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**A special thanks to all our partners :**

*City of Saint-Dizier*

*Direction Départementale Jeunesse et Sport*

*ARENA*

*Groupe EQUALIA*

*OMS*

*Communauté de Commune St Dizier, Der et Perthois*

*Conseil Général*

*Conseil Régional*

## C . O. SAINT-DIZIER

## NATATION

☎ : 20, Rue de la Commune de Paris – 52 100 SAINT-DIZIER

☎ : 33.(0)3.25.05.23.07 ☎ : 33.(0)3.25.06.98.27

E-mail : [cosd.natation@free.fr](mailto:cosd.natation@free.fr)

Site Internet : [www.natation-saintdizier.fr](http://www.natation-saintdizier.fr)



# 7th MEETING Benjamins - Poussins

# 7th and 8th of april 2012

*Electronic Timing*

**SAINT-DIZIER - FRANCE**



## ORGANIZATION

Organizing Club: C.O. SAINT-DIZIER NATATION  
Centre nautique de SAINT-DIZIER.

- 25 meters pool with 8 lanes
- Resting-pool
- Water temperature : 26,8°
- Water PH : 8

## AGE GROUPS

- Girls born in 99 (*Benjamines*) - Boys born in 99 (*Benjamins*)
- Girls born in 2000 (*Benjamines*) - Boys born in 99 (*Benjamins*)
- Girls born in 2001 (*Poussines*) - Boys born in 2001 (*Poussins*)
- Girls born in 2002 and after (*Poussines*) - Boys born in 2002 and after (*Poussins*)

Entries should be sent to :

Mr.Arnaud MASSART  
C.O.S.D. NATATION  
20, Rue de la Commune de Paris  
52100 SAINT-DIZIER  
France

**Before March 10th 2012**

Phone Club : 00.33.(0)3.25.05.23.07

Mobile : 00.33.(0)6.07.66.41.43 (Please in french preferably)

Fax Club : 00.33.(0)3.25.06.98.27

Email : cosd.natation@free. fr

In case of technical or times difficulties, the organizing club reserves the right to change the race program and to limit the competitors number in some events if it is necessary. The first races of 400 m Freestyle can be doubled.

## REWARDS

- The first three of each race will receive a medal.
- The first three relay teams all categories will receive a cup (*benjamines, benjamins, poussines et poussins*).
- A Reward will be offered to the girl and the boy who will have achieved the best performance (by the FFN Tables) in the age category (*99/2000/2001/2002 and later*).

## ENTRY FEES

- 6 Euros by entry for the individual races.
- 12 Euros by relay.
- 70 Euros for entry fees, with 40 Euros reimbursed if standard times are achieved and if officials are presented by the clubs.
- 5 Euros will be kept back for each failure to meet standard times.
- 8 Euros for the 400 m Freestyle if time excess > à 3% .
- 15 Euros by meeting and by missing official up to 70 Euros.
- No reimbursement in case of withdrawal (5 Euros will be kept back).

**All payments be made to C.O.Saint-Dizier NATATION**

For more information, please contact :  
Mr Arnaud MASSART au 00.33.(0)6.07.66.41.43

**1 OFFICIAL FOR LESS THAN 5 SWIMMERS  
2 OFFICIALS FROM 6 TO 14 SWIMMERS  
3 OFFICIALS FOR MORE THAN 15 SWIMMERS**

## Sunday April 8th 2012

### AFTERNOON

- Doors Open : 01.45 pm
- Officials Call-up : 02.00 pm
- Testing the Chronometers 02.15 pm
- Clearing the pool 02.45 pm
- Events begin : 03.00 pm

- 31 - 100 m Butterfly - Girls (1999-2000)**
- 32 - 100 m Butterfly - Boys (1999-2000)**
- 33 - 50 m Breaststroke - Girls (2001-2002)**
- 34 - 50 m Breaststroke - Boys (2001-2002)**
- 35 - 50 m Breaststroke- Girls (1999-2000)**
- 36 - 50 m Breaststroke - Boys (1999-2000)**

*15 Minutes Break*

- 37 - 4x50 m Individual Medley - Girls (1999-2000)**
- 38 - 4x50 m Individual medley - Boys (1999-2000)**
- 39 - 4x50 m Individual Medley - Girls (2001-2002)**
- 40 - 4x100m Individual Medley - Boys (2001-2002)**

- Event ends : 5.45 pm at the latest
- Rewards presentation

*Reception offered by the Club*

**ENTRY FORM, February 4th 2012**  
**DEADLINE**

# PROGRAM



## Saturday, April 7th 2012

### Morning

- Doors Open : 8.00 am
- Officials Call-up : 8.30 am
- Testing the Chronometers : 8.45 am
- Clearing the pool : 9.15 am
- Events Begin : 9.30 am

- 1 - 200 m Individual Medley - Girls (1999-2000)**
- 2 - 200 m Individual Medley - Boys (1999-2000)**
- 3 - 50 m Backstroke - Girls (2001-2002)**
- 4 - 50 m Backstroke - Boys (2001-2002 )**
- 5 - 50 m Backstroke - Girls (1999-2000)**
- 6 - 50 m Backtroke - Boys (1999-2000)**

*15 Minutes Break*

- 7 - 50m Freestyle - Girls (2001-2002)**
- 8 - 50 m Freestyle - Boys (2001-2002)**
- 9 - 50 m Freestyle - Girls (99-2000)**
- 10 - 50 m Freestyle - Boys (99-2000)**

- Events end :12.00 at the latest

## Saturday, April 7th 2012

### AFTERNOON

- Doors Open : 02.45 p.m
- Officials call-up : 03.00 p.m
- Testing the chronometers : 03.15 p.m
- Clearing the pool : 03.45 p.m
- Events Begin : 04.00 p.m

- 11 - 100 m Breaststroke - Girls (1999-2000)**
- 12 - 100 m Breaststroke - Boys (1999-2000)**
- 13 - 100 m Freestyle - Girls (2001-2002)**
- 14 - 100 m Freestyle - Boys (2001-2002)**
- 15 - 100 m Freestyle - Girls (1999-2000)**
- 16 - 100 m Freestyle - Boys (1999-2000)**

*15 Minutes Break*

- 17 - 4x50 m Individual Medley - Girls (2001-2002)**
- 18 - 4x50 m Individual Medley - Boys (2001-2002)**
- 19 - 4x50 m Individual Medley - Girls (1999-2000)**
- 20 - 4x50 m Individual Medley - Boys (1999-2000)**

*For these four last races 3 races max. are allowed*

- Events End : 06.45 p.m at the latest

*Reception*

## Sunday, April 8th 2012

### MORNING

- Doors Open : 08.00 a.m
- Official calls-up : 08.30 a.m
- Testing the chronometers : 08.45 a.m
- Clearing the pool : 09.15 a.m
- Events Begin : 09.30 a.m

- 21 - 400 m Freestyle- Girls (1999-2000)**
- 22 - 400 m Freestyle- Boys (1999-2000)**
- 23 - 50 m Butterfly - Girls (2001-2002)**
- 24 - 50 m Butterfly - Boys (2001-2002)**
- 25 - 50 m Butterfly - Girls (1999-2000)**
- 26 - 50 m Butterfly - Boys (1999-2000)**

*15 Minutes Break*

- 27 - 100 m Individual Medley - Girls (2001-2002)**
- 28 - 100 m Individual Medley - Boys (2001-2002)**  
(maximum 3 races for these two last races)
- 29 - 100 m Backstroke - Girls (1999-2000)**
- 30 - 100 m Backstroke - Boys (1999-2000)**

- Events End : 12.00 at the latest