## **PROGRAM**

Friday	Samedi	Dimanche	
Morning	Morning	Morning	
Opening doors 7h00 Racing starts 8h30	Opening doors 7h00 Racing start 8h30	Opening doors 7h00 Racing start 8h30  400 freestyle W (slow heats) 200 freestyle M (slow heats) 100 Breaststrock W (slow heats) 200 Backstroke W (slow heats) 200 Backstroke M (slow heats) 200 Backstroke M (slow heats) 100 Butterfly W (slow heats) 100 Butterfly W (slow heats) 100 freestyle W (slow heats) 50 freestyle W (slow heats) Pause 45' (fastest heats warm up) 400 freestyle W (2 fastest heats) 100 Breaststrock W (3 fastest heats) 100 Breaststrock W (3 fastest heats) 100 Breaststrocke M (3 fastest heats) 100 Backstroke M (3 fastest heats) 100 Butterfly W (3 fastest heats) 100 Butterfly W (3 fastest heats) 100 Butterfly M (3 fastest heats) 100 Butterfly M (3 fastest heats) 100 Butterfly M (3 fastest heats) 50 freestyle M (3 fastest heats)	
1500 freestyle W (time ranking) 800 freestyle M (time ranking) 50 Backstroke W (slow heats) 50 Backstroke M (slow heats) 50 Breaststrocke W (slow heats) 50 Breaststrocke M (slow heats) 50 Butterfly W (slow heats) 50 Butterfly M (slow heats) 400 IM W (slow heats) 400 IM M (slow heats) 800 freestyle W (slow heats) 1500 freestyle M (slow heats)	400 freestyle M (slow heats) 200 freestyle W (slow heats) 200 Butterfly M (slow heats) 200 Butterfly M (slow heats) 100 Backstroke M (slow heats) 100 Backstroke W (slow heats) 200 Breaststrocke M (slow heats) 200 Im M (slow heats) 200 IM M (slow heats) 200 IM M (slow heats) 100 freestyle M (slow heats) 100 freestyle M (slow heats) 50 freestyle W (slow heats) 50 freestyle W (slow heats) 200 IM W (3 fastest heats) 200 Butterfly M (3 fastest heats) 200 Butterfly M (3 fastest heats) 200 Butterfly W (3 fastest heats) 100 Backstroke M (3 fastest heats) 100 Backstroke W (3 fastest heats) 200 Breaststrocke M (3 fastest heats) 200 Breaststrocke W (3 fastest heats) 200 IM M (3 fastest heats) 200 IM M (3 fastest heats) 200 IM M (3 fastest heats) 100 freestyle M (3 fastest heats) 50 freestyle M (3 fastest heats)		
Afternoon	Afternoon	Afternoon	
Opening doors 15h30 Racing starts 17h00	Opening doors 15h00 Racing starts 16h30	Opening doors14h00 Racing starts 15h30	
50 Backstroke W (3 fastest heats) 50 Backstroke M (3 fastest heats) 50 Breaststrocke W (3 fastest heats) 50 Breaststrocke W (3 fastest heats) 50 Breaststrocke M (3 fastest heats) 50 Butterfly W (3 fastest heats) 50 Butterfly M (3 fastest heats) 800 freestyle W (fast heat) 1500 freestyle M (fast heat) 400 IM W (fast heats) 400 IM W (fast heats) 50 Backstroke W (finals C, B, A) 50 Backstroke W (finals C, B, A) 50 Breaststrocke W (finals C, B, A) 50 Breaststrocke M (finals C, B, A) 50 Butterfly W (finals C, B, A)	400 freestyle M (finals C et B) 200 freestyle W (finals C et B) 200 Breaststrocke M (finals C et B) 200 Breaststrock W (finals C et B) 100 dos messieurs (finals C et B) 100 Backstroke W (finals C et B) 200 Butterfly M (finals C et B) 200 Butterfly M (finals C et B) 200 IM M (finals C et B) 200 IM M (finals C et B) 100 freestyle M (finals C et B) 50 freestyle M (finals C et B) 400 freestyle M (finals C et B) 50 freestyle W (finals C et B) 200 IM M (finals C et B) 50 freestyle M (finals C et B) 400 freestyle M (final A) 200 Breaststrocke M (final A) 200 Breaststrocke M (final A) 200 Breaststrocke M (final A) 200 Butterfly M (final A) 200 Butterfly M (final A) 200 IM M (final A) 200 IM M (final A) 200 IM M (final A)	400 freestyle W (finals C et B) 200 freestyle M (finals C et B) 100 Butterfly W (finals C et B) 100 Butterfly M (finals C et B) 200 Backstroke W (finals C et B) 200 Backstroke W (finals C et B) 100 Breaststrock W (finals C et B) 100 Breaststrock W (finals C et B) 100 freestyle W (finals C et B) 50 freestyle W (finals C et B) 50 freestyle M (finals C et B) 200 freestyle W (final A) 200 freestyle W (final A) 100 Butterfly W (final A) 200 Backstroke W (final A) 200 Backstroke W (final A) 100 Breaststrock W (final A) 100 Breaststrock W (final A) 100 Breaststrock W (final A) 100 Freestyle W (final A) 100 Freestyle W (final A)	

Schedules are given for information (confirmation during the technical meeting)
The pool is open to clubs for practice starting on Thursday February 2, 2017 at 5 PM.



# Preamble qualifying times

This competition is open for women aged 14 and over (born in 2003 and before) and men aged 15 and over (born in 2002 and before) who have achieved attached qualifying times.

The heats and finals take place in all ages.

Finals C,B and A are organized in all age categories in all the events.

With the exception of the 800 free women, 1500 free men, 400 medley women and men ranking is dertermined by time with the slow heats in the morning and the fast heats in the afternoon.

The 1500 free women and the 800 free men ranking at the time with all the heats in the morning.

## Jury

The jury is constituted by 2 FINA judges (1 referee and 1 starter) proposed by the FFN, this jury is supplemented by 2 local FFN judges.

A technical meeting will be held on Thursday 02 February at 6:30 pm at the Jean Bouin swimming pool of Nice.

### **Entries**

#### For French clubs:

The entries and the payment will be made via the extranat interface.

Swimmers may enter the events for which they have completed the requested time limit. They are not limited in number of entries

The organizer reserves the right to limit the number of entries in the competition.

#### For foreign clubs:

The entries must be sent to the following address: engagementscrca@aol.com on a specific slip available on www.liveffn.com

The entry fee is € 9 per event.

For further information: engagementscrca@aol.com and www.liveffn.com

Entries will be closed on Thursday 26 January at midnight

#### **Awards**

#### Bonus for the golden tour of the Nice stage:

A medal and a bonus will be awarded to the first three swimmers of each A final or to the podium swimmers for the time-ranked races.

The breakdown is as follows: 1st: 400 €, 2nd: 200 €, 3rd: 150 €

#### Bonus for the general ranking:

The overall ranking prize is determined on the basis of a number of points according to the place in each race and on the 3 stages of the FFN golden tour.

The breakdown is as follows: 1st: 5 points, 2nd: 3 points, 3rd: 1 points.

The top 5 women and men, established on the basis of a number of points according to the place in each race will be rewarded with a bonus, for a total of 30 000 euros (15000 € for women's ranking and 15000 € for men's ranking) at the end of the three meetings.

Coaches receive 15% of the premium awarded to swimmers.

The breakdown is as follows: 1st: 7000 €, 2nd: 3500 €, 3rd: 2000 €, 4th: 1500 €, 5th: 1000 €.

	Women		Races	Men		
18 & +	16/17	14/15	courses	15/16	17/18	19 & +
28"80	29"26	30"47	50 Free	27"54	25"93	24"88
1'02"83	1'03"84	1'06"48	100 Free	1'00"82	57"25	54"94
2'16"85	2'19"03	2'24"79	200 Free	2'14"48	2'06"60	2'01"49
4'46"58	4'51"15	5'03"21	400 Free	4'45"90	4'29"15	4'18"28
9'50"61	10'00"03	10'24"90	800 Free	9'55"60	9'20"70	8'58"05
18'57"56	19'15"70	20'03"58	1500 Free	18'53"52	17'47"10	17'04''00
33"14	33"67	35"06	50 Back	31"86	29"99	28"78
1'11"26	1'12"40	1'15"40	100 Back	1'08"85	1'04"82	1'02"20
2'32"65	2'35"09	2'41"51	200 Back	2'30"22	2'21"42	2'15"71
36"66	37"24	38"78	50 Br	34"99	32"94	31"61
1'19"94	1'21"21	1'24"58	100 Br	1'16"71	1'12"22	1'09"30
2'51"70	2'54"44	3'04"67	200 Br	2'49"81	2'37"03	2'30"69
30"67	31"16	32"45	50 BF	29"85	28"10	26"96
1'08"75	1'09"84	1'13"74	100 BF	1'06"58	1'02"68	1'00"15
2'31"16	2'33"58	2'44"94	200 BF	2'35"86	2'19"20	2'13"58
2'35"93	2'38"42	2'44"98	200 IM	2'31"99	2'23"09	2'17"31
5'29"05	5'34"30	5'48"15	400 IM	5'24"25	5'05"25	4'52"93
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