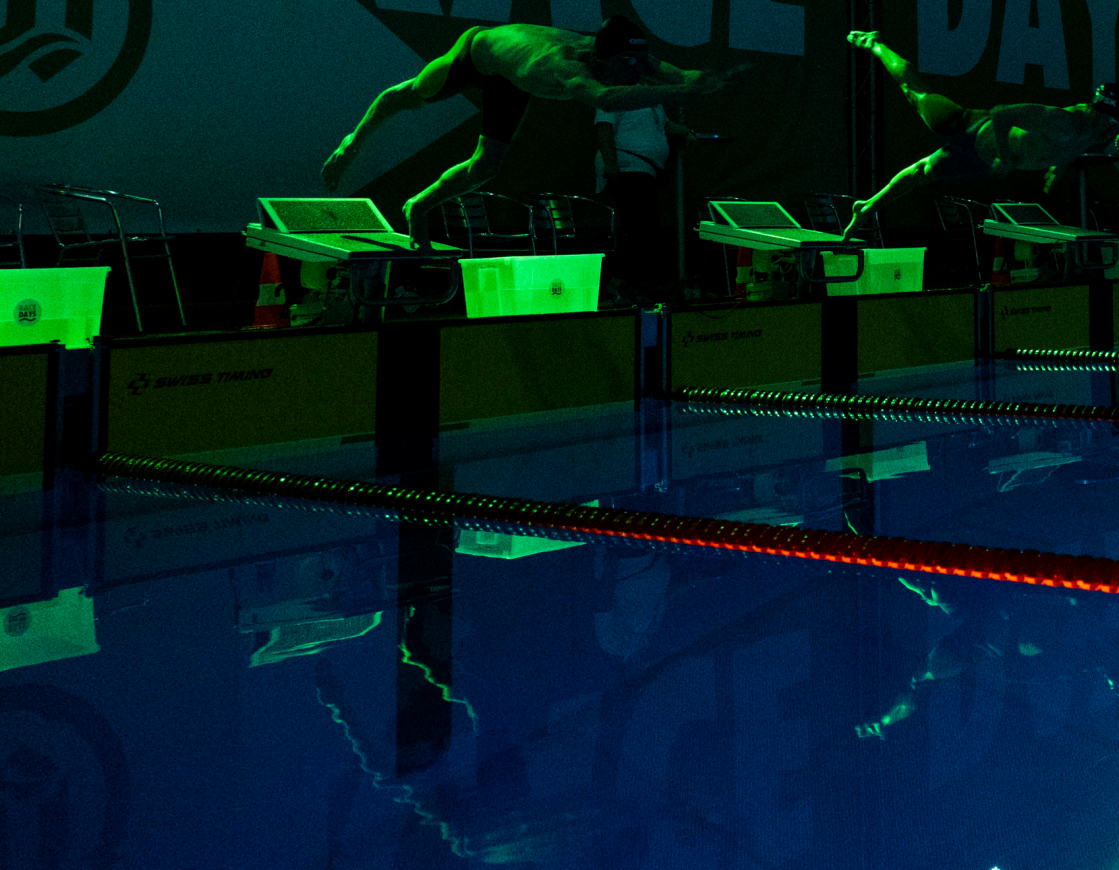
Medal ceremonies


WK 21	50m	Backstroke	Heats	male	2011 and older
WK 22	50m	Breaststroke	Heats	female	2011 and older
WK 23	200m	Butterfly		male	2011 and older
WK 24	100m	Backstroke		female	2011 and older
WK 25	100m	Breaststroke	Happe-Pokal	male	2011 and older
WK 26	200m	Freestyle		female	2011 and older
WK 27	100m	Freestyle		male	2011 and older
WK 122	50m	Breaststroke	Final	female	2011 and older
WK 121	50m	Backstroke	Final	male	2011 and older
Elimination Race				f/m	2011 and older

THE RACE

At the end of 2nd Section on Saturday, March 1, 2025

The eight fastest swimmers in event 16, 200 meter medley female, and the eight fastest swimmers in event 17, 200 meter medley male, will qualify for the elimination race. In the finals, 50 meters will be swum in each of the butterfly, backstroke, breaststroke and freestyle medley events. The order will be drawn on the day of the competition. In each final heat, two swimmers will be eliminated, so that eight swimmers will start in the eighth final, six in the quarter final, four in the semi-final and two in the final.





WK 216:	Eighth final	Elimination Race	female	2011 and older
WK 316:	Quarter final	Elimination Race	female	2011 and older
WK 416:	Semifinal	Elimination Race	female	2011 and older
WK 516:	Final	Elimination Race	female	2011 and older

WK 217:	Eighth final	Elimination Race	male	2011 and older
WK 317:	Quarter final	Elimination Race	male	2011 and older
WK 417:	Semifinal	Elimination Race	male	2011 and older
WK 517:	Final	Elimination Race	male	2011 and older

The medal ceremonies will take place afterwards.

COMPETITION ORDER

3rd Section: Sunday, March 2, 2025

Admittance/Referee meeting: as specified, Start of competition: 9:00 a.m.

WK 28	50m	Butterfly	Heats	female	2012 to 2016
WK 29	50m	Freestyle	Heats	male	2012 to 2016
WK 30	200m	Individual Medley		female	2012 to 2015
WK 31	100m	Butterfly		male	2012 to 2015
WK 32	200m	Backstroke		female	2012 to 2016
WK 33	200m	Breaststroke		male	2012 to 2015
WK 128	50m	Butterfly	Final	female	2012 to 2016
WK 129	50m	Freestyle	Final	male	2012 to 2016

Medal ceremonies

WK 34	50m	Backstroke	Heats	female	2012 to 2016
WK 35	50m	Breaststroke	Heats	male	2012 to 2016
WK 36	4x50m	Mystery Medley	1 Team per Club	mixed 2 female 2 male	2012 to 2016
WK 37	200m	Butterfly		female	2012 to 2014
WK 38	100m	Backstroke		male	2012 to 2016
WK 39	100m	Breaststroke		female	2012 to 2016
WK 40	200m	Freestyle		male	2012 to 2016
WK 41	100m	Freestyle		female	2012 to 2016
WK 135	50m	Breaststroke	Final	male	2012 to 2016
WK 134	50m	Backstroke	Final	female	2012 to 2016

Medal ceremonies

4th Section: as specified

WK 42	50m	Freestyle	Heats	male	2011 and older
WK 43	50m	Butterfly	Heats	female	2011 and older
WK 44	200m	Freestyle TEAM RACE	1 Team per Club	mixed 2 female 2 male	2011 and older
WK 45	100m	Butterfly		male	2011 and older
WK 46	200m	Backstroke		female	2011 and older
WK 47	200m	Breaststroke	Happe-Pokal	male	2011 and older
WK 143	50m	Butterfly	Final	female	2011 and older
WK 142	50m	Freestyle	Final	male	2011 and older

Medal ceremonies

WK 48	50m	Backstroke	Heats	female	2011 and older
WK 49	50m	Breaststroke	Heats	male	2011 and older
WK 50	200m	Butterfly		female	2011 and older
WK 51	100m	Backstroke		male	2011 and older
WK 52	100m	Breaststroke	Happe-Pokal	female	2011 and older
WK 53	200m	Freestyle		male	2011 and older

Medal ceremony Ursula-Happe-Pokal

WK 54	100m	Freestyle		female	2011 and older
WK 149	50m	Breaststroke	Final	male	2011 and older
WK 148	50m	Backstroke	Final	female	2011 and older

Medal ceremonies

SPECIALS

URSULA-HAPPE-POKAL

Ursula Happe won the gold medal in the 200 meter breaststroke at the 1956 Olympic Games in Melbourne; she also held the world record for this distance. The trophy is awarded to the swimmer (open class) with the highest number of points according to the World Aquatics table from the addition of the times swum over 50 (preliminary heat), 100 and 200 meters breaststroke. It is endowed with a cash prize of 100 euros.

Ursula Happe was a loyal member of our club and Dortmund's most successful swimmer. For the Swim Race Days, she was a figurehead for all breaststroke distances and personally presented the Ursula-Happe-Pokal dedicated to her at all events.

She took a great interest in the winners of the trophy and always gave the athletes great motivation. Her visit was always a highlight of the event. Ursula Happe passed away on March 26, 2021.



MINI-CUP

Swimmers born between 2012 and 2016 can participate in the „Mini Cup“. For this purpose, at least three 50 meter distances must be swum. The winner of the „Mini-Cup“ is the swimmer who has the highest number of points in the addition of the best three individual distances according to the World Aquatics table. Results of the finals will not be taken into account.





**TACTICS
ARE
REQUIRED**



Video online:
www.swimracedays.com

200 METERS FREESTYLE TEAM RACE

- 4 swimmers (2 female and 2 male) start on a start signal and swim close together (max. 5 meters apart).
- After 50 meters the first swimmer of each team gets out, the remaining three swimmers turn around and continue swimming in the same order one after the other.
- After 100 meters and 150 meters this process is repeated, so that on the last 50 meters the team race is decided by the last swimmers of the teams.
- During the race, overtaking is not allowed within the team; the hands of each swimmer must remain behind the feet of the swimmer in front until 5 meters before the stop.

MYSTERY-MEDLEY-RACE

The "Mystery Medley Race" is a 4x50m mixed medley relay consisting of two female and two male participants. Each participating team is given its own secret order of legs, which is only announced shortly before the race by means of a start card. If a team is allocated the backstroke as the first section, the start will be from the starting block. After the start, the starting swimmer must move to the backstroke position during the underwater phase and may remain underwater for a maximum of 15m in accordance with the competition regulations for the backstroke. The changes after 50m, 100m and 150m take place in the water. The starting swimmer's feet may not leave the wall until after the next swimmer has stopped.

Only one team per club/team is allowed to start.

TROPHIES AND PRIZES

- For the best female and male performance of the event a cash prize of 50,00 Euro each will be offered (highest score according to World Aquatics table)
- Cash prizes of 30,00, 20,00 and 10,00 Euro respectively for the first three places in the finals in the classification 2009 and older
- Trophies for the winners of the „Mini-Cup“ - classifications (year classification)

STANDARD TIMES

female	2007 a.o.	Youth A	Youth B	2012	2013	2014	2015	2016
50 Free	00:34	00:36	00:39	00:42	00:44	00:47	00:50	00:55
100 Free	01:11	01:13	01:17	01:20	01:25	01:30	01:35	01:45
200 Free	02:32	02:35	02:40	02:48	02:55	03:05	03:20	03:35
400 Free	05:15	05:20	05:30	05:45	06:00	06:30	07:00	
50 Breast	00:42	00:44	00:46	00:48	00:50	00:52	00:55	01:00
100 Breast	01:30	01:33	01:38	01:42	01:46	01:50	01:55	02:10
200 Breast	03:10	03:18	03:25	03:30	03:40	03:52	04:05	
50 Back	00:40	00:42	00:45	00:48	00:50	00:53	00:55	01:00
100 Back	01:20	01:23	01:26	01:30	01:35	01:42	01:50	02:05
200 Back	02:52	02:55	03:03	03:10	03:20	03:30	03:40	04:05
50 Fly	00:37	00:39	00:42	00:43	00:45	00:50	00:55	01:00
100 Fly	01:20	01:25	01:30	01:35	01:45	01:55	02:00	
200 Fly	02:55	03:00	03:20	03:30	03:40	03:50		
200 IM	02:52	02:55	03:05	03:15	03:25	03:35	03:45	

male	2007 a.o.	Youth A	Youth B	2012	2013	2014	2015	2016
50 Free	00:32	00:34	00:36	00:38	00:40	00:45	00:50	00:55
100 Free	01:04	01:08	01:15	01:20	01:25	01:30	01:35	01:45
200 Free	02:22	02:28	02:35	02:42	02:50	03:05	03:15	03:30
400 Free	04:55	05:00	05:20	05:45	06:00	06:30	07:00	
50 Breast	00:40	00:42	00:45	00:47	00:48	00:50	00:55	01:00
100 Breast	01:22	01:25	01:32	01:37	01:42	01:52	02:00	02:10
200 Breast	02:55	03:05	03:15	03:25	03:40	03:55	04:10	
50 Back	00:38	00:40	00:45	00:48	00:50	00:53	00:55	01:00
100 Back	01:14	01:18	01:22	01:27	01:34	01:42	01:50	02:05
200 Back	02:38	02:45	02:55	03:05	03:15	03:30	03:40	04:00
50 Fly	00:35	00:38	00:41	00:43	00:45	00:50	00:55	01:00
100 Fly	01:10	01:15	01:25	01:30	01:40	01:55	02:00	
200 Fly	02:45	02:55	03:15	03:25	03:40	03:50		
200 IM	02:40	02:45	03:00	03:10	03:20	03:30	03:40	



GENERAL CONDITIONS

1. The competition regulations (WB), the competition license regulations (WLO), the legal regulations (RO) and the anti-doping regulations (ADO) of the German Swimming Association (DSV) apply. Eligible are members of a world aquatics affiliated federation or of a club affiliated to this federation, furthermore members of clubs belonging to a state federation affiliated to the DSV. For handicapped persons with a corresponding classification certificate, the competition regulations of the German Handicapped Sports Association (DBS) are additionally applicable.
2. With the submission of the entry the club declares that the club representative is authorized to enter, the entered swimmers can prove their sport health. With the participation in the competition the participant agrees with the electronic storage, processing and passing on of the competition-relevant personal data under indication of name, club name, national association affiliation, age, class, competition designation, start number and start time. This processing is carried out according to article 6 paragraph 1 lit. b) DSGVO. By participating in the competition, the participant also consents to the processing and publication of the start and result lists as well as any photos and videos of the competition and the award ceremony in notices, on the internet, in social media as well as in other publications of the Swimming Association NRW, its subdivisions or the press and sponsors of the event. Participants can object to the storage, processing and use of their personal data and demand deletion. The consequences result from the competition regulations of the German Swimming Association e.V.. The already published result lists will not be changed in case of an objection against the publication, they remain valid.
3. The competition lane is **50 m long** and has **eight starting lanes**, which are separated by wave killer lines. The water temperature is about 26 degrees Celsius. The times are determined by the electronic timing system. We reserve the right to change the starting times depending on the number of entries received.
4. The „**one-start-rule**“ will be applied for the whole event. Furthermore, please note that the number of starts for 10 year olds (and younger) is limited to 6 per day.
5. **Entries** must comply with the requirements of the DSV. Incomplete entries (e.g. missing ID-No. gender and year) will be rejected. Entries can be sent by e-mail to the central entry address of the SV Westfalen. The entry result/protocol and the DSV- files will be sent to the entering club representative (SG'n one representative) by e-mail and will be made available on the SV Westfalen homepage.
E-Mail: meldung@svwestfalen.de

Entries by e-mail have to be sent with the entry file (according to DSV standard) as well as entry form (DSV form 101) and entry list (DSV form 102) as PDF, TXT, RTF or DOC file. In case of registrations by e-mail, the registering club will receive an acknowledgement of receipt by e-mail within 24 hours. If the registering club does not receive this confirmation, the registration is considered as not submitted. In this case, the registering club must take action itself by the registration deadline. In case of registrations by mail, the registering club itself has to ask whether its registration has arrived. A notification obligation does not exist here.

Definition file: In order to facilitate the preparation of the entry form, a definition file for the submission of the entry for this event will be deposited on the DSV homepage, with which the simple preparation of all entry documents is possible. When sending the entry documents, the subject

line of the message must clearly state the name of the event and the club name. Without this clear subject line, incoming messages will be rejected.

Written entries have to be sent by mail only and have to include entry form DSVForm 101) and entry list (DSV-Form 102).

Written entries to:

**SV Westfalen Dortmund – Geschäftsstelle, Schönhauser Str. 7, 44135 Dortmund,
Tel.: 0231 /554277**

Attention: The event is limited to 3.200 single starts! The decisive factor is the receipt of entries. Entries exceeding this limit will be rejected.

Results: Clubs who wish to receive a paper protocol, please request this with the submission of the entries. For sending the protocol in paper form a postage of 5,- Euro has to be deposited at the organizer. The protocols and the DSV-files will be sent to the clubs by e-mail and will be available on the homepage of the SV Westfalen.

Deadline for registration is Thursday, February 6, 2025

The entry list will only be provided in digital form. If a printed entry list is desired, this must be indicated with the entry.

6. The lane distribution will be made according to the entry time stated in the entries (§ 121 WB).
7. Each team has to provide at least one, from 25 starts two, judges. The referees have to be named on the entry form with their qualification and their assignment.
8. The **entry fee** is **7.00 euros** for entries for 50 and 100 meter distances, **8.00 euros** for 200 meter distances and **15.00 euros** for the team race.

For entries that are not submitted electronically with the DSV file, an additional one-time processing fee of 10.00 Euro will be charged.

The total amount has to be enclosed to the entries in form of a crossed check or has to be transferred to the account of

SV Westfalen Dortmund, Sparkasse Dortmund
IBAN: DE76440501990021010898
BIC: DORTDE33XXX

A copy of the transfer voucher has to be attached to the entry form.

9. Scores and awards:
The age groups 2012 to 2016 will be scored by year, the age groups 2010/2011 (Youth B), 2008/2009 (Youth A) and 2007 and older will be scored together.

The following awards will be given:

- Medals for first to third place in the above categories
- Premiums for first place in the categories 2007 and older, Youth A and Youth B
- Honorary prizes for the winners of the finals (classification 2012 - 2016)
- Cash prizes of 30,00, 20,00 and 10,00 Euro respectively for the three first place winners of the final runs in the classification 2011 and older

- Cash prizes for the winners of the Elimination Race and the Team Race
- Trophies for the winners of the „Mini-Cup“ - classifications (year classification)
- For the best female and male performance of the event a cash prize of 50,00 Euro each will be awarded (highest score according to world aquatics table).

The legal process is excluded.

10. Warm-up

A warm-up on Friday, February 28, 2025 is possible with restrictions and **ONLY AFTER PRIOR REGISTRATION AT sportlicheleitung@svwestfalen.de!**

11. „Ursula-Happe-Pokal“

The „Ursula-Happe-Pokal“ will be held as part of the Swim Race Days. The cup is won by the swimmer (classification „open class“) after addition of the achieved points (according to world aquatics -table) over 50 (preliminary heat), 100 and 200m breaststroke. It is endowed with a cash prize of 100,00 Euro.

12. „The Race / Elimination Race“

The eight swimmers with the fastest times in events 17 and 18 (200m medley) will qualify for the Elimination Race. In case of withdrawals, eight substitute swimmers will be named. Initially, three heats will be held, in which the two slowest swimmers will always be eliminated. The two remaining swimmers after these heats will compete in the final of this elimination race.

The total of four heats will be held in butterfly, backstroke, breaststroke and freestyle, with the order being drawn before the start of the competition.

Places one to three in this event will receive cash prizes of 25.00 Euros for third place, 50.00 Euros for second place and 100.00 Euros for first place.

13. „Mini-Cup“

Swimmers born between 2012 and 2016 can participate in the „Mini-Cup“. For this purpose, at least three 50-meter distances must be swum. The winner of the „Mini-Cup“ will be the swimmer who has the highest number of points in the addition of the best three individual distances according to the world aquatics table (scoring: by year). Results of the finals will not be taken into account.

14. „Team Race“

The Team Race is a mixed competition and will be held over a distance of 200 meters in freestyle style. (see „Specials“). Two female and two male swimmers must start in any order. The Team Race is limited to one team per registering club/registering SG.

15. „Mystery-Medley-Race“

The „Mystery Medley Race“ is a 4x50m mixed medley relay consisting of two female and two male participants. Each participating team is given its own secret order of legs, which is only announced shortly before the race by means of a start card. If a team is allocated the backstroke as the first section, the start will be from the starting block. After the start, the starting swimmer must move to the backstroke position during the underwater phase and may remain underwater for a maximum of 15m in accordance with the competition regulations for the backstroke. The changes after 50m, 100m and 150m take place in the water. The starting swimmer's feet may not leave the wall until after the next swimmer has stopped.

- Valuables are to be secured by the participants themselves. The organizer is not liable for theft, accidents or damages of any kind.

17. We would like to point out that the access to the swimming hall is only allowed for athletes, trainers and supervisors with the appropriate accreditation. For spectators there is the possibility to be present on the grandstand for an entrance fee of 5,00 Euro per day or 10,00 Euro for both days.
18. Further information, e.g. on catering for the participating teams, will be available from November at www.swimracedays.com.

Indicated:

Schwimmverband Südwestfalen
Fachwartin Schwimmen
Veronika Reinert

SV „Westfalen“ Dortmund von 1896 e.V.
Leiter Orga-Team der Swim Race Days
Stefan Ryschawy

@swimracedays



DAYS



www.swimracedays.com