

# SWIMMING STARS READY TO SHINE IN ROME

ROME 25-27 JUNE 2021 FORO ITALICO



## INTERNAZIONALI DI NUOTO

58° SETTECOLLI



### TEAM LEADERS GUIDE



ROMA



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## Useful Information

### COVID-19 Guidelines

Participants must scrupulously comply with the following health guidelines:

- 1) Wash your hands often. Use hydroalcoholic solutions for handwashing.
- 2) Avoid close contact with people suffering from acute respiratory infections.
- 3) Avoid hugs and handshakes.
- 4) Maintain, in social contacts, and interpersonal distance of at least one meter, preferably two meters.
- 5) Sneezing and/or coughing in a tissue avoiding contact of the hands with respiratory secretions.
- 6) Avoid the promiscuous use of bottles and glasses, especially during sports activities.
- 7) Do not touch your eyes, nose, and mouth with your hands.
- 8) Cover your mouth and nose if you sneeze or cough.
- 9) Do not take antiviral drugs and antibiotics unless prescribed by your doctor.
- 10) It is strongly recommended in all social contacts to use respiratory protection (face mask) as an additional measure to other individual health prevention measures. Face mask is mandatory when 1m social distancing cannot be respected (2m after the effort).
- 11) Users will have to keep the face mask until entering the water, they must put it in disposable bags just before swimming and wear it again at the end of the activity.
- 12) Do not exchange items of personal use with other people (towels, bathrobes, etc.).
- 13) Avoid consuming food in the changing rooms (if available).
- 14) Store personal items and clothing in your bags, avoiding leaving them exposed in the changing rooms (if available).
- 15) Immediately throw the tissues or other used materials such as plasters, bandages, etc. in the appropriate containers.
- 16) When using common toilets, avoid touching the tap before and after washing your hands, but use disposable wipes to open and close it.
- 17) In water, it is forbidden to spit, urinate, blow your nose. If necessary, use the toilet for these purposes before entering the water.

For all the procedure regarding:

- Entering Italy and the event;
- PCR for coming back home;

Please refer to the COVID-19 Guidelines that have been already sent.



## ORGANIZING COMMITTEE

HEAD OF EVENT	FIN: Laura Del Sette Sport e Salute: Andrea Pivano
VENUE MANAGER	Dino Baudone
COMPETITION MANAGER	Gianfranco Saini
OPERATIONS MANAGERS – INTERNATIONAL RELATIONS	Simona Spurio Schiavoni, Sara Franzini Gabrielli
EVENT' SECRETARIAT	Giulia Grossi – Gaia Pennechini –Valeria Lanzi
TECHNICAL SECRETARIAT	Marco Agosti – Simona Fagioli
ACCOUNTING	Massimo Rella
ACCREDITATION	Flaminia Guidi
TRANSPORTS	Sofia Cintio - Sara Franzini Gabrielli
PRESS	Francesco Passariello Valerio Salvati Massimo Cicerchia Luca Sansonetti Lombardino Bruno
SOCIAL MEDIA	Valeria Di Palo
PHOTOGRAPHER	Giorgio Scala
AWARD CEREMONIES	Elisabetta Comazzetto
DOPING CONTROL	Silvana Mari
SPEAKERS	Luca Rasi – Anna Bruschetta
SECURITY	Michele Patricelli
FACILITY MANAGER	Francesco Maffei
VIDEOWALL	Aemmex Electronics Service S.r.l.
DATA ENTRY	Microplus

## Juries - timekeeping and data handling

REFEREES
Sivia Atzori
Barbara Gasperini
Alessio Garau
Paola Lezzerini
Deborah Maggi
Barbara Caloi

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STARTERS	
Men Events	Alessandro Camilli
Women Events	Marco Rondoni

TIMEKEEPING	FICr
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Protests must be submitted:

- To the referee.
- In writing.
- By the Team leader or by a team representative.
- Together with a deposit of 100 Swiss Francs or its equivalent (92.95 €).
- Within 30 minutes following the disqualification notification.

Any kind of tape on the body is not permitted unless approved by FINA Sport Medicine Committee or by the Event's doctor.

## Nations

Argentina	Kazakhstan
Austria	Liechtenstein
Belgium	Lithuania
Brasil	Luxemburg
Czech Republic	Netherlands
Denmark	New Zealand
Finland	Norway
France	Philippines
Germany	Serbia
Great Britain	South Africa
Greece	Spain
Hungary	Sweden
India	Switzerland
Israel	Turkey
	Ukraine

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## Access to the venue

Access to the competition venue in each session is allowed only to those entered in the scheduled race and their Team staff. Entrance will be open from 15 minutes before the start of the scheduled warm-up. Athletes can remain in the Tribuna Tevere during races. Upon arrival participants will be asked to:

- Measure the body temperature. People with a body temperature higher than 37,5°C, access will be denied.
- Wear the mask in all areas of the venue, also in the call room, until the start of the race.
- Scan of the QR code on the Accreditation

## Pool races management:

- **MORNING:**
  - Entrance at 07:15; end morning sessions 12:00.
- **AFTERNOON and EVENING:**
  - Entrance at 14:45; end evening sessions 21:00;

## Sanitation

After every session, the pool will be sanitized by the personnel dedicated.

## Event' Secretariat

The information desk will be placed at the entrance of "Stadio Del Nuoto" (point 6 on the venue map on page 20) and it will be open from the beginning of the warm-up till the end of the competition.

You will find there all the info which can be of your interest (results, circulars, and so on). Please do not hesitate to contact our staff for any queries you may have.

## Accreditation

Accreditation will be delivered at the hotel from the hostess upon arrival.

The Head of Delegation is kindly requested to collect the accreditation cards to the whole Team.

Accreditation badges must always be visible and shown when requested. Entry to the venue will be denied to any unaccredited person. Before entering the pool, QR Code on accreditations will be scanned.

## Technical Secretariat

For any technical question, please do not hesitate to contact the Technical Secretariat (see point 11 on the map on page 20), Mr. Gianfranco Saini, Competition manager.

## Technical Meeting

Technical meeting will be carried out by the Competition Manager.

**TECHNICAL MEETING (only for coaches) on 24/06/2021 at 19:00 at the swimming pool\*.**

\*tbc the right place. Coaches are kindly requested to attend this meeting.

Final scratches and corrections to the starting lists must be given on this Technical meeting at the latest.

In any case, all teams are requested to communicate in advance to the O.C. any scratch or correction whenever possible, in order to speed up the work of the Secretariat (please contact Ms. Simona Fagioli: [simona.fagioli@federnuoto.it](mailto:simona.fagioli@federnuoto.it) and Mr. Gianfranco Saini: [gianfranco.saini@federnuoto.it](mailto:gianfranco.saini@federnuoto.it)).

## Transports schedule (trainings and races)

Shuttle busses will be available from all the official hotels. Please be so kind as to respect the timetables strictly. Be aware that before entering the venue, accreditation cards will be scanned (QR Code), so only those who are authorized to train or have competition at that time, will be allowed to enter.

23/06 – Shuttle bus for “Centro Federale Pietralata”

Pickup Time	Pick-up	Drop-off
17:30	Different Hotels	Pietralata
18:30	Different Hotels	Pietralata
19:30	Pietralata	Different Hotels
20:15	Pietralata	Different Hotels

24/06 – Shuttle bus for “Stadio del Nuoto”

Pickup Time	Pick-up	Drop-off
09:30	Different Hotels	Stadio del Nuoto
11:45	Stadio del Nuoto	Different Hotels
17:00	Different Hotels	Stadio del Nuoto
19:15	Stadio del Nuoto	Different Hotels

From 25/06 to 27/06 – Shuttle bus

As on 25/06 indoor warm-up pool at “Stadio del Nuoto” won't be available, you will be transported to Pietralata swimmingpool. Here you can find scheduled time dedicated.

Pickup Time	Pick-up	Drop-off
08:15	Different Hotels	Pietralata
09:45	Different Hotels	Pietralata
10:30	Pietralata	Different Hotels
12:00	Pietralata	Different Hotels
15:00	Different Hotels	Pietralata
17:15	Pietralata	Different Hotels

Pickup Time	Pick-up	Drop-off
07:00	Different Hotels	Stadio del Nuoto
08:00	Different Hotels	Stadio del Nuoto
09:15	Different Hotels	Stadio del Nuoto
10:00	Stadio Del Nuoto	Different Hotels
10:15	Different Hotels	Stadio del Nuoto
11:00	Stadio Del Nuoto	Different Hotels
12:00 (end races)	Stadio Del Nuoto	Different Hotels
14:30	Different Hotels	Stadio del Nuoto
15:15	Different Hotels	Stadio del Nuoto
16:15	Different Hotels	Stadio del Nuoto
17:30	Different Hotels	Stadio del Nuoto
17:45	Stadio Del Nuoto	Different Hotels
19:45	Stadio Del Nuoto	Different Hotels
21:00 (end races)	Stadio Del Nuoto	Different Hotels



## Doping control

Doping control will run according to FINA Rules (Doping Control Room is at point 12 on the map). Please be ready to follow our Staff Members with your ID or passport if you are drawn for. If necessary, do not forget to fill in the Drug Use Form: for each medicament used, a Form must be used.

## Results

The results can be downloaded at [www.federnuoto.it](http://www.federnuoto.it)

## Confirmation of departures

Transport back to the Airport will be provided. Delegations and Teams are invited to confirm their departure, within June 25th in order to help us organizing the bus transfer. Please fill in the information at the info desk at your hotel. Thank you for your co-operation

## Final ranking

In order to award the "Mario Saini Trophy", a final ranking for Nations will be prepared at the end of the competitions based on the results of the meeting with the following modalities:

- for each event the following scores will be assigned to the first six athletes classified: 7 points to the first, 5 points to the second, 4 points to the third, 3 points to the fourth, 2 points to the fifth and 1 point to the sixth classified swimmer; in case of parity the points will be divided between the athletes;
- to each swimmer will be assigned the sum of the scores achieved in each event swam.
- for each nation, it will be considered the swimmers with the highest points achieved up to a maximum of 5 athletes (male or female).
- the "Mario Saini" Trophy will be assigned to the Nation first classified based on the sum of the scores; in case of disqualifying, the Trophy will be assigned to the Nation with the best average of scores for classified athlete.

## Prizes and Prize Money

Medals for 1st, 2nd and 3rd ranked athletes of each event.

The prize money will be distributed as follows:

- Top ten performers on the basis of FINA IPS system, considering the best performance per swimmer.
 

1°	7.500,00 Euro
2°	5.500,00 Euro
3°	4.500,00 Euro
4°	3.500,00 Euro
5°	3.000,00 Euro
6°	2.600,00 Euro
7°	2.450,00 Euro
8°	2.400,00 Euro
9°	2.300,00 Euro
10°	2.250,00 Euro
- 500,00 Euro, 300,00 Euro and 200,00 Euro respectively to the 1st, 2nd and 3rd placed swimmer in each one of the 34 individual events & 500,00 Euro each for the meet records broken during the A finals.

## Records - Men

MEN				
EVENT	ATHLETE	NATION	TIME	DATA
50 FREESTYLE	Benjamin PROUD	GBR	21.16	2018
100 FREESTYLE	Alessandro MIRESSI	ITA	48.15	2020
200 FREESTYLE	Marco DE TULLIO	ITA	1:46.56	2020
400 FREESTYLE	Gabriele DETTI	ITA	3:43.73	2020
800 FREESTYLE	Gregorio PALTRINIERI	ITA	7:40.22	2020
1500 FREESTYLE	Gregorio PALTRINIERI	ITA	14:33.10	2020
50 BACKSTROKE	Michael ANDREW	USA	24.39	2019
100 BACKSTROKE	Mewen TOMAC	FRA	53.29	2020
200 BACKSTROKE	Ryosuke IRIE	JPN	1:55.05	2012
50 BREASTSTROKE	Adam PEATY	GBR	26.41	2018
100 BREASTSTROKE	Adam PEATY	GBR	58.61	2018
200 BREASTSTROKE	Marco KOCH	GER	2:07.96	2019
50 BUTTERFLY	Andriy GOVOROV	UKR	22.27	2018
100 BUTTERFLY	Chad LE CLOS	RSA	51.24	2018
200 BUTTERFLY	Kristóf MILÁK	HUN	1:54.19	2019
200 MEDLEY	Daiya SETO	JPN	1:57.11	2019
400 MEDLEY	Dávid VERRASZTÓ	HUN	4:07.47	2017

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## Records - Women

WOMEN				
EVENT	ATHLETE	NATION	TIME	DATA
50 FREESTYLE	Pernille BLUME	DEN	23.92	2018
100 FREESTYLE	Pernille BLUME	DEN	52.72	2018
200 FREESTYLE	Federica PELLEGRINI	ITA	1:54.55	2016
400 FREESTYLE	Camille MUFFAT	FRA	4:02.64	2013
800 FREESTYLE	Alessia FILIPPI	ITA	8:20.70	2008
1500 FREESTYLE	Simona QUADARELLA	ITA	15:48.84	2019
50 BACKSTROKE	Holly BARRATT	AUS	27.57	2017
100 BACKSTROKE	Aya TERAOKAWA	JPN	59.42	2012
200 BACKSTROKE	Margherita PANZIERA	ITA	2:06.87	2019
50 BREASTSTROKE	Yuliya EFIMOVA	RUS	29.84	2018
100 BREASTSTROKE	Yuliya EFIMOVA	RUS	1:04.98	2018
200 BREASTSTROKE	Yuliya EFIMOVA	RUS	2:20.72	2018
50 BUTTERFLY	Sarah SJÖSTRÖM	SWE	25.19	2018
100 BUTTERFLY	Sarah SJÖSTRÖM	SWE	56.04	2015
200 BUTTERFLY	Sara ISAKOVIĆ	SLO	2:07.05	2008
200 MEDLEY	Katinka HOSSZÚ	HUN	2:08.28	2019
400 MEDLEY	Ilaria CUSINATO	ITA	4:34.65	2018

## Races format

Races will be held in four sessions:

- Two in the morning (slow heats):
  - 1<sup>st</sup> session: from 09:00 to 09:45; warm-up 07:30-08:45.
  - 2<sup>nd</sup> session: from 11:00 to 12:00; warm-up 09:45-10:45.
- One in the afternoon (timed heats):
  - 3<sup>rd</sup> session: from 16:15 to 17:00; warm-up 15:00-16:00.
- One in the evening (fast heats):
  - 4<sup>th</sup> session: from 18:30 to 20:45; warm-up 17:05-18:15.

Races are 34 in total (17 for men and 17 for women). Morning sessions will be divided into men and women, day by day, varying.

Instead, the evening session will be mixed. Races will be run at series on 10 lanes. Every day there will be two sessions in the morning and two in the afternoon. Number of series in each session, will depend on entries received.

Event will be run with series, fastest ones in the afternoon and slowest ones in the morning. In morning sessions start will be given with swimmers of the previous heat into the water.

## Programme

Event will be run with timed heats, fastest ones in the evening and slowest ones in the morning and in the first session in the afternoon, as follow (D= distance; G=gender; H=timed heats). Please find attached provisional timing schedule.

### DAY 1 MORNING

#### SESSION 1 – Men

D	Stroke	G	H
100	Back	M	3
400	Free	M	2
100	Breast	M	3
100	Butterfly	M	3
50	Free	M	4

#### SESSION 2 – Women

D	Stroke	G	H
50	Back	W	4
200	Free	W	4
100	Breast	W	3
50	Butterfly	W	4
1500	Free	W	1

### AFTERNOON

#### SESSION 1

D	Stroke	G	H
100	Back	M	2
50	Back	W	2
400	Free	M	2
200	Free	W	2
100	Breast	M	2
100	Breast	W	2
100	Butterfly	M	2
50	Butterfly	W	2
50	Free	M	2

### EVENING

#### SESSION 2 – fastest heats

D	Stroke	G	H
100	Back	M	2
50	Back	W	2
400	Free	M	1
200	Free	W	2
100	Breast	M	2
100	Breast	W	2
100	Butterfly	M	2
50	Butterfly	W	2
50	Free	M	2
1500	Free	W	1

DAY 2  
MORNING

## SESSION 1 – Women

D	Stroke	G	H
100	Butterfly	W	4
100	Back	W	4
400	Medley	W	3
100	Free	W	4
50	Breast	W	3

## SESSION 2 – Men

D	Stroke	G	H
200	Butterfly	M	3
50	Back	M	4
400	Medley	M	3
100	Free	M	4
50	Breast	M	3
800	Free	M	1

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AFTERNOON  
SESSION 1

D	Stroke	G	H
100	Butterfly	W	1
200	Butterfly	M	1
100	Back	W	2
50	Back	M	2
400	Medley	W	1
400	Medley	M	1
100	Free	W	2
100	Free	M	2
50	Breast	W	2
50	Breast	M	2
800	Free	W	1
800	Free	M	1

## EVENING

## SESSION 2 – fastest heats

D	Stroke	G	H
100	Butterfly	W	2
200	Butterfly	M	2
100	Back	W	2
50	Back	M	1
400	Medley	W	1
400	Medley	M	1
100	Free	W	2
100	Free	M	2
50	Breast	W	1
50	Breast	M	1
800	Free	W	1
800	Free	M	1

DAY 3  
MORNING

## SESSION 1 – Women

D	Stroke	G	H
50	Free	W	4
200	Back	W	3
200	Butterfly	W	3
200	Breast	W	3
400	Free	W	2
200	Medley	W	3

## SESSION 2 – Men

D	Stroke	G	H
200	Back	M	3
50	Butterfly	M	4
200	Breast	M	3
200	Free	M	4
200	Medley	M	3
1500	Free	M	1



## AFTERNOON

## SESSION 1

D	Stroke	G	H
50	Free	W	2
200	Back	M	1
200	Back	W	1
50	Butterfly	M	2
200	Butterfly	W	1
200	Breast	M	1
200	Breast	W	1
200	Free	M	2
400	Free	W	1
200	Medley	M	1
200	Medley	W	1

## SESSION 2 – fastest heats

D	Stroke	G	H
50	Free	W	2
200	Back	M	1
200	Back	W	1
50	Butterfly	M	2
200	Butterfly	W	1
200	Breast	M	1
200	Breast	W	1
200	Free	M	2
400	Free	W	1
200	Medley	M	1
200	Medley	W	1
1500	Free	M	1

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The number of heats is hypothetical; they should be changed based on the number of entries received. In the first three sessions, every day, the start of each heat will be given with the previous one into the water. In the two fastest heats of each race, a maximum of 3 foreign swimmers per heats will be allowed.

## Competition pool – Stadio del Nuoto swimming-pool

It is not allowed to dive until 45 min. before the end of the warm-up, and then diving it is allowed only in those lanes indicated in the above chart.

It is not allowed diving in circle swimming lanes and turn practice.

LANES: entry to these lanes is to be feet first, from a sitting position.

## Training programme

DATE	TIME		VENUE	WHO	POOL
	FROM	TO			
23/06/2021	18:00	20:00	PIETRALATA	All arrived on 23/06	50mt
24/06/2021	10:00	11:15	STADIO DEL NUOTO	All arrived on 23/06	50mt
24/06/2021	17:30	18:45	STADIO DEL NUOTO	All arrived on 24/06	50mt
25/06/2021	09:00	10:15	PIETRALATA	All involved in afternoon session (3°)	50mt
25/06/2021	10:30	11:45	PIETRALATA	All involved in evening session (4°)	50mt
25/06/2021	15:45	17:00	PIETRALATA	ALL not involved in races on 25/06 or in the 3° and 4° session	50mt
26/06/2021	09:00	10:15	FORO ITALICO (INDOOR)	All involved in afternoon session (3°)	50mt
26/06/2021	10:30	11:45	FORO ITALICO (INDOOR)	All involved in evening session (4°)	50mt
26/06/2021	15:45	17:00	FORO ITALICO (INDOOR)	ALL not involved in races on 26/06 or in the 3° and 4° session	50mt
27/06/2021	09:00	10:15	FORO ITALICO (INDOOR)	All involved in afternoon session (3°)	50mt
27/06/2021	10:30	11:45	FORO ITALICO (INDOOR)	All involved in evening session (4°)	50mt

## Entry procedure

The Event is open to the Italian and foreign swimmers who have achieved the Qualifying Standard Times as per the table below within the date of 6<sup>th</sup> June 2021, and to the Italian athletes selected for the National 2021 team. Entry for the 800m and 1500m freestyle events is allowed to the 20 best male and female times in each distance. Additionally the event is open to all Italian swimmers in possession of the requirements for the admission at the Italian Championship 2021.

Competition	Women	Men
50 Freestyle:	26.52	23.33
100 Freestyle:	57.25	50.81
200 Freestyle:	2.03.17	1.52.31
400 Freestyle:	4.19.00	3.58.03
800 Freestyle:	8.48.34	8.06.32
1500 Freestyle:	16.48.86	15.35.67
50 Backstroke:	29.95	26.74
100 Backstroke:	1.03.97	57.62
200 Backstroke:	2.18.16	2.05.65
50 Breaststroke:	32.77	28.97
100 Breaststroke:	1.12.00	1.03.77
200 Breaststroke:	2.35.57	2.19.85
50 Butterfly:	27.99	24.65
100 Butterfly:	1.02.19	54.97
200 Butterfly:	2.16.97	2.03.37
200 Medley:	2.19.93	2.06.05
400 Medley:	4.56.13	4.29.34

## WARM-UP GUIDELINES

All lanes in the Competition Pool are CIRCLE SWIMMING ONLY, until 45 min. prior to the advertised time of end of warm up, when the competition pool converts to the following diagram:

Competition Pool:

Start/Finish side

0	1	2	3	4	5	6	7	8	9
15m Dive Sprint Only	Pace lane only	Circle Only	Circle Only	Circle Only	Circle Only	Circle Only	Circle Only	Pace lane only	25m Dive Sprint Lane
Turn Practice Only	Pace lane only	Circle Only	Circle Only	Circle Only	Circle Only	Circle Only	Circle Only	Pace lane only	Turn Practice Only
0	1	2	3	4	5	6	7	8	9

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Warm up Pool:

1	2	3	4	5	6	7	8	9	10	11	12	13
Pace lane only	Pace lane only	Pace lane only	Circle Only	Circle Only	Circle Only	Circle Only	Circle Only	Circle Only	Circle Only	Pace lane only	Pace lane only	Pace lane only
Pace lane only	Pace lane only	Pace lane only	Circle Only	Circle Only	Circle Only	Circle Only	Circle Only	Circle Only	Circle Only	Pace lane only	Pace lane only	Pace lane only
1	2	3	4	5	6	7	8	9	10	11	12	13

## Hotels

## 1. HOTEL VILLA MARIA REGINA ★★★★★



## ADDRESS

Via della Camilluccia, 687 Rome 00135



## CONTACT

MAIL: [info@villamariaregina.com](mailto:info@villamariaregina.com)

TEL: +39 063629071



NAME: Gabriele Celestino

TEL: +39 366 1149030

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Breakfast time: 06:30 – 10:00

Lunch time: 12:00 – 14:00

Dinner time: 20:00 – 22:30

## 2. HOTEL DEGLI ARANCI ★★★★★



## ADDRESS

Via Barnaba Oriani, 11



## CONTACT

TEL: +39 06/8070202



NAME: Sofia Cintio

TEL: +39 3347419034

Breakfast time: 06:30 – 10:00

Lunch time: 12:00 – 14:00

Dinner time: 20:00 – 22:30

## 3. HOTEL VILLA GLORI ★★★★★



## ADDRESS

Via Bernardo Celentano, 11



## CONTACT

TEL: +39 06/3227658



NAME: Ilaria Munnia

TEL: +39 338 8442047

Breakfast time: 06:30 – 10:00








Lunch time: 12:00 – 14:00

Dinner time: 20:00 – 22:30

## Hostess at the Airport

Point of contact → Maria Francesca Gozzi +39 331 8551016

## Useful phone numbers

	<b>TAXI</b>	+ <b>39 063570</b> + <b>39 064157</b>
	<b>TRAIN STATION</b>	<b>199 892021</b>
	<b>AIRPORT</b>	<b>+39 0665951</b>
	<b>EMERGENCY</b>	<b>118</b>
	<b>CARABINIERI</b>	<b>112</b>
	<b>FIRE BRIGATE</b>	<b>115</b>
	<b>POLICE</b>	<b>113</b>

For any issue contact:

regarding Transports, Sofia Cintio: +39 334 7419034

or Sara Franzini Gabrielli +39 340 8576144

Accommodation, Simona Spurio +39 346 5029359



## MENU

Every day there will be an international breakfast with coffee, milk, tea, fruit juice, bread, croissants, fresh fruit, yogurt, ham, bacon, cheese, and eggs. At every meal there will be a buffet with vegetables, tuna, bread and condiments both for vegetables and for pasta (ragù, mushrooms, vegetables, tomato, oil, butter); at the end of every meals fresh fruit will be available, while for dinners there will be also a dessert.

## DAY 1 - 23/06

<b>Lunch</b>	Pasta or Rice or Soup Sliced meat and breasola Turkey Chest
<b>Dinner</b>	Pasta or Rice or Soup Roasted calf Milanese Chicken

## DAY 4 - 26/06

<b>Lunch</b>	Pasta or Rice or Soup Caprese Pork Loin
<b>Dinner</b>	Pasta or Rice or Soup Fried Chicken Pork Loin

## DAY 2 - 24/06

<b>Lunch</b>	Pasta or Rice or Soup Slice of chicken with lemon Hamburger
<b>Dinner</b>	Pasta or Rice or Soup Hamburger

## DAY 5 - 27/06

<b>Lunch</b>	Pasta or Rice or Soup Omelette with ham Roasted Calf
<b>Dinner</b>	PIZZA

## DAY 3 - 25/06

<b>Lunch</b>	Pasta or Rice or Soup Turkey chest Baked chicken
<b>Dinner</b>	Pasta or Rice or Soup Pizzaiola chicken Hamburger

## DAY 6 - 28/06

<b>Lunch</b>	Pasta or Rice or Soup Baked Chicken Roasted Calf
<b>Dinner</b>	Pasta or Rice or Soup Turkey Chest Hamburger

# KEY

1. Warm-up pool (indoor)
2. Warm-up pool
3. Competition pool
4. Atletes and staff entrance
5. General public entrance
6. Events secretariat
7. Accreditation centre
8. Second call room (50 m)
9. First call room (50 and 100m)
10. Second call room
11. Technical secreteriat
12. Doping control
13. First aid
14. Media entrance
15. Press office
16. Snack point
17. Mixed zoned
18. Bus stop
19. Team area and massage area 1
20. Team area and massage area 2
21. Changing rooms male
22. Changing rooms female

