

ALEXANDRIA SWIMMING GRAND PRIX **December 4-5, 2010 // Thessaloniki, Greece**

GENERAL INFORMATION

1. The ALEXANDRIA SWIMMING GRAND PRIX 2010, will be held on the December 4-5, in the 50m. Posidonio Indoor swimming pool, 8 lanes, Thessaloniki.
2. The ALEXANDRIA SWIMMING GRAND PRIX 2010, is co-organized by the Municipality of Thessaloniki, the Hellenic Swimming Federation and the District Committee Central West Macedonia.
3. Enclosed you may find event program as well as other information regarding the meeting.
4. **ENTRIES**
 - The 400m. Ind. Medley, 800m. and 1500m. Freestyle events will be decided directly by the heats as time-finals.
 - You are kindly requested to submit your preliminary entry form by **12 November 2010** and final entries by **29 November 2010**, on the enclosed entry forms.
 - Withdrawals during the competition should be given to the referee as early as possible.
5. The above competition will be organized according to the FINA Rules. The competition has been approved by FINA, as a meet where swimmers can achieve the FINA "A" and "B" Swimming Qualifying Standard Times for the 14th FINA World Championships - Shanghai 2011.

ALEXANDRIA SWIMMING GRAND PRIX
December 4-5, 2010 // Thessaloniki, Greece

PRELIMINARY ENTRY FORM

FEDERATION (_ _ _)

Tel. nr: Fax nr:

A representative team of our Federation will participate in the
Alexandria Swimming Grand Prix.

Estimated number of persons:

Swimmers

Officials

Total

Arrival date:

Departure date:

Hotel reservation

Single:..... Double:..... Triple:.....

Date

.....
Signature

Please return by 12/11/2010

Contact: - Hellenic Swimming Federation
Tel. 0030-210-9851020 - Fax 0030-210-9850964
e-mail: president@koe.org.gr or pr@koe.org.gr
- District Committee Central West Macedonia.
Tel. 0030-2310-245323 - Fax 0030-2310-245881
e-mail: pekkdm@otenet.gr

ALEXANDRIA SWIMMING GRAND PRIX
December 4-5, 2010 // Thessaloniki, Greece

Travel Information

FEDERATION (_ _ _)

Male Swimmers

Female Swimmers

Team Officials

Total No of persons

Arrival Date & Time

Flight to Athens

Flight Number

Departure Date & Time

Flight from Athens

Flight Number

Date

.....
Signature

*Please return **by 29/11/2010***

Contact:

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ALEXANDRIA SWIMMING GRAND PRIX
December 4-5, 2010 // Thessaloniki, Greece

Entry Form

Federation (_ _ _)

Fax nr: Tel. Nr:

M E N

| NAME | DATE OF BIRTH | EVENT | TIME |
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Date

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Signature

*Please return **by 29 November 2010***

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ALEXANDRIA SWIMMING GRAND PRIX
December 4-5, 2010 // Thessaloniki, Greece

Entry Form

Federation (_ _ _)

Fax nr:..... Tel. Nr:.....

WOMEN

| NAME | DATE OF BIRTH | EVENT | TIME |
|------|---------------|-------|------|
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Date

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Signature

Please return by 29 November 2010

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ALEXANDRIA SWIMMING GRAND PRIX
50m. Posidonio Indoor swimming pool
Thessaloniki - Greece

December 4-5, 2010

COMPETITION PROGRAM

Saturday 4 December 2010, morning (Heats)

| | | | | |
|-----|------|--------------|-------|------------|
| 1. | 100m | Freestyle | Men | |
| 2. | 200m | Freestyle | Women | |
| 3. | 50m | Breaststroke | Men | |
| 4. | 100m | Breaststroke | Women | |
| 5. | 400m | Ind. Medley | Men | Slow-heats |
| 6. | 100m | Butterfly | Women | |
| 7. | 100m | Backstroke | Men | |
| 8. | 50m | Backstroke | Women | |
| 9. | 200m | Butterfly | Men | |
| 10. | 200m | Ind. Medley | Women | |
| 11. | 400m | Freestyle | Men | |
| 12. | 50m | Freestyle | Women | |
| 13. | 200m | Breaststroke | Men | |
| 14. | 800m | Freestyle | Women | Slow-heats |
| 15. | 200m | Backstroke | Women | |
| 16. | 50m | Butterfly | Men | |

Saturday 4 December 2010, afternoon (Final)

| | | | | |
|-----|------|--------------|-------|-----------|
| 1. | 100m | Freestyle | Men | |
| 2. | 200m | Freestyle | Women | |
| 3. | 50m | Breaststroke | Men | |
| 4. | 100m | Breaststroke | Women | |
| 5. | 400m | Ind. Medley | Men | Fast-heat |
| 6. | 100m | Butterfly | Women | |
| 7. | 100m | Backstroke | Men | |
| 8. | 50m | Backstroke | Women | |
| 9. | 200m | Butterfly | Men | |
| 10. | 200m | Ind. Medley | Women | |
| 11. | 400m | Freestyle | Men | |
| 12. | 50m | Freestyle | Women | |
| 13. | 200m | Breaststroke | Men | |
| 14. | 800m | Freestyle | Women | Fast-heat |
| 15. | 200m | Backstroke | Women | |
| 16. | 50m | Butterfly | Men | |

Sunday 5 December 2010, morning (Heats)

| | | | | |
|-----|-------|--------------|-------|------------|
| 1. | 100m | Freestyle | Women | |
| 2. | 200m | Freestyle | Men | |
| 3. | 50m | Breaststroke | Women | |
| 4. | 100m | Breaststroke | Men | |
| 5. | 400m | Ind. Medley | Women | Slow-heats |
| 6. | 100m | Butterfly | Men | |
| 7. | 100m | Backstroke | Women | |
| 8. | 50m | Backstroke | Men | |
| 9. | 200m | Butterfly | Women | |
| 10. | 200m | Ind. Medley | Men | |
| 11. | 400m | Freestyle | Women | |
| 12. | 50m | Freestyle | Men | |
| 13. | 200m | Breaststroke | Women | |
| 14. | 1500m | Freestyle | Men | Slow-heats |
| 15. | 200m | Backstroke | Men | |
| 16. | 50m | Butterfly | Women | |

Sunday 5 December 2010, afternoon (Final)

| | | | | |
|-----|-------|--------------|-------|-----------|
| 1. | 100m | Freestyle | Women | |
| 2. | 200m | Freestyle | Men | |
| 3. | 50m | Breaststroke | Women | |
| 4. | 100m | Breaststroke | Men | |
| 5. | 400m | Ind. Medley | Women | Fast-heat |
| 6. | 100m | Butterfly | Men | |
| 7. | 100m | Backstroke | Women | |
| 8. | 50m | Backstroke | Men | |
| 9. | 200m | Butterfly | Women | |
| 10. | 200m | Ind. Medley | Men | |
| 11. | 400m | Freestyle | Women | |
| 12. | 50m | Freestyle | Men | |
| 13. | 200m | Breaststroke | Women | |
| 14. | 1500m | Freestyle | Men | Fast-heat |
| 15. | 200m | Backstroke | Men | |
| 16. | 50m | Butterfly | Women | |