

53° Meeting Internazionale del Verbano 2026 'Trofeo Banca Stato'

Timetable:

Saturday morning:	warm-up 07:15 Races start at 08:45
Saturday afternoon:	warm-up 14:00 Races start at 15:30
Sunday morning:	warm-up 07:15 Races start at 08:45
Sunday afternoon:	warm-up 14:00 Races start at 15:30

Regulation:

Race by category

Category 4	Category 3	Category 2	Category 1
2015 - 2014	2013 - 2012	2011 - 2010	2009 e +
11-12 anni	13-14 anni	15-16 anni	17 anni e più vecchi
50 freestyle			
100 freestyle	100 freestyle	100 freestyle	100 freestyle
200 freestyle	200 freestyle	200 freestyle	200 freestyle
400 freestyle	400 freestyle	400 freestyle	400 freestyle
100 backstroke	1000 backstroke	100 backstroke	100 backstroke
200 backstroke	200 backstroke	200 backstroke	200 backstroke
100 breaststroke	100 breaststroke	100 breaststroke	100 breaststroke
200 breaststroke	200 breaststroke	200 breaststroke	200 breaststroke
100 butterfly	100 butterfly	100 butterfly	100 butterfly
200 butterfly	200 butterfly	200 butterfly	200 butterfly
200 medley	200 medley	200 medley	200 medley
400 medley	400 medley	400 medley	400 medley
4x50 mixed medley relay		4x100 mixed medley relay	

Maximum 6 races per athlete

All competitions are open exclusively to swimmers registered with clubs recognized by a federation affiliated with FINA.

For the team ranking, each athlete contributes only to the score of their own club; national teams or representative selections will not be considered in the team ranking.

- **Entry limits per event**

To ensure a smoother and faster competition schedule, participation limits are set for each event, making the program more efficient.

- 50 m freestyle: the overall limit of participants, across all categories, is set at **64 athletes**. Event held as an open category.
- 100 metres: a maximum of **32 athletes** per category is allowed, except for the 100 m freestyle, where the limit is raised to **40 athletes**. If one or more categories do not reach the maximum number, the available slots will be redistributed among the others.
- 200 metres: the participation limit is set at **24 athletes** per category. As above, unused slots in one category will be redistributed among the others.
- 400 m freestyle: the maximum number of participants is set at **16 athletes** per category, with redistribution of unused slots if the limit is not reached.
- 400 m individual medley: a maximum of **8 athletes** per category is allowed, with any unused slots redistributed among the other categories.

Relay regulations:

4x50 Mixed Medley Relay

- The competition is reserved for categories 1 and 2, which will compete together in a single ranking.
- Each team must be composed of 4 athletes, 2 male and 2 female.
- The order of swimmers (male/female alternation) is at the discretion of the club.
- Each club may enter a maximum of 2 teams.

4x100 Mixed Medley Relay

- The competition is reserved for categories 3 and 4, which will compete together in a single ranking.
- Each team must be composed of 4 athletes, 2 male and 2 female.
- The order of swimmers (male/female alternation) is at the discretion of the club.
- Each club may enter a maximum of 2 teams.

Heats are formed based on entry times, with a main heat scheduled for each category.

The indicated times may vary depending on the actual number of participants.

- **Scoring system for the team ranking**

Individual race

1st place	10 points
2nd place	8 points
3rd place	6 points
4th place	5 points
5th place	4 points
6th place	3 points
7th place	2 points
8th place	1 point

Ralay

1st place	20 points
2nd place	16 points
3rd place	12 points
4th place	10 points
5th place	8 points
6th place	6 points
7th place	4 points
8th place	2 points

TECHNICAL PROGRAM 53° MEETING DEL VERBANO



Saturday 16/05/2026

MORNING

Warm-up 07:15
Start of competition 08:45

400 freestyle	W	cat. 1-2-3-4	16 athletes per category
400 freestyle	M	cat. 1-2-3-4	16 athletes per category
100 backstroke	W	cat. 1-2-3-4	32 athletes per category
100 backstroke	M	cat. 1-2-3-4	32 athletes per category
200 breaststroke	W	cat. 1-2-3-4	24 athletes per category
200 breaststroke	M	cat. 1-2-3-4	24 athletes per category

AFTERNOON

Warm-up 14:00
Start of competition 15:30

200 freestyle	M	cat. 1-2-3-4	24 athletes per category
200 freestyle	W	cat. 1-2-3-4	24 athletes per category
100 butterfly	M	cat. 1-2-3-4	32 athletes per category
100 butterfly	W	cat. 1-2-3-4	32 athletes per category
200 medley	M	cat. 1-2-3-4	24 athletes per category
200 medley	W	cat. 1-2-3-4	24 athletes per category

Sunday 17/05/2026

MORNING

Warm-up 07:15
Start of competition 08:45

100 freestyle	W	cat. 1-2-3-4	40 athletes per category
100 freestyle	M	cat. 1-2-3-4	40 athletes per category
200 butterfly	W	cat. 1-2-3-4	24 athletes per category
200 butterfly	M	cat. 1-2-3-4	24 athletes per category
200 backstroke	W	cat. 1-2-3-4	24 athletes per category
200 backstroke	M	cat. 1-2-3-4	24 athletes per category
4x50 mixed medley	2M/2W	cat. 3-4 together	2 teams per club

AFTERNOON

Warm-up 14:00
Start of competition 15:30

100 breaststroke	M	cat. 1-2-3-4	32 athletes per category
100 breaststroke	W	cat. 1-2-3-4	32 athletes per category
400 medley	M	cat. 1-2-3-4	8 athletes per category
400 medley	W	cat. 1-2-3-4	8 athletes per category
50 freestyle	M	Open	max 64 athletes
50 freestyle	W	Open	max 64 athletes
4x100 mixed medley	2M/2W	cat. 1-2 together	2 teams per club

Category 4 = 2014 - 2015
Category 3 = 2012 - 2013
Category 2 = 2010 - 2011
Category 1 = 2009 + older
Open = Cat. 1-2-3-4