



## ITALIAN OPEN WINTER NATIONALS 2011

RICCIONE, december 16-17 long course, 10 lanes

Italian Swimming Federation (F.I.N.) is going to organize the first edition of the Italian Open Winter Nationals, that will be held in Riccione on the Adriatic Coast next 16<sup>th</sup> and 17<sup>th</sup> December 2011.

Each swimmer is allowed to swim a max of 6 events. There will be heats only (in the last one, the best 10 entry-times).

\*Limited number of participant in the 800 and 1500 free (only 20 swimmers will be accepted).

### Standard Times

(swum in 50 mt or 25 mt pool)

Events	50mt	25mt	50mt	25mt
	time	Time	Time	Time
50 free	23.70	22.92	27.00	26.30
100 free	51.70	50.00	58.25	56.80
200 free	1.53.20	1.49.50	2.05.40	2.02.30
400 free	3.59.50	3.51.15	4.22.00	4.15.00
800 free	----	----	8.56.50 *	8.42.00 *
1500 free	15.57.50 *	15.21.00 *	----	----
50 back	27.20	25.80	30.70	29.45
100 back	58.40	55.50	1.05.40	1.02.85
200 back	2.06.85	2.00.70	2.19.75	2.14.40
50 breast	29.35	28.50	33.60	32.85
100 breast	1.04.40	1.01.85	1.13.10	1.11.00
200 breast	2.21.00	2.15.45	2.38.10	2.33.40
50 fly	25.20	24.70	28.75	28.30
100 fly	55.90	54.55	1.03.25	1.02.05
200 fly	2.04.70	2.00.75	2.19.15	2.16.00
200 im	2.08.60	2.03.70	2.22.40	2.18.10
400 im	4.36.51	4.25.00	5.01.75	4.52.15

December 16th	December 17th
<b>Morning session</b>	<b>Morning session</b>
400 free M 50 back F 50 fly M 200 free W 50 breast M 100 breast W 400 i.m. M 100 fly W Relays	400 free W 50 back M 50 fly W 200 free M 50 breast W 100 breast M 400 i.m. W 100 fly M Relays
<b>Afternoon session</b>	<b>Afternoon session</b>
800 free W – slow heat 200 fly M 200 back W 200 breast M 50 free W 100 back M 800 free W – fast heat 200 i.m. W 100 free M	1500 free M – slow heat 200 fly W 200 back M 200 breast W 50 free M 100 back W 1500 free M – fast heat 200 i.m. M 100 free W

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