

2nd Trisome Games 2024 for Athletes with Down Syndrome

19 – 26 March 2024 Antalya – TÜRKİYE







SUDS PROMOTING SPORT FOR ATHLETES WITH DOWN SYNDROME GLOBALLY #Sport4DownSyndrome



Honorable SU-DS Family,

We are proud to organise the 2020 Trisome Games in Antalya, Turkey. I hope, the Games to be held in Antalya between the dates of 19-26 March 2024 will leave good memories for all participants. I wish everyone all the best and especially, excellent success to the athletes who will compete in the events.

You, our athletes with down syndrome are a source of our pride. As the TOSSFED (Turkish Special Athletes Sports Federation) family, we are always standing near our athletes and will be their supporters. In, Turkey, we are used to work for our down syndrome athletes.



Our goal and vision is to over come barriers, to work harder, to reach much more of our children with down syndrome in society and compete them in sports. Our aim is to ensure our down syndrome athletes can take part in all sporting events with comfort and happily. At this point, the contribution of our down syndrome athletes to employment is also very valuable for us. Their stability, their perseverance, their determination to struggle with problems and their perspectives on life lead us to work harder for them.

We know that if you are an athlete with down syndrome, you are strong and society has a lot of things to inspire from you. We want more people to benefit from this moral wealth. Let us over come barriers together in the journey to bring the World to more prosperous tomorrows.

Dear Turkish Athletes with down syndrome and all participant down syndrome athletes from all other countries, all the resources of our country are at your service. We are very pleased to be part of this great organisation and hosting you.

On this occasion, I wish for an unforgettable sporting event where you will gain beautiful memories for all of the coaches, managers and the down syndrome athletes who are competing in the games. We are proud of our down syndrome athletes and welcome you all.

Birol AYDIN TÖSSFED President









1. EVENT

2nd Trisome Games 2024 for Athletes with Down Syndrome 19 – 26 March 2024 Antalya, Türkiye <u>2024trisomegames@gmail.com</u> <u>www.2024trisomegames.com</u>

2. OFFICIAL ORGANIZER

TOSSFED – Turkish Special Athletes Sports Federation Kültür Mah. Ziya Gökalp Cad. Köşe Apt. No:22/32 Kat:7 Kızılay Çankaya, Ankara 06420 Türkiye +90 312 3115895 <u>2024trisomegames@gmail.com</u> www.tossfed.gov.tr http://2024trisomegames.com/

İnstagram: @2024trisomegames Twitter: @2024trisomegame Facebook – YouTube: tossfedresmi

3. STATUS – Sanctioned by

SUDS	Sports Union for athletes with Down Syndrome							
IAADS	International Athletics Association for Persons with Down Syndrome							
IBA 21	International Basketball Association for Down Syndrome							
FIFDS	Football International Federation for players with Down Syndrome							
DSIGO	Down Syndrome International Gymnastics Association							
JUDOWN	Down Syndrome International Judo Organisation							
DSISO	Down Syndrome International Swimming Organisation							
ITTADS	International Table Tennis Association for Persons with Down							
Syndrome								

4. SUPPORTED BY

Ministry of Youth and Sports of the Republic of Turkey Spor Toto Governor of Antalya Antalya Provincial Directorate of Youth and Sports TMPK-Turkish Paralympic Committee TESYEV Turkish Disabled People Sports and Education Foundation TRT-Turkish Radio and Television











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5. LANGUAGE

English is the official language of SUDS events. All material and information will be available in English and Turkish.

6. HOST CITY

Antalya is a city where three out of four seasons are spring and the other is summer, where you can ski on a magnificent mountain in the morning and swim in the deep

blue waters of the Mediterranean in the afternoon.

When King Attalos first set eyes on Antalya he called it 'Paradise on Earth'. Its fertle soil and natural harbour made it favourable for settlers throughout the ages. Therefore Antalya has a rich cultural heritage with many remains of an outstanding history. The Persians,



Alexander the Great, the Romans and many more have left their mark on the area over the centuries but no one more than King Attalos of Pergamon who in 159 B.C. gave the region its name Ataleia, which leaded to the modern name Antalya.

Today the city of Antalya is a cultural and tourism hub with much on offer to satisfy the discerning visitor. The region attracts nearly half of the tourists coming to Turkey and the hotels are new and of high standards. The tourism areas east and west of Antalya feature different concepts, there are the two beaches of Antalya itself, Lara and Konyaaltı. The Kundu area is popular for the Theme Hotels and Belek with its 11 golf courses has become an important golf destination of the Mediterranean. While Alanya is well-known for its nightlife and choice of entertainment facilities, Kemer, a small resort West of Antalya, makes its visitors fall in love with its magnificent surroundings and beautiful landscape.

Antalya keeps up with the innovations and developments in the tourism sector while preserving its cultural heritage and the charming Anatolian way of life. Everything relating to history, natüre, culture, tradition, shopping, dining and sports exists in this region – combined with the cordial hospitality of Turkish people.









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7. PARTICIPANTS QUOTAS

There is no limit to the number of participant athletes, team staff and as well as all the families per sport and country. Every participant is welcome with the same entry package reserved to the athletes.

8. ELIGIBILITY

All athletes entering the event should be registered with SUDS and that registration process should be completed before the sporting event. Please visit the website (<u>www.su-ds.org</u>) for SUDS Registration Policy.

9. SPORT VENUES

Muratpaşa Municipality Swimming Pool (50m) for swimming and syncronized swimmnig events.

Zeytinköy Sports Facilities for athletics and tennis events.

Antalya Sports Facilities for basketball, gymnastics, judo, futsal and table tennis.

±0.									
	Day1 19March	Day 2 20March	Day 3 21March	Day 4 22March	Day 5 23March	Day 6 24March	Day 7 25March	Day 8 26March	Venue
Athletics	Arrival	Training	Competition	Competition	Off	Competition	Competition	Departure	Zeytinköy Sports Facilities
Basketball	Arrival	Training	Competition	Competition	Off	Competition	Competition	Departure	Antalya Sports Hall
Futsal	Arrival	Training	Competition	Competition	Off	Competition	Competition	Departure	Antalya Sports Hall
Gymnastics	Arrival	Training	Off	Competition	Off	Competition	Off	Departure	Zeytinköy Sports Facilities
Judo	Arrival	Training	Off Competition		Off	Competition (Mix Team)			Antalya Sports Hall
Swimming Syncronized	Arrival	Training	Competition	Competition	Competition	Competition	Competition	Departure	Muratpaşa Municipality Swimming Pool
Table Tennis	Tennis Arrival Training		Competition	Competition	Off	Off	Off Off		Antalya Sports Hall
Tennis	Arrival	Training	Competition	Competition	Off	Competition	Off	Departure	Zeytinköy Sports Facilities
		Opening Ceremony			Social Program		Party		

10. PROVISIONAL PROGRAMME





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11. SPORT RULES AND REGULATIONS

The event will be run in accordance with SUDS, IAADS, IBA 21, FIFDS, DSIGO, JUDOWN, DSISO and ITTADS rules and regulations.

12. INSURANCE

The Organising Committee ensures satisfactory arrangements in respect of public liability and professional indemnity. Participating member organisations are responsible for their own insurance requirement for travel, personal accident, liability and medical matters.

13. TRANSPORTATION

The organizers will provide transportation for accredited teams and officials from Antalya Airport to official hotel(s) for arrival and as well as from hotel(s) to Antalya Airport for departure. Entry package provides for transfers from and to Antalya Airport. Also, extra 50€ per person will be charged in case of arrival on Alanya and Isparta Airports. Transfers from the hotel(s) to the sports venues will be provided to all accredited participants and is included in the cost of the entry package.

14. VISA

Should you need assistance to apply for a visa (e.g. a letter of invitation), please provide the organizers with the following details: Copies of the passports of participants for whom a visa is needed.

15. ENTRY PROCESS (Deadlines)

- A. Intention letter with numbers (31st OCTOBER 2023)
- B. 1st Entry with 30% of payment (19th DECEMBER 2023)
- C. 2nd (Final) Entry with 70% of payment (20th JANUARY 2024)

16. VOLUNTEERS

All our guests will be hosted and guided during the championships under the best conditions through volunteers to be allocated to the delegations of the participating countries in line with the possibilities.













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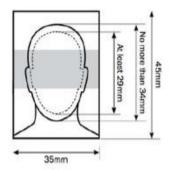






17. ACCREDITATION

Accreditations will be issued to each athlete after she/he personally has shown her/his passport to the Trisome Games officer. All staff members will also receive accreditations. Please forward individual digital pictures (headshots) of each athlete and staff member in JPEG format. Please send us all pictures entitled with the country, family name and name.



18. PAYMENT DETAILS

Entry Package Fee is $1075 \in$ for 7 nights full board all inclusive acommodation per person in a single room, $975 \in$ in a double room with twin beds and $875 \in$ in a triple room.

The entry package is for all members of the delegation (athletes, coaches, technical/medical staff, family members/supporters). Extra days/nights are not included in the entry package fee. The payment is essential in order that the entries could be accepted.

The capitation tax (for SUDS) of 25€ is payable for each sport for both athletes and all team staff. It is not payable for supporters or family members, etc. SUDS does not make this tax compulsory for family members/supporters. But this Entry Package fee is the same for all participants included family members/supporters and there will be no discount for family members/supporters.

However, if an athlete is entered for two sports, e.g. swimming and table tennis the capitation tax is due for each sport. All bank charges are for the cost of the party making the payment.

ACCOUNT NAME: Türkiye Özel Sporcular Spor Federasyonu BANK NAME: Türk Ekonomi Bankası A.Ş. BANK BRANCH NAME AND ADDRESS: Necatibey Kızılay Mah., Necatibey Cd. No:25/B, 06420 Çankaya/Ankara TÜRKİYE ACCOUNT NO: 86713816 IBAN: TR61 0003 2000 0000 0086 7138 16 SWİFT/CODE: TEBUTRIS136 REFERENCE: COUNTRY NAME - Trisome Games 2024 Antalya











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19. REFUND POLICY FOR CANCELLATIONS OR WITHDRAWING

In the event of hotel reservation cancellations or participants withdrawing from the competition, the LOC will refund the delegations according to the guidelines below.

- Reservation cancellations made until 01th January 2024 will be refunded between 30% to 70%. (The LOC will decide on the reimbursement taking into account the event preparation costs.)
- No refund will be made for cancellations after 01th January 2024.
- All bank charges for returns will be borne by the recipient.
- In force majeure cases, LOC may take a deduction decision from refund amount by taking into account organizational expenses, preparation and regulation criteria.

20. CONTACT (LOC)

Ebru TOPUZOĞLU

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+ 90 312 3115895

M. Evren ÖNER International Relations Director

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+ 90 312 3115895



















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INTENTION LETTER

Country	:
SU-DS Member Organization	:
Representative / Contact Name and Surname	:
Phone Number (Office and/or mobile)	:
Email Address	·

PARTICIPANTS (Please indicate the number of them):

Participants / Gender	Male	Female	Total
Athlete(s)			
Staff,			
Companion/Family			
member/Supporter			
Total of Delegation			

Please return this Form to Turkish Special Athletes Sports Federation -TOSSFED before 31st October 2023 by e-mail to: 2024trisomegames@gmail.com

Please fill in the forms with English and capital letters.





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INTENTION LETTER

ACCOMMODATION in 4 or 5 star HOTEL (Please indicate the number of rooms Required:

Room Type	Single €1075 7 nights per person	Double €975 7 nights per person	Triple €875 7 nights per person				
Number of room(s) Required							
TOTAL € per room	€1075 per room	€1950 per room	€2625 per room				
Number of rooms x the cost per room = TOTAL COST							
TOTAL COST FOR ALL ACCOMMODATION €							

ATHLETES / SPORTS PARTITION (Please indicate number, athletes and staff):

		Men	Women			Men	Women
Athletics	Staff			<u>Futsal</u>	Staff		
	Athletes				Athletes		
<u>Swimming</u>	Staff			Basketball	Staff		
	Athletes				Athletes		
Table Tennis	Staff			Gymnastics	Staff		
	Athletes				Athletes		
<u>Judo</u>	Staff			<u>Tennis</u>	Staff		
	Athletes				Athletes		

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INTENTION LETTER

TOTAL COST FOR ACCOMMODATION	
TOTAL INCLUSIVE COST	
30% TO BE PAID BY DECEMBER 19th	
70% TO BE PAID BY JANUARY 20th	
Stamp, date and signature:	

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SUDS PROMOTING SPORT FOR ATHLETES WITH DOWN SYNDROME GLOBALLY



ATHLETICS

	TRAVEL FORM
COUNTRY	

	ARRIVAL										
	DATE	TIME	FLIGHT NUMBER	ARRIVING AT	ARRIVING FROM						
BY PLANE											

DEPARTURE										
	DATE	TIME	FLIGHT NUMBER	DEPARTURE FROM	DESTINATION					
BY PLANE										

Please return the Travel Form to Turkish Special Athletes Sports Federation (TOSSFED) before 20th January 2024 by e-mail to: 2024trisomegames@gmail.com

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ATHLETICS

COMPETITION FORM

COUNTRY

ATHLETICS COMPETITIONS

Please insert qualifying performance

NAME	SURNAME	SUDS REGISTRATI ON NUMBER	Gender (M/F)	CATEGORY (T21/M)	100M	200M	400M	800M	1500M	800M WALK RACE	1500M WALK RACE	LONG JUMP	SHOT PUT	DISCUS	JAVELIN	TRIATHLON (100M, LONG JUMP, SHOT PUT)	4X100M RELAY	4X400M RELAY

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Please fill in the forms with English and capital letters.









ATHLETICS

	ENTRY FORM	
COUNTRY		

ATHLETE

NAME	SURNAME	DATE OF BIRTH (DD/MM/YYYY)	GENDER (M/F)	T-SHIRT SIZE	CATEGORY (T21/M)	SUDS REGISTRATION NUMBER	PASSPORT NUMBER

TEAM STAFF					
NAME	SURNAME	GENDER (M/F)	T-SHIRT SIZE	OFFICIAL POSITION	PASSPORT NUMBER

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BASKETBALL

	TRAVEL FORM
COUNTRY	

ARRIVAL								
	DATE TIME FLIGHT ARRIVING ARRIVING NUMBER AT FROM							
BY PLANE								

DEPARTURE								
	DATE TIME FLIGHT DEPARTURE NUMBER FROM DESTIN							
BY PLANE								

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BASKETBALL

	ENTRY FORM
COUNTRY	

PLAYER							
NAME	SURNAME	DATE OF BIRTH (DD/MM/YYYY)	GENDER (M/F)	T-SHIRT SIZE	CATEGORY (T21/M)	SUDS REGISTRATION NUMBER	PASSPORT NUMBER

TEAM STAFF]				
NAME	SURNAME	GENDER (M/F)	T-SHIRT SIZE	OFFICIAL POSITION	PASSPORT NUMBER

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FUTSAL

	TRAVEL FORM
COUNTRY	

ARRIVAL									
	DATE TIME FLIGHT ARRIVING ARRIVING NUMBER AT FROM								
BY PLANE									

DEPARTURE								
	DATE	TIME	FLIGHT NUMBER	DEPARTURE FROM	DESTINATION			
BY PLANE								

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FUTSAL

ENTRY FORM COUNTRY

PLAYER								
NAME	SURNAME	DATE OF BIRTH (DD/MM/YYYY)	GENDER (M/F)	T-SHIRT SIZE	CATEGORY (T21/M)	SUDS REGISTRATION NUMBER	PASSPORT NUMBER	ROLE

TEAM STAFF]				
NAME	SURNAME	GENDER (M/F)	T-SHIRT SIZE	OFFICIAL POSITION	PASSPORT NUMBER

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JUDO

	TRAVEL FORM
COUNTRY	

ARRIVAL								
	DATE TIME FLIGHT ARRIVING ARRIVING NUMBER AT FROM							
BY PLANE								

DEPARTURE								
	DATE	DATE TIME FLIGHT DEPARTURE NUMBER FROM DESTINAT						
BY PLANE								

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JUDO

	ENTRY FORM
COUNTRY	

JUDOKA								
NAME	SURNAME	DATE OF BIRTH (DD/MM/YYYY)	GENDER (M/F)	T-SHIRT SIZE	CATEGORY (T21/M)	SUDS REGISTRATION NUMBER	PASSPORT NUMBER	WEIGHT (KG)

TEAM STAFF					
NAME	SURNAME	GENDER (M/F)	T-SHIRT SIZE	OFFICIAL POSITION	PASSPORT NUMBER

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TABLE TENNIS

	TRAVEL FORM
COUNTRY	

ARRIVAL							
	DATE TIME FLIGHT ARRIVING ARRIVING NUMBER AT FROM						
BY PLANE							

DEPARTURE								
	DATE	DATE TIME FLIGHT DEPARTURE DESTINATION						
BY PLANE								

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TABLE TENNIS

	ENTRY FORM
COUNTRY	

PLAYER							
NAME	SURNAME	DATE OF BIRTH (DD/MM/YYYY)	GENDER (M/F)	T-SHIRT SIZE	CATEGORY (T21/M)	SUDS REGISTRATION NUMBER	PASSPORT NUMBER

TEAM STAFF					
NAME	SURNAME	GENDER (M/F)	T-SHIRT SIZE	OFFICIAL POSITION	PASSPORT NUMBER

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TABLE TENNIS

COMPETITION FORM

COUNTRY

				TABLE TENNIS ENTRY					
NAME	SURNAME	GENDER (M/F)	CATEGORY (T21/M)	SINGLE	DOUBLES	MIXED DOUBLES	TEAMS		

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	TRAVEL FORM
COUNTRY	

ARRIVAL									
	DATE TIME FLIGHT ARRIVING ARR NUMBER AT F								
BY PLANE									

DEPARTURE									
	DATE TIME FLIGHT DEPARTURE DESTIN								
BY PLANE									

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	ENTRY FORM
COUNTRY	

SWIMMER

NAME	SURNAME	DATE OF BIRTH (DD/MM/YYYY)	GENDER (M/F)	T-SHIRT SIZE	CATEGORY (T21/M)	SUDS REGISTRATION NUMBER	PASSPORT NUMBER

TEAM STAFF					
NAME	SURNAME	GENDER (M/F)	T-SHIRT SIZE	OFFICIAL POSITION	PASSPORT NUMBER

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SWIMMING COMPETITION FORM 1

COUNTRY

SWIMMING

• One line for each event the swimmer will take part in. If the swimmer will enter 8 events, 8 lines must be completed. Number each event for each swimmer 1 to 8 as appropriate.

•• IW= in water | SB= side block | OB= on block

*** Swimmers will only be eligible to compete if they have achieved at least one (1) MQT A. The swimmerwith one MQT A can participate in other events as long as he/she has MQT B times. NB Deadline for Entries - 20th January 2024

SUDS REGISTRATION		OUNTRY FAMILY NAME FIRST NAME	BIRTHDATE	GENDE R	DIVE START (IW/SB/OB)*	CATEGORY (T21 -	EVENT	ENTRY TIME *** (format		TION TIME		
NUMBER	m 1-8				(dd.mm.yyyy)	(M/F)	•	MO)		mm:ss.00)	DATE	PLACE

Please return the Competition Form to Turkish Special Athletes Sports Federation - TOSSFED before 20th January 2024 by e-mail to: 2024trisomegames@gmail.com









SWIMMING COMPETITION FORM 2

RELAY DECLARATION FORM

COUNTRY:

EVENT:

MALE	
FEMALE	
MIXED	

Swim Order	FAMILY NAME	FIRST NAME	BIRTHDATE (dd.mm.yyyy)	STROKE	CATEGORY (T21 / Mo.)
1				FREE	
2				FREE	
3				FREE	
4				FREE	

SIGNATURE

Please return the Competition Form to Turkish Special Athletes Sports Federation - TOSSFED before 20th January 2024 by e-mail to: 2024trisomegames@gmail.com









ARTISTIC SWIMMING

COMPETITION FORM

COUNTRY

ARTISTIC CHALLENGE TEAM NAME:									
NO	NAME	SURNAME	OIOS	DUET	TEAM				
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									

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TENNIS

	TRAVEL FORM
COUNTRY	

			ARRIVAL		
	DATE	TIME	FLIGHT NUMBER	ARRIVING AT	ARRIVING FROM
BY PLANE					

	DEPARTURE				
	DATE	TIME	FLIGHT NUMBER	DEPARTURE FROM	DESTINATION
BY PLANE					

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TENNIS

	ENTRY FORM
COUNTRY	

PLAYER							
NAME	SURNAME	DATE OF BIRTH (DD/MM/YYYY)	GENDER (M/F)	T-SHIRT SIZE	CATEGORY (T21/M)	SUDS REGISTRATION NUMBER	PASSPORT NUMBER

TEAM STAFF					
NAME	SURNAME	GENDER (M/F)	T-SHIRT SIZE	OFFICIAL POSITION	PASSPORT NUMBER

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TENNIS

	COMPETITION FORM
COUNTRY	

					TE	NNIS ENTRY	
NAME	SURNAME	GENDER (M/F)	CATEGORY (T21/M)	SINGLE	DOUBLES	MIXED DOUBLES	TEAMS

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GYMNASTICS

	TRAVEL FORM
COUNTRY	

			ARRIVAL		
	DATE	TIME	FLIGHT NUMBER	ARRIVING AT	ARRIVING FROM
BY PLANE					

	DEPARTURE				
	DATE	TIME	FLIGHT NUMBER	DEPARTURE FROM	DESTINATION
BY PLANE					

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GYMNASTICS

	ENTRY FORM
COUNTRY	

GIMMASI							
NAME	SURNAME	DATE OF BIRTH (DD/MM/YYYY)	GENDER (M/F)	ARTISTIC OR RHYTHMIC	CATEGORY (T21/M)	SUDS REGISTRATION NUMBER	PASSPORT NUMBER

TEAM STAFF					
NAME	SURNAME	GENDER (M/F)	T-SHIRT SIZE	OFFICIAL POSITION	PASSPORT NUMBER

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GYMNAST



GYMNASTICS

COMPETITION FORM

COUNTRY

							ARTIST			STIC	C GYMNASTICS				RHYTMIC GYMNASTICS					
N o	Surname	Given Name	T21-M	Date Of Birth (Dd/Mm/Yyyy)	Senior / Junior	Gender (F/M)	FLOOR	POMMEL HORRSE.	RINGS	VAULT	PARALEL BARS	HIGH BAR	LOW BAR	UNEVEN BARS	BEAM	НООР	BALL	CLUBS	RIBBON	MIX HOOP
1																				
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11																				
12																				
13																				
14																				

Please return the Competition Form to Turkish Special Athletes Sports Federation - TOSSFED before 31st October 2023 by e-mail to: 2024trisomegames@gmail.com

Please fill in the forms with English and capital letters.





SUDS PROMOTING SPORT FOR ATHLETES WITH DOWN SYNDROME GLOBALLY

#Sport4DownSyndrome



TRISOME GAMES 2024 ANTALYA

11st Down Syndrome Swimming & Artistic Swimming World Championships Antalya-Türkiye

Events & Program

Day 1	Day 2	Day 3	Day 4	Day 5
21st March 2024	22nd March 2024	23 rd March 2024	24 th March 2024 Preliminaries	25 th March 2024
Preliminaries	Preliminaries	Preliminaries	9:00-12:00 a.m.	Preliminaries
9:00-12:00 a.m.	9:00-12:00 a.m.	9:00-12:00 a.m.		9:00-12:00 a.m.
100m Freestyle (M)	200m Freestyle (F)	200m Ind Medley (M)	200m Backstroke (F)	50m Freestyle (M)
100m Freestyle (F)	200m Freestyle (M)	200m Ind Medley (F)	200m Backstroke (M)	50m Freestyle (F)
200 Breaststroke (M)	100m Breaststroke (F)	100m Backstroke (M)	100 Butterfly (F)	200m Butterfly (M)
200 Breaststroke (F)	100m Breaststroke (M)	100m Backstroke (F)	100 Butterfly (M)	200m Butterfly (F)
50m Backstroke (M)	50m Butterfly (F)	50m Breaststroke (M)	400m Ind Medley (F) TF	1500m Freestyle (M) TF
50m Backstroke (F)	50m Butterfly (M)	50m Breaststroke (F)	400m Ind Medley (M) TF	1500 Freestyle (F) TF
400m Freestyle (M) TF	4x100m Medley Relay (Mixed) TF	800m Freestyle (M) TF	4x100m Freestyle Relay (Mixed) TF	
400m Freestyle (F) TF		800m Freestyle (F) TF		
Day 1	Day 2	Day 3	Day 4	Day 5
E				
Finals	Finals	Finals	Finals	Finals
Finals 4:30-6:30p.m.	Finals 4:30-7:00 p.m.	Finals 4:30-7:00 p.m.	Finals 4:30-7:00 p.m.	Finals 4:30-6:00p.m.
4:30-6:30p.m. 100m Freestyle (M)	4:30-7:00 p.m.	4:30-7:00 p.m.	4:30-7:00 p.m.	4:30-6:00p.m.
4:30-6:30p.m. 100m Freestyle (M) 100m Freestyle (F)	4:30-7:00 p.m. 200m Freestyle (F)	4:30-7:00 p.m. 200m Ind Medley (M)	4:30-7:00 p.m. 200m Backstroke (F) 200m Backstroke (M)	4:30-6:00p.m. 50m Freestyle (M)
4:30-6:30p.m. 100m Freestyle (M) 100m Freestyle (F) 200 Breaststroke (M)	4:30-7:00 p.m. 200m Freestyle (F) 200m Freestyle (M)	4:30-7:00 p.m. 200m Ind Medley (M) 200m Ind Medley (F)	4:30-7:00 p.m. 200m Backstroke (F) 200m Backstroke (M)	4:30-6:00p.m. S0m Freestyle (M) S0m Freestyle (F)
4:30-6:30p.m. 100m Freestyle (M) 100m Freestyle (F) 200 Breaststroke (M) 200 Breaststroke (F)	4:30-7:00 p.m. 200m Freestyle (F) 200m Freestyle (M) 100m Breaststroke (F)	4:30-7:00 p.m. 200m Ind Medley (M) 200m Ind Medley (F) 100m Backstroke (M)	4:30-7:00 p.m. 200m Backstroke (F) 200m Backstroke (M) 100 Butterfly (F)	4:30-6:00p.m. S0m Freestyle (M) S0m Freestyle (F) 200m Butterfly (M)
4:30-6:30p.m. 100m Freestyle (M) 100m Freestyle (F) 200 Breaststroke (M) 200 Breaststroke (F) SW medals ceremony	4:30-7:00 p.m. 200m Freestyle (F) 200m Freestyle (M) 100m Breaststroke (F) 100m Breaststroke (M)	4:30-7:00 p.m. 200m Ind Medley (M) 200m Ind Medley (F) 100m Backstroke (M) 100m Backstroke (F)	4:30-7:00 p.m. 200m Backstroke (F) 200m Backstroke (M) 100 Butterfly (F) 100 Butterfly (M)	4:30-6:00p.m. 50m Freestyle (M) 50m Freestyle (F) 200m Butterfly (M) 200m Butterfly (F)
4:30-6:30p.m. 100m Freestyle (M)	4:30-7:00 p.m. 200m Freestyle (F) 200m Freestyle (M) 100m Breaststroke (F) 100m Breaststroke (M) SW medals ceremony	4:30-7:00 p.m. 200m Ind Medley (M) 200m Ind Medley (F) 100m Backstroke (M) 100m Backstroke (F) SW medals ceremony	4:30-7:00 p.m. 200m Backstroke (F) 200m Backstroke (M) 100 Butterfly (F) 100 Butterfly (M) SW medals ceremony	4:30-6:00p.m. 50m Freestyle (M) 50m Freestyle (F) 200m Butterfly (M) 200m Butterfly (F) SW medals ceremony
4:30-6:30p.m. 100m Freestyle (M) 100m Freestyle (F) 200 Breaststroke (M) 200 Breaststroke (F) SW medals ceremony 50m Backstroke (M)	4:30-7:00 p.m. 200m Freestyle (F) 200m Freestyle (M) 100m Breaststroke (F) 100m Breaststroke (M) SW medals ceremony 50m Butterfly (F)	4:30-7:00 p.m. 200m Ind Medley (M) 200m Ind Medley (F) 100m Backstroke (M) 100m Backstroke (F) SW medals ceremony 50m Breaststroke (M)	4:30-7:00 p.m. 200m Backstroke (F) 200m Backstroke (M) 100 Butterfly (F) 100 Butterfly (M) SW medals ceremony 4x200m Freestyle Relay (F) (TF)	4:30-6:00p.m. 50m Freestyle (M) 50m Freestyle (F) 200m Butterfly (M) 200m Butterfly (F) SW medals ceremony 4x100m Freestyle Relay (M) TF
4:30-6:30p.m. 100m Freestyle (M) 100m Freestyle (F) 200 Breaststroke (M) 200 Breaststroke (F) SW medals ceremony 50m Backstroke (M) 50m Backstroke (F)	4:30-7:00 p.m. 200m Freestyle (F) 200m Freestyle (M) 100m Breaststroke (F) 100m Breaststroke (M) SW medals ceremony 50m Butterfly (F) 50m Butterfly (M)	4:30-7:00 p.m. 200m Ind Medley (M) 200m Ind Medley (F) 100m Backstroke (M) 100m Backstroke (F) SW medals ceremony 50m Breaststroke (M) 50m Breaststroke (F)	4:30-7:00 p.m. 200m Backstroke (F) 200m Backstroke (M) 100 Butterfly (F) 100 Butterfly (M) SW medals ceremony 4x200m Freestyle Relay (F) (TF) 4x200m Freestyle Relay (M) (TF)	4:30-6:00p.m. 50m Freestyle (M) 50m Freestyle (F) 200m Butterfly (M) 200m Butterfly (F) SW medals ceremony 4x100m Freestyle Relay (M) TF 4x100m Freestyle Relay (F) TF



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SWIMMING MINIMUM QUALIFYING STANDARDS LONG COURSE (50m pool) Qualifying Times to have been achieved after 1 st January 2023 until 31th January 2024

		Mei	n	Women		
Metres		Α	В	Α	В	
50	Freestyle	41.00	1:00.00	47.55	1:05.00	
50	Backstroke	51.13	1:12.27	57.00	1:16.30	
50	Breaststroke	57.01	1:18.00	1:08.00	1:20.00	
50	Butterfly	46.84	1:08.00	54.44	1:15.00	

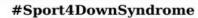
		M	en	Women		
Metres		Α	В	Α	В	
100	Freestyle	1:27.07	1:53.00	1:44.00	2:08.35	
100	Backstroke	1:42.00	2:15.00	2:05.00	2:32.15	
100	Breaststroke	2:04.00	2:30.05	2:11.00	2:39,00	
100	Butterfly	2:00.51	2:12.20	2:08.30	2:33.00	

		M	en	Women		
Metres		Α	В	Α	В	
200	Freestyle	3:29.24	3:54.64	3:46.00	4:28.00	
200	Backstroke	3:34.00	4:05.00	4:05.00	4:30.00	
200	Breaststroke	4:31.07	4:48.00	4:41.54	5:15.00	
200	Butterfly	4:17.09	4:43.29	4:36.08	5:10.00	
200	Ind Medley	3:51.40	4:03.00	4:23.09	5:13.00	

		M	en	Women		
Metres		Α	В	Α	В	
400	Freestyle	7:18.30	8:10.40	8:08.77	9:13.00	
400	Ind Medley	8:04.00	9:33.00	9:46.94	10:40.00	
800	Freestyle	15:24.26	16:08.00	16:04.00	17:12.00	
1500	Freestyle	28:08.00	29:00.00	29:01.00	30:00.00	



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SWIMMING MINIMUM QUALIFYING STANDARDS (LC yards) Qualifying Times to have been achieved after 1 st January 2023 until 30th January 2024

		Me	n	Women		
Metres		Α	В	Α	В	
50	Freestyle	36.96	54.36	42.85	58.89	
50	Backstroke	46.14	1:05.48	51.45	1:09.13	
50	Breaststroke	51.46	1:10.67	1:01.42	1:12.48	
50	Butterfly	42.25	1:01.61	49.13	1.07.95	

		M	en	Women		
Metres		Α	В	Α	В	
100	Freestyle	1:18.70	1:42.38	1:34.04	1:56.29	
100	Backstroke	1:32.22	2:02.31	1:53.06	2:17.85	
100	Breaststroke	1.52.16	2:15.95	1:58.50	2:24.05	
100	Butterfly	1:48.09	1:59.77	1:56.05	2:18.62	

		М	en	Women		
Metres		Α	В	Α	В	
200	Freestyle	3:09.38	3:32.58	3:24.57	4:02.81	
200	Backstroke	3:13.70	3.41.97	3:41.78	4:04.62	
200	Breaststroke	4:05.40	4:20.93	4:14.89	4:45.39	
200	Butterfly	3:52.74	4:16.66	4:09.94	4:40.86	
200	Ind Medley	3:33.99	3:40.16	3:58.17	4:43.58	

		M	en	Women		
Metres		Α	В	Α	В	
400	Freestyle	8:25.67	9:25.43	9:23.86	10:37,61	
400	Ind Medley	9:18.36	11:00.67	11:17.05	12:17.92	
800	Freestyle	17:45.98	18:36.10	18:31.80	19:49.90	
1500	Freestyle	28:29.97	30:00.40	29:23.66	30:24.18	





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ATHLETICS 2nd Trisome Games 2024 Antalya, Türkiye 19-26 March 2024

Competition/Events Minimum Standards

Event	Men	Women
100 m	28.00	30.00
200 m	55.00	58.00
400 m 800 m	2.08.50	2.22.00
1.500 m	5.10.00 8.10.00	6.22.00 13.20.00
800 m Walk Rase	5.58.00	7.40.00
1.500 m Walk Rase	13.50.00	15.00.00
Long Jump	1.50m	1.30m
Shot Put (4 kg M / 3 kg F)	5.30m	3.50m
Discus (1 kg M / 0.75 F	10.00m	10.00m
Javelin (600 gr M /400 gr F)	8.00m	7.50m
Triathlon (100m / Long Jump / Shot Put)	Open	Open
,	1 team per country	1 team per country
4×100 m Relay	1 team per country	1 team per country
4×400 m Relay		



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2nd Trisome Games 2024 ANTALYA

Sport Union for Athletes with Down Syndrome

SPONSORS AND SUPPORTERS













TÜRKİYE MİLLİ Paralimpik komitesi









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