

Finswimming Commission

## Open Water Championships

### Modalities of organisation 4x150 m relays multiple by elimination and F.O.P. template

1. The organisation of the event regarding the number of participant's teams

Time of rest between each round 1 min.

Configuration depending number of Teams						
150	round 5	round 4	round 3	Round 2	Round 1	Total Distance
10 Teams						
9 Teams						
8 Teams						
7 Teams						
6 Teams						
5 Teams						
4 Teams						
3 Teams						
2 Teams						
1 Team						3000
9 Teams						
8 Teams						
7 Teams						
6 Teams						
5 Teams						
4 Teams						
3 Teams						
2 Teams						
1 Team						3000
8 Teams						
7 Teams						
6 Teams						
5 Teams						
4 Teams						
3 Teams						
2 Teams						
1 Team						2400
7 Teams						
6 Teams						
5 Teams						
4 Teams						
3 Teams						
2 Teams						
1 Team						2400
6 Teams						
5 Teams						
4 Teams						
3 Teams						
2 Teams						
1 Team						2400
5 Teams						
4 Teams						
3 Teams						
2 Teams						
1 Team						2400
4 Teams						
3 Teams						
2 Teams						
1 Team						1800

**2. Starting order of the event regarding the number of participant's teams:**

In the table below, you find the different orders regarding the number of rounds. The rounds are swimming in a decreasing way with 1 min of time of rest between each round.

Starting order regarding number of rounds				
	1st athlete	2nd athlete	3rd athlete	4th athlete
Round 5	Man Mono	Man Bi-Fins	Woman Bi-Fins	Woman Mono
Round 4	Man Bi-Fins	Man Mono	Woman Mono	Woman Bi-Fins
Round 3	Man Mono	Man Bi-Fins	Woman Bi-Fins	Woman Mono
Round 2	Man Bi-Fins	Man Mono	Woman Mono	Woman Bi-Fins
Round 1	Man Mono	Man Bi-Fins	Woman Bi-Fins	Woman Mono

**3. A template of the F.O.P.**

