

l'OPEN *des* GONES



WITH THE PRESENCE
OF OLYMPIC & PARALYMPICS
SWIMMERS

FFN QUALIFYING CIRCUIT



09 • 10 • 11 MAY 2025

Centre Nautique Etienne Gagnaire - Villeurbanne

Indoor long course pool 50m, outside warm-down pool 25m, electronic timing

Our
partners

METROPOLE
GRAND LYON

villeurbanne

LIVE ON
THE WEBTV!



NATIONAL MEETING

REGULATION

The competition is open to Juniors/Seniors, both girls and boys born in 2011 and earlier.

To be eligible, swimmers must have achieved the times listed in the access grid below during the current season or the previous season (N-1).

Two additional events are available. However, the organizer reserves the right to limit the number of additional events per race after the entries have been received.

The heats will be held with all categories combined. For the 800m and 1500m Freestyle, the ranking will be based on the times from both the fast and slow heats. For other events, there will be A and B finals for all categories, and C finals for Juniors 1 and 2.

ENTRIES

REGISTRATION

OPEN UNTIL MAY 5TH 23:59

- ~ Entry fee 10€ per event
- ~ Registration on EXTRANAT
- ~ Overseas competitors registration by mail at the following address: villeurbannenatation@free.fr include full name, date of birth, event details and entry times before
- ~ The club reserves the right to modify the programme and limit entry numbers

PAYMENT OF ENTRY FEES:

Bank transfer:

IBAN FR76 1027 8073 1400 0568 6914 025

BIC CMCIFR2A / Titulaire ASS Villeurbanne Natation

By cheque payable to «Villeurbanne Natation» including name and club on the back of the cheque.

QUALIFYING TIMES

EVENTS	SEX	14 YEARS OLD 2011	15 YEARS OLD 2010	16 YEARS OLD 2009	17 YEARS OLD AND + 2008 AND BEFORE
50 freestyle	F	30.29	29.69	29.37	28.97
	M	28.29	27.39	26.62	26.09
100 freestyle	F	1:06.07	1:04.16	1:03.50	1:02.74
	M	1:01.85	59.78	58.02	56.79
200 freestyle	F	2:24.42	2:19.77	2:18.69	2:16.31
	M	2:15.48	2:10.71	2:06.32	2:04.19
400 freestyle	F	5:01.93	4:53.48	4:48.97	4:44.49
	M	4:46.89	4:34.72	4:28.28	4:20.88
800 freestyle	F	10:19.67	9:59.52	9:55.27	9:42.93
	M	9:54.21	9:28.29	9:14.64	9:01.70
1500 freestyle	F	20:01.25	19:12.80	19:00.30	18:46.86
	M	19:02.41	18:08.52	17:37.44	17:11.39
50 backstroke	F	34.76	33.89	33.33	32.96
	M	32.87	31.53	30.54	29.76
100 backstroke	F	1:15.12	1:13.39	1:12.13	1:10.95
	M	1:11.56	1:07.62	1:05.89	1:04.34
200 backstroke	F	2:41.55	2:38.03	2:35.61	2:34.37
	M	2:36.20	2:27.40	2:23.22	2:19.59
50 breaststroke	F	38.58	37.47	36.80	36.39
	M	36.43	34.38	33.35	32.63
100 breaststroke	F	1:24.44	1:21.70	1:21.01	1:20.60
	M	1:20.01	1:16.14	1:13.12	1:11.30
200 breaststroke	F	3:02.27	2:56.73	2:55.54	2:53.49
	M	2:55.32	2:45.82	2:38.66	2:36.17
50 butterfly	F	32.29	31.35	30.92	30.51
	M	30.41	29.22	28.32	27.61
100 butterfly	F	1:13.05	1:10.53	1:09.28	1:08.46
	M	1:08.42	1:05.38	1:03.02	1:01.68
200 butterfly	F	2:48.31	2:40.23	2:37.31	2:32.85
	M	2:36.38	2:26.22	2:22.85	2:19.53
200 individual medley	F	2:43.37	2:39.94	2:37.03	2:35.76
	M	2:35.24	2:27.98	2:24.08	2:20.56
400 individual medley	F	5:46.98	5:33.92	5:31.51	5:27.24
	M	5:28.38	5:14.94	5:05.39	4:59.65

PROGRAMME OF EVENTS

**25M POOL AVAILABLE THROUGHOUT THE COMPETITION:
WARM-UP AND RECOVERY.**

FRIDAY 9TH MAY

SESSION 1

DOORS OPEN: 8:00 AM

EVENT START TIME: 9:30 AM

400 INDIVIDUAL MEDLEY	WOMEN & MEN	HEATS
100 FREESTYLE	WOMEN & MEN	HEATS
200 BREASTSTROKE	WOMEN & MEN	HEATS
50 BUTTERFLY	WOMEN & MEN	HEATS
100 BACKSTROKE	WOMEN & MEN	HEATS
1500 FREESTYLE	WOMEN & MEN	SLOWER HEATS

SESSION 2

DOORS OPEN: 3:00 PM

EVENT START TIME: 4:30 PM

400 INDIVIDUAL MEDLEY	WOMEN & MEN	FINALS C & B
100 FREESTYLE	WOMEN & MEN	FINALS C & B
200 BREASTSTROKE	WOMEN & MEN	FINALS C & B
50 BUTTERFLY	WOMEN & MEN	FINALS C & B
100 BACKSTROKE	WOMEN & MEN	FINALS C & B

15-MINUTE BREAK

1500 FREESTYLE	WOMEN & MEN	FAST HEATS
400 INDIVIDUAL MEDLEY	WOMEN & MEN	FINALS A
100 FREESTYLE	WOMEN & MEN	FINALS A
200 BREASTSTROKE	WOMEN & MEN	FINALS A
50 BUTTERFLY	WOMEN & MEN	FINALS A
100 BACKSTROKE	WOMEN & MEN	FINALS A

PROGRAMME OF EVENTS

SATURDAY 10TH MAY

SESSION 3

DOORS OPEN: 8:00 AM

EVENT START TIME: 9:30 AM

100 BREASTSTROKE	WOMEN & MEN	HEATS
50 BACKSTROKE	WOMEN & MEN	HEATS
200 BUTTERFLY	WOMEN & MEN	HEATS
400 FREESTYLE	WOMEN & MEN	HEATS
200 INDIVIDUAL MEDLEY	WOMEN & MEN	HEATS
50 FREESTYLE	WOMEN & MEN	HEATS

SESSION 4

DOORS OPEN: 3:00 PM

EVENT START TIME: 4:30 PM

100 BREASTSTROKE	WOMEN & MEN	FINALS C & B
50 BACKSTROKE	WOMEN & MEN	FINALS C & B
200 BUTTERFLY	WOMEN & MEN	FINALS C & B
400 FREESTYLE	WOMEN & MEN	FINALS C & B
200 INDIVIDUAL MEDLEY	WOMEN & MEN	FINALS C & B
50 FREESTYLE	WOMEN & MEN	FINALS C & B

15-MINUTE BREAK

100 BREASTSTROKE	WOMEN & MEN	FINALS A
50 BACKSTROKE	WOMEN & MEN	FINALS A
200 BUTTERFLY	WOMEN & MEN	FINALS A
400 FREESTYLE	WOMEN & MEN	FINALS A
200 INDIVIDUAL MEDLEY	WOMEN & MEN	FINALS A
50 FREESTYLE	WOMEN & MEN	FINALS A

PROGRAMME OF EVENTS

SUNDAY 11TH MAI

SESSION 5

DOORS OPEN: 8:00 AM

EVENT START TIME: 9:30 AM

200 FREESTYLE	WOMEN & MEN	HEATS
50 BREASTSTROKE	WOMEN & MEN	HEATS
100 BUTTERFLY	WOMEN & MEN	HEATS
200 BACKSTROKE	WOMEN & MEN	HEATS
800 FREESTYLE	WOMEN & MEN	SLOWER HEATS

SESSION 6

DOORS OPEN: 2:30 PM

EVENT START TIME: 4:00 PM

200 FREESTYLE	WOMEN & MEN	FINALS C & B
50 BREASTSTROKE	WOMEN & MEN	FINALS C & B
100 BUTTERFLY	WOMEN & MEN	FINALS C & B
200 BACKSTROKE	WOMEN & MEN	FINALS C & B
15-MINUTE BREAK		
800 FREESTYLE	WOMEN & MEN	FAST HEATS
200 FREESTYLE	WOMEN & MEN	FINALS A
50 BREASTSTROKE	WOMEN & MEN	FINALS A
100 BUTTERFLY	WOMEN & MEN	FINALS A
200 BACKSTROKE	WOMEN & MEN	FINALS A

PRIZE MONEY

- The top three ladies and the top three gentlemen, across all categories, will be awarded a medal.
- The 8 best female and male swimmers (overall ranking) based on the sum of their two best performances on the scoring table in the finals will be awarded. In case of a tie in points, swimmers will be ranked by their highest individual performance score.

	2600 points and more	from 2599 to 2500 points	from 2499 to 2200 points	from 2199 points and less
1st	1 500,00 €	1 200,00 €	600,00 €	400,00 €
2nd	1 200,00 €	1 000,00 €	400,00 €	350,00 €
3rd	1 000,00 €	800,00 €	350,00 €	300,00 €
4th	800,00 €	600,00 €	300,00 €	250,00 €
5th	600,00 €	500,00 €	250,00 €	200,00 €
6th	500,00 €	400,00 €	200,00 €	150,00 €
7th	400,00 €	300,00 €	150,00 €	100,00 €
8th	300,00 €	200,00 €	100,00 €	50,00 €

GENERAL EVENT INFORMATION

LUNCHTIME CATERING

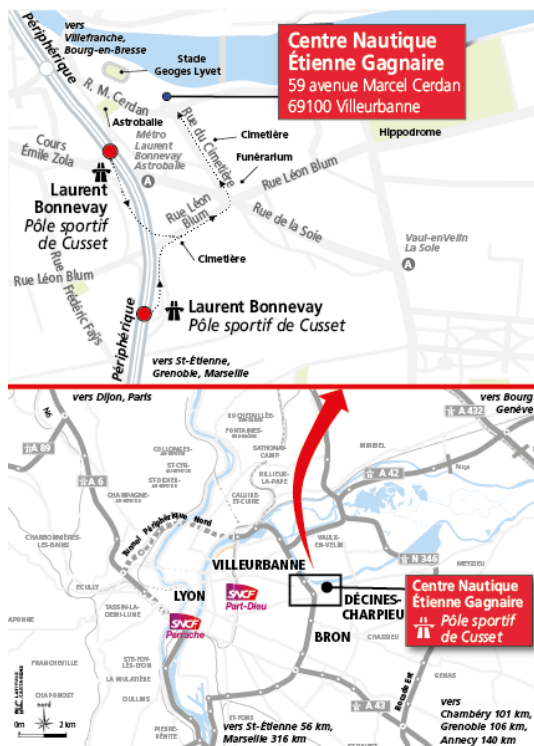
Catering available on-site, provided by the club, starting from €15.

More information coming soon on our website: villeurannenatation.com

HOW TO FIND US

CENTRE NAUTIQUE ETIENNE GAGNAIRE

59 Avenue Marcel Cerdan - 69100 Villeurbanne



WHERE TO SLEEP



IBIS Budget Villeurbanne **

Room starting from €60 including taxes
(without breakfast)
(Twin and triple rooms available)

Snacks available
Tourist tax: €0.99

h5087@accor.com - 04 37 48 82 00
3 Rue du 8 Mai 1945, 69100 Villeurbanne



IBIS Lyon Carré de Soie ***

Room starting from €80 including taxes
(without breakfast)

Snacks available
Tourist tax: €1.65

Ha0d8@accor.com - 04 69 84 28 54
20 Avenue des Canuts, 69120 Vaulx-en-Velin



Ibis Gare Part-Dieu ***

Room starting from €70 including taxes
(without breakfast)

On-site restaurant
Tourist tax: €1.65

h0618-SB@accor.com - 04 78 95 42 11
10 Pl. Pierre Renaudel, 69003 Lyon

CONTACT US

BY MAIL

contact@villeurbannenatation.com



Our
partners



villeurbanne