

# ARENA HELSINKI SWIM MEET

Welcome to Arena Helsinki Swim Meet at Mäkelänrinne swimming center at Mäkelänkatu 49, Helsinki, Finland.

Competition schedules and entry lists can be found here

<http://www.livetiming.se/index.php?cid=5438>

Competition office is located at the swimming center main entrance in the ground level. Teams will receive accreditations and competition material upon arrival to the swimming center. Team leaders are asked to give your contact information (mobile) to the competition office!

Warm-up times in the competition pool are

- Tuesday at 14.00-20.00
- Wednesday and Thursday 07.30-08.50, approx. 10.45-11.20, 15.15-16.35 and approx. 17.50-18.20.

During the competition, you can use the diving pool (6 lanes x 25 meters) for warm-up/cool down.

Team leaders meeting will take place at Mäkelänrinne swimming center on Tuesday at 18.00.

Scratches for the first heats on Wednesday must be made on Tuesday by 18.00 o'clock at the latest to the livetiming application. Scratches for finals must be made at the latest 30 minutes after ending of the morning heats to the technical delegate desk at the pool level.

Swimmers must report in the call room at the latest 10 minutes before their event. Overhead starts are used in the morning heats.

Results can be found at

<http://www.livetiming.se/index.php?cid=5438>

Team physio's are given assigned space to work at at the sports center.

Coaches lounge with refreshments is located in the gym.

Meals are served in the gym

- Tuesday 17.30-19.30
- Wednesday/Thursday lunch between 10.30-14.00 and dinner between 17.00-20.30.

Tap water is safe to drink!