

ARENA HELSINKI SWIM MEET

Welcome to Arena Helsinki Swim Meet in Mäkelänrinne swimming center.

Venue address is Mäkelänkatu 49, 00550 Helsinki, Finland.

Competition schedules and entry lists can be found here;

<http://livetiming.fi/program.php?cid=4476>

Competition office is located at swimming center, ground level. Teams will receive accreditations and all materials while first visit at the swimming center. Team leader please leave your contact information to competition office!

Warm-up times in competition pool;

- Sunday at 14.00-20.00
- Monday ja tuesday 7.30-8.50, approx. 10.45-11.20, 15.15-16.35 and approx. 17.50-18.20.

During competition you can use diving pool (6lanes25meters) for warm-up/cool down.

Team leaders meeting will take place at Mäkelänrinne high school (next to swimming center) Sunday at 18.00.

Schraeches for heats must be made night before at 18.00 to email; helsinki.meet@uimaliitto.fi.

Final schraeches must be made latest 15min after the end of morning heats to technical delegate desk at pool level.

Swimmers must report at call room latest 10min. before own event.

Over head starts are used at morning heats.

Results can be found <http://livetiming.fi/results.php?cid=4476>.

We have Normatecin recovery lounge for A-flight and A-final swimmers. Lounge lounge is located at sports hall locker room.

Team fysio's are allowed at sports hall.

Coaches re-freshment are located at sports hall.

Meals are served at cafeteria Uppopulla in swimming center

- sunday between 17.30-19.30
- Mon/Tue lunch between 10.30-14.00 and mon/tue dinner between 17.00-20.30.

Tap water is safe to drink!