



AGEING WELL

SLOW SWIMMING INTERNAZIONALE MEETING

2 July 2022

Piscina Brunobianchi - Trieste

To promote the benefits of swimming and enthuse more adults and seniors to enjoy this healthy sport practice

Program

14.00

Registrations

15.00 – 16.00

Video e photo

The swimming pool is transformed into a shooting set to represent men and women who are models of healthy ageing and to promote active ageing life styles.

16.00 – 16.30

Teams parade

16.30 – 17.30

Non competitive Relay 360mix

The "360mix Relays" are back: one medley and one fast relay, each formed by 6 team members, 3 women and 3 men who have a total age of 360 years. Each team member, in possession of a sports medical certificate, will swim 25m laps. Relays are non competitive, nevertheless ranking lists will be drawn and teams will be celebrated.

19.30

Gala Dinner

The Meeting will be concluded with a Gala Dinner to celebrate the value of sports and swimming and teams will be awarded.

For information

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Partner



With the support of the Erasmus+ Programme of the European Union

Regulation

The "The Relay 360mix" comprises one medley and one fast relay, formed by 6 participants, 3 women and 3 men to facilitate the free aggregation of swimmers of different ages.

The sum of the age of each team must be equal or over 360. Each team member must take part in the two relays and swim 25m laps.

Swimming laps order is totally free as far as gender and style is concerned.

A - a fast relay " 6x25" m crawl, with a free order between men and women.

B - a mixed relay "6x25" 25 breast stroke, 25 backstroke and crawl with a free order of men and women and style. Also the start is free: both from starting block or from swimming edge.

Relays are non competitive, nevertheless ranking lists will be drawn and teams will be celebrated.

At the end of the relays there will be two ranking lists: one based on standard times and the second with a time "correction" on the bases of the team average age based on master swimming table charts.

Each Team must appoint a "captain" who is responsible for the team formation.

Each team must have an identification name.

The "captain" will collect the sports medical certificates and will decide the starting order of the team components (as regards gender and swimming style).

Registrations

The captain of each team sends his team registrations and the sports medical certifications by **May 15th 2022**.



Partner



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