

## Swimming

Individual tournament for women and men. The participants will be divided into 5 age groups:

Group A (18–30 years, year of birth 1991 and after)

Group B (31–40 years, year of birth 1983-1992)

Group C (41–50 years, year of birth 1973-1982)

Group D (51–60 years, year of birth 1963-1972)

Group E (over 60 years, year of birth 1962 and before).

The following events will be held: 50m, 100m, 200m and 4x100m freestyle, 50m and 100m backstroke, 50m and 100m breaststroke, 50m butterfly and 4x50m medley.

The rules of the International Swimming Federation (FINA) apply.

## Competition format

The competition will be held at de Peppel in Ede: 25m swimming pool, 8 lanes, 26 – 27 degrees Celsius, hard end walls, wave-breaking lane ropes. Times will be recorded semi-electronically.

## Competition rules

The rules of the International Swimming Federation (FINA) apply.

## Schedule

<b>Thursday June 23rd</b>	<b>Friday June 24th</b>
200 freestyle women	200 freestyle men
100 breaststroke men	100 breaststroke women
50 backstroke women	50 backstroke men
50 butterfly men	50 butterfly women
<i>BREAK</i>	<i>BREAK</i>
50 freestyle women	50 freestyle men
100 backstroke men	100 backstroke women
50 breaststroke women	50 breaststroke men
100 freestyle men	100 freestyle women

<i>BREAK</i>		<i>BREAK</i>
4 x 50 medley women		4 x 50 medley men
4 x 100 freestyle men		4 x 100 freestyle women

## Important information

Please ensure that you leave yourself enough time to get from your accommodation to the sport venue. Each person participates in the European Company Sport Games at their own risk. Each participant is responsible for ensuring that they have appropriate accident insurance coverage.