



XVI SWIMMING COMPETITION «Northern Lights» –Khanty-Mansiysk 2018

01.11 – 05.11.2018

Dear Friends,

Ugra swimming and water polo Federation is pleased to invite swimming sportsmen of your country to participate in the International Swimming Competition «Northern Lights».

- Organizers:** Government of Khanty-Mansiysk Autonomous Okrug – Ugra, Russian Swimming Federation, Department of sport of Khanty-Mansiysk Autonomous Okrug – Ugra, AI "UgraMegaSport", Ugra swimming and water polo Federation.
- Location of competition:** Khanty-Mansiysk city, Khanty-Mansiysk Autonomous Okrug – Ugra, Russia.
- Age groups:** Boys 2002-2003 years of birth, 2004-2006 years of birth and girls 2004-2005 years of birth, 2006-2008 years of birth.
- Swimming pool:** The indoor pool is 50 x 25 m with 10 lanes, divided by wave breaking ropes. The depth of the pool is 2.80m and 4.50m. Water's temperature is 26 - 27°C. Electronic timing OMEGA.
- Accommodation:** Accommodation full board per team (4 swimmers and 1 coach) - free. We are organize transport from/to airport, to/from swimming pool.
- Award:** Each participant receives swimming cap with logo of competition. First three swimmers in each discipline and age groups will awarded prize money. First three swimmers in each discipline and age groups will awarded diploma and medal. The best result of boys and girls in each age groups and coaches will awarded.
- Rules:** Start price - free. 1 swimmer may participate in maximum 4 individual events + relay.
- Information:** Information is provided by USWPF: ugraswimming@mail.ru, ugra-aquatics.ru
- Schedule:**

01 November 2018 Arrival day		
15.00-18.00	Official training session in swimming pool	
16.00-17.00	Technical meeting	
02 November 2018 1 day in 10:30	03 November 2018 2 day	04 November 2018 3 day
Warm up 9:00 - 9:45	Warm up 9:00 - 9:45	Warm up 9:00 - 9:45
Opening ceremony 10:00		
50 back girls 50 back boys 100 breast girls 100 breast boys 200 fly girls 200 fly boys 100 free girls 100 free boys 800 free girls 1500 free boys	50 free girls 50 free boys 100 fly girls 100 fly boys 200 breast girls 200 breast boys 400 free girls 400 free boys 100 back girls 100 back boys 200 IM girls 200 IM boys 4 x 50 free mixed	50 fly girls 50 fly boys 50 breast girls 50 breast boys 200 free girls 200 free boys 200 back girls 200 back boys 400 IM girls 400 IM boys 4 x 50 IM mixed
05 November 2018 Departure day		

