



45th Journée des Jeunes Espoirs (JJE)

21st and 22nd October 2023

Please find hereafter the rules and regulations as well as the program. Please refer also to our website www.scde.lu.

RULES and REGULATIONS of the 45th Journée des Jeunes Espoirs

1. The 45th Journée des Jeunes Espoirs is organized by the Swimming Club Le Dauphin Ettelbruck and will be held under the rules of World Aquatics (AQUA) and the Luxembourg Swimming Federation (FLNS).
2. Any swimmer who is member of a team or National Federation, registered with AQUA, may participate. However, an athlete may only swim for one club.
3. The competition will take place at the pool of the Lycée Technique Ettelbruck. The address is 71, Avenue Lucien Salentiny, 9080 Ettelbruck, Luxembourg.
The pool is 25m long and has 5 lanes, SWISS TIMING electronic time keeping system, Omega OSB11 starting blocks with backstroke ledges and an electronic scoreboard. Live results of the competition will be published on the internet (www.scde.lu).
4. The age categories per year of birth (YOB) are:

KIDS:	2015 & younger
YOUNGSTERS:	2011, 2012, 2013 and 2014
TEENAGERS:	2009-2010
OLDIES:	2008 & older
5. Entry-forms should be sent no later than Friday 13th October 2023 by email in LENEX file (available on www.scde.lu) to the attention of:
mireillezimmer.scde@gmail.com.
Every participating club will receive an electronic confirmation of its entries.
6. The entry-fees are 5€ per event. There will be no refunds for absent swimmers. No replacements or additions will be accepted after the entry deadline.



Entry-fees must be paid by Friday, 13th October 2023 to the following bank account:

Swimming Club le Dauphin Ettelbruck

IBAN LU08 1111 0521 2233 0000 (Bank Code: CCPLLULL)

Reference: JJE 2023 & name of your Club.

7. Prizes

- KIDS medal for each participant.
- YOUNGSTERS medal for the first 3 swimmers (per YOB) of each event
- TEENAGERS medal for the first 3 swimmers of each event
- OLDIES money prize for the 5 swimmers (women & men separated) having the most points:

1st: 50€, 2nd: 40€, 3rd: 30€, 4th: 20€, 5th: 10€.

In each event, points are allocated to the first 5 swimmers (1st: 10 pts, 2nd: 8 pts, 3rd: 6 pts; 4th: 5 pts; 5th: 4 pts). The total number of points collected by a swimmer across all his races will be taken into account. In the case that two or more swimmers have the same number of points, individual placing will be considered.

To obtain medals or money prizes, swimmers must be present at the victory ceremonies.

8. Each club is requested to bring officials to ensure that the competition can take place.
9. If necessary, the SCDE may modify the time-schedule, cancel any scheduled breaks and ask clubs to reduce the number of entries should the meeting be oversubscribed. Information about possible changes will be provided in due time.
10. Lunch for Saturday and Sunday can be ordered for 12€ and includes pasta, salad, fruit and a drink. Please order lunch by Friday 13th October 2023.
11. The competition will be covered by photographers and cameras. By registering you allow SCDE to cover the event and publish material on their website, YouTube and/or other social media.
12. The Swimming Club Le Dauphin Ettelbruck denies all responsibility for theft, accidents or damage of any kind.

Swimming Club Le Dauphin Ettelbruck





45th Journée des Jeunes Espoirs

Saturday & Sunday, 21st & 22nd October 2023 in Ettelbruck

Saturday session 1: KIDS & YOUNGSTERS						
Warm up: 8h30 - 9h50						
Start of session: 10h00						
		2011	2012	2013	2014	2015 & younger
01	200 m Freestyle W	X	X	X	X	
02	200 m Freestyle M	X	X	X	X	
03	100 m Freestyle W	X	X	X	X	
04	100 m Freestyle M	X	X	X	X	
05	50 m Backstroke W & M					X
06	50 m Backstroke W	X	X	X	X	
07	50 m Backstroke M	X	X	X	X	
08	200 m Breaststroke W	X	X	X	X	
09	200 m Breaststroke M	X	X	X	X	
10	100 m Breaststroke W	X	X	X	X	
11	100 m Breaststroke M	X	X	X	X	
12	50 m Breaststroke W & M					X
13	100 m Butterfly W	X	X	X	X	
14	100 m Butterfly M	X	X	X	X	
15	50 m Butterfly W	X	X	X	X	
16	50 m Butterfly M	X	X	X	X	
17	50 m Freestyle W & M					X

After event 17: Lunch break & medal ceremonies KIDS & YOUNGSTERS

Saturday session 2: YOUNGSTERS						
Warm-up starts 30 min after end of session 1						
Start of session: 1h30 after end of session 1						
		2011	2012	2013	2014	
18	50 m Breaststroke W	X	X	X	X	
19	50 m Breaststroke M	X	X	X	X	
20	200 m Backstroke W	X	X	X	X	
21	200 m Backstroke M	X	X	X	X	
22	100 m Backstroke W	X	X	X	X	
23	100 m Backstroke M	X	X	X	X	
24	50 m Freestyle W	X	X	X	X	
25	50 m Freestyle M	X	X	X	X	
26	200 m Ind Medley W	X	X	X	X	
27	200 m Ind Medley M	X	X	X	X	
28	100 m Ind Medley W	X	X	X	X	
29	100 m Ind Medley M	X	X	X	X	

After event 29: Medal ceremonies YOUNGSTERS



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Sunday session 3: TEENAGERS & OLDIES			
Warm up: 8h30 – 9h50			
Start of session: 10h00			
		2009-2010	2008 & older
30	100 m Freestyle W	X	X
31	100 m Freestyle M	X	X
32	200 m Ind Medley W	X	X
33	200 m Ind Medley M	X	X
34	100 m Backstroke W	X	X
35	100 m Backstroke M	X	X
36	200 m Breaststroke W	X	X
37	200 m Breaststroke M	X	X
38	100 m Butterfly W	X	X
39	100 m Butterfly M	X	X
40	400 m Ind Medley W	X	X
41	400 m Ind Medley M	X	X
42	400 m Freestyle W	X	X
43	400 m Freestyle M	X	X

After event 43: Lunch break & medal ceremonies TEENAGERS

Sunday session 4: TEENAGERS & OLDIES			
Warm-up starts 30 min after end of session 3			
Start of session: 1h30 after end of session 3			
		2009-2010	2008 & older
44	200 m Freestyle W	X	X
45	200 m Freestyle M	X	X
46	100 m Breaststroke W	X	X
47	100 m Breaststroke M	X	X
48	200 m Butterfly W	X	X
49	200 m Butterfly M	X	X
50	100 m Ind Medley W	X	X
51	100 m Ind Medley M	X	X
52	200 m Backstroke W	X	X
53	200 m Backstroke M	X	X
54	50 m Freestyle W	X	X
55	50 m Freestyle M	X	X
56	4 x 50 m Freestyle W	OPEN	
57	4 x 50 m Freestyle M	OPEN	

After event 57: Medal ceremonies TEENAGERS & prize ceremonies
OLDIES



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