



**RACE
DAYS**

International
Swimfestival
Dortmund

**SWM
RCE
DYS
DTM**

Murtfeldt
Kunststoffe

DECATHLON

**ARE YOU READY FOR
YOUR COMEBACK?**

**MARCH 4TH - 5TH 2023
SÜDBAD DORTMUND**



SÜDBAD DORTMUND
RUHRALLEE 30, 44139 DORTMUND
LENGTH: 50 METRE
LANES: 8
DEPTH: 1,25 METRE - 4,50 METRE
WATER TEMPERATURE: WWW.SWIMRACEDAYS.COM

A few minutes of swimming, many minutes of waiting - That's how most competitions work. The Swim Race Days are different, as it does not get boring. Due to the separation of the age groups (in the morning 2010 to 2014, in the afternoon 2009 and older) we avoid unnecessarily long breaks of the individual swimmers. However, if you would like to watch the whole event or are dependent on carpooling, you 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?

SCHEDULE

1st session: Saturday, March 4th 2023

session starts: 9:00am

WK 1	50m	butterfly	qualification	female	2010 bis 2014
WK 2	50m	freestyle	qualification	male	2010 bis 2014
WK 3	200m	individual medley		female	2010 bis 2013
WK 4	100m	butterfly		male	2010 bis 2013
WK 5	200m	backstroke		female	2010 bis 2014
WK 6	200m	breaststroke		male	2010 bis 2013
WK 101	50m	butterfly	final	female	2010 bis 2014
WK 102	50m	freestyle	final	male	2010 bis 2014

medal ceremony

WK 7	50m	backstroke	qualification	male	2010 bis 2014
WK 8	50m	breaststroke	qualification	female	2010 bis 2014
WK 9	200m	butterfly		male	2010 bis 2012
WK 10	100m	backstroke		female	2010 bis 2014
WK 11	100m	breaststroke		male	2010 bis 2014
WK 12	200m	freestyle		female	2010 bis 2014
WK 13	100m	freestyle		male	2010 bis 2014
WK 108	50m	breaststroke	final	female	2010 bis 2014
WK 107	50m	backstroke	final	male	2010 bis 2014

medal ceremony

2nd session: ca. 60 minutes after the end of 1st session

WK 14	50m	freestyle	qualification	female	2009 and older
WK 15	50m	butterfly	qualification	male	2009 and older
WK 16	200m	individual medley		female	2009 and older
WK 17	200m	individual medley		male	2009 and older
WK 18	100m	butterfly		female	2009 and older
WK 19	200m	backstroke		male	2009 and older
WK 20	200m	breaststroke	Happe-Pokal	female	2009 and older
WK 115	50m	butterfly	final	male	2009 and older
WK 114	50m	freestyle	final	female	2009 and older

medal ceremony

WK 21	50m	backstroke	qualification	male	2009 and older
WK 22	50m	breaststroke	qualification	female	2009 and older
WK 23	200m	butterfly		male	2009 and older
WK 24	100m	backstroke		female	2009 and older
WK 25	100m	breaststroke	Happe-Pokal	male	2009 and older
WK 26	200m	freestyle		female	2009 and older
WK 27	100m	freestyle		male	2009 and older
WK 122	50m	breaststroke	final	female	2009 and older
WK 121	50m	backstroke	final	male	2009 and older
Elimination Race				w/m	2009 and older

THE RACE

Ending of the 2nd session on Saturday, March 4th 2023

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	2009 and older
WK 316:	quater-final	Elimination Race	female	2009 and older
WK 416:	semi-final	Elimination Race	female	2009 and older
WK 516:	final	Elimination Race	female	2009 and older
WK 217:	eighth final	Elimination Race	male	2009 and older
WK 317:	quater-final	Elimination Race	male	2009 and older
WK 417:	semi-final	Elimination Race	male	2009 and older
WK 517:	final	Elimination Race	male	2009 and older

medal ceremony



SCHEDULE

3rd session: Sunday, March 5th 2023
session starts: 9:00am

WK 28	50m	butterfly	qualification	male	2010 bis 2014
WK 29	50m	freestyle	qualification	female	2010 bis 2014
WK 30	200m	individual medley		male	2010 bis 2013
WK 31	100m	butterfly		female	2010 bis 2013
WK 32	200m	backstroke		male	2010 bis 2014
WK 33	200m	breaststroke		female	2010 bis 2013
WK 128	50m	butterfly	final	male	2010 bis 2014
WK 129	50m	freestyle	final	female	2010 bis 2014

medal ceremony

WK 34	50m	backstroke	qualification	female	2010 bis 2014
WK 35	50m	breaststroke	qualification	male	2010 bis 2014
WK 36	200m	butterfly		female	2010 bis 2012
WK 37	100m	backstroke		male	2010 bis 2014
WK 38	100m	breaststroke		female	2010 bis 2014
WK 39	200m	freestyle		male	2010 bis 2014
WK 40	100m	freestyle		female	2010 bis 2014
WK 135	50m	breaststroke	final	male	2010 bis 2014
WK 134	50m	backstroke	final	female	2010 bis 2014

medal ceremony

4th session: ca. 60 minutes after the end of 3rd session

WK 41	50m	freestyle	qualification	male	2009 and older
WK 42	50m	butterfly	qualification	female	2009 and older
WK 43	200m	freestyle TEAM RACE	1 Team pro Verein / SG	mixed 2 female 2 male	2009 and older
WK 44	100m	butterfly		male	2009 and older
WK 45	200m	backstroke		female	2009 and older
WK 46	200m	breaststroke	Happe-Pokal	male	2009 and older
WK 142	50m	butterfly	final	female	2009 and older
WK 141	50m	freestyle	final	male	2009 and older

medal ceremony

WK 47	50m	backstroke	qualification	female	2009 and older
WK 48	50m	breaststroke	qualification	male	2009 and older
WK 49	200m	butterfly		female	2009 and older
WK 50	100m	backstroke		male	2009 and older
WK 51	100m	breaststroke	Happe-Pokal	female	2009 and older
WK 52	200m	freestyle		male	2009 and older
WK 53	100m	freestyle		female	2009 and older
WK 148	50m	breaststroke	final	male	2009 and older
WK 147	50m	backstroke	final	female	2009 and older

medal ceremony

SPECIALS

URSULA HAPPE CUP

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



MINI CUP

Swimmers born between 2010 and 2014 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 after adding the best three individual distances according to the FINA table. Results of the finals will not be taken into account.



CUPS AND REWARDS

- 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 FINA 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).



**HERE YOU
NEED
TACTICS!**

Video online:
www.swimracedays.com

200 METER 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 5 meters behind the feet of the swimmer in front.

HOW TO GET TO DORTMUND

Dortmund is surrounded by many airports. The city is easy to reach by train, too. Contact us if you need help planning your trip. The swimming pool is located in the city center of Dortmund. On our website you will find a list of cheap hotels near the pool.



TARGET TIMES

female	2005 a.o.	Class A	Class B	2010	2011	2012	2013	2014
50 FR	00:34	00:36	00:39	00:42	00:44	00:47	00:50	00:55
100 FR	01:11	01:13	01:17	01:20	01:25	01:30	01:35	01:45
200 FR	02:32	02:35	02:40	02:48	02:55	03:05	03:20	03:35
400 FR	05:15	05:20	05:30	05:45	06:00	06:30	07:00	
50 BR	00:42	00:44	00:46	00:48	00:50	00:52	00:55	01:00
100 BR	01:30	01:33	01:38	01:42	01:46	01:50	01:55	02:10
200 BR	03:10	03:18	03:25	03:30	03:40	03:52	04:05	
50 BS	00:40	00:42	00:45	00:48	00:50	00:53	00:55	01:00
100 BS	01:20	01:23	01:26	01:30	01:35	01:42	01:50	02:05
200 BS	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	2005 a.o.	Class A	Class B	2010	2011	2012	2013	2014
50 FR	00:32	00:34	00:36	00:38	00:40	00:45	00:50	00:55
100 FR	01:04	01:08	01:15	01:20	01:25	01:30	01:35	01:45
200 FR	02:22	02:28	02:35	02:42	02:50	03:05	03:15	03:30
400 FR	04:55	05:00	05:20	05:45	06:00	06:30	07:00	
50 BR	00:40	00:42	00:45	00:47	00:48	00:50	00:55	01:00
100 BR	01:22	01:25	01:32	01:37	01:42	01:52	02:00	02:10
200 BR	02:55	03:05	03:15	03:25	03:40	03:55	04:10	
50 BS	00:38	00:40	00:45	00:48	00:50	00:53	00:55	01:00
100 BS	01:14	01:18	01:22	01:27	01:34	01:42	01:50	02:05
200 BS	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	



H₂DO CHALLENGE

The competition is part of the ranking for the H2Do Challenge. The H2Do Challenge is the final of a competition series in Dortmund.

It will take place on 03. and 04.06.2023 in the outdoor pool Volkspark.

To be included in the scoring of the H2Do-Challenge, each club must participate in at least two of the following three events:

- 04./05.02.2023 39th Dortmund Swimming Festival SV Hellas Dortmund

- 04./05.03.2023 Swim Race Days SV Westfalen Dortmund

- 22./23.4.2023 Speedo Meeting FS 98 Dortmund

Clubs/starting teams participating in more than two events will be scored with the two best results. Further info on www.h2do-challenge.de

The points for the places 1 to 10 of the different year/age class rankings (points: 12 10 8 7 6 5 4 3 2 1) are included in the individual rankings, whereby only the three best results per event are evaluated by each swimmer.

The top ten clubs in the series will receive pre-entry rights to the finals at the outdoor pool. In addition, the top three clubs in the points standings will receive an entry bonus:

50 free entries for 1st place, 30 for 2nd place and 20 for 3rd place.

Winner of the H2Do Challenge is the team that wins the final of the 8x 100m medley mixed relay (4 TN m/f each). The eight best teams that lead the points ranking before this final (points scored in the series plus points scored up to the final relay) qualify for this final.

In addition to the team ranking, individual finals (200m medley mystery race) and youth finals (100m medley) will be held at the final competition.

GENERAL REGULATIONS

This is a translation without guarantee. In case of doubt the German original version is valid.

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 FINA affiliated federation or of a club affiliated to this federation, furthermore members of clubs belonging to a state federation affiliated to the DSV. The competition regulations of the German Handicapped Sports Association (DBS) are additionally applicable for handicapped persons with a corresponding classification certificate.
2. With the submission of entries the club declares that the club representative is authorized to enter and check all participants state of health. By entering the competition, the participant agrees to all the terms and conditions regarding 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 breaking lane ropes. 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 - Office,
Schönhauser Str. 7,
44135 Dortmund, Germany,
Tel.: +49 231 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 09, 2023.

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** for the 50 and 100 meter distances is 7,00 Euro, for the 200 meter distances 8,00 Euro and for the Team Race 10,00 Euro. 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.
- Refund of entry fee:** If the respective guideline time is reached (e.g. 1:10 = 1:10,00), 2,00 € will be refunded for each entry. The refund will also be made if a swimmer does not show up for the start. For this refund please indicate the bank details on the entry form (otherwise there will be no refund!).
9. Scores and awards:
The age groups 2010 to 2014 will be scored by year, the age groups 2008/2009 (Youth B), 2006/2007 (Youth A) and 2005 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 2005 and older, Youth A and Youth B
- Honorary prizes for the winners of the finals (classification 2010 - 2014)
- 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 2009 and older
- 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 FINA table).

The legal process is excluded.

Certificates will be deposited online for self-printing. A blank certificate can be purchased from the organizer for 0,50 Euro each.

10. Warm-up

A warm-up on Friday, 03.03.2023 is possible with restrictions and

ONLY AFTER PRIOR REGISTRATION AT sportlicheleitung@svwestfalen.de!

11. „Ursula Happe Cup“

The „Ursula Happe Cup“ 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 FINA-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 2010 and 2014 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 FINA 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.

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

16. 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 4,00 Euro per day or 7,00 Euro for both days.

17. Information on hotels, sightseeing and catering during the Race Days will be available from November at www.swimracedays.com.

SPECIAL NOTES:

Restrictions on access for participants, coaches, judges, spectators and support staff can be found in the hygiene concept, which, if necessary, will be published on www.swimracedays.com after consultation with the Health Department of the City of Dortmund.

The hygiene concept is part of the invitation to tender. It will be updated continuously on the Swim Race Days website. Violations of the hygiene concept may result in immediate exclusion from the event and expulsion from the pool of the persons or clubs concerned. In this case there will be no refund of the entry fee.

The organizer reserves the right to reject entries.

In case of cancellation of the event due to force majeure or changes due to CoronaSchVO of the state of North Rhine-Westphalia or official orders, the club / participant has no claim for reimbursement or compensation for other damages, such as travel and hotel costs.

In this case the registration fee will be refunded by the organizer.

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www.swimracedays.com