



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

www.2024trisomegames.com 2024trisomegames@gmail.com



ATHLETICS

ATHLETICS COMPETITION VENUE

Zeytinköy Sports Facilities



COMPETITION SCHEDULE

Tuesday 19 March 2024: Arrival
Wednesday 20 March 2024: Training Day
Thursday 21 March 2024: Competition Day
Friday 22 March 2024: Competition Day
Saturday 23 March 2024: Off Day
Sunday 24 March 2024: Competition Day
Monday 25 March 2024: Competition Day
Tuesday 26 March 2024: Departure



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EVEN LIST

Event	Men	Women
100 m	28.00	30.00
200 m	55.00	58.00
400 m	2.08.50	2.22.00
800 m	5.10.00	6.22.00
1.500 m	8.10.00	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
4x100 m Relay	1 team per country	1 team per country
4x400 m Relay	1 team per country	1 team per country



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BASKETBALL

BASKETBALL COMPETITION VENUE

Antalya Sports Hall



COMPETITION SCHEDULE

Tuesday 19 March 2024: Arrival
Wednesday 20 March 2024: Training Day
Thursday 21 March 2024: Competition Day
Friday 22 March 2024: Competition Day
Saturday 23 March 2024: Off Day
Sunday 24 March 2024: Competition Day
Monday 25 March 2024: Competition Day
Tuesday 26 March 2024: Departure



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FUTSAL

FUTSAL COMPETITION VENUE
Antalya Sports Hall



COMPETITION SCHEDULE

Tuesday 19 March 2024: Arrival
Wednesday 20 March 2024: Training Day
Thursday 21 March 2024: Competition Day
Friday 22 March 2024: Competition Day
Saturday 23 March 2024: Off Day
Sunday 24 March 2024: Competition Day
Monday 25 March 2024: Competition Day
Tuesday 26 March 2024: Departure



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JUDO

JUDO COMPETITION VENUE

Antalya Sports Hall



COMPETITION SCHEDULE

Tuesday 19 March 2024: Arrival
Wednesday 20 March 2024: Training Day
Thursday 21 March 2024: Off Day
Friday 22 March 2024: Competition Day
Saturday 23 March 2024: Off Day
Sunday 24 March 2024: Competition Day (Mix Team)
Monday 25 March 2024: Off Day
Tuesday 26 March 2024: Departure

WEIGHT CATEGORIES

Men: -60kg, -66kg, -73kgs, -81kgs, -90kgs, -100kgs, + 100kgs
Women: -48kgs, -52kgs, -57kgs -63kgs, -70kgs, -78kgs, + 78kgs

MIXED TEAMS COMPETITION

Men: -66kg, -81kgs, + 81kgs
Women: -57kgs, -70kgs, + 78kgs



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TABLE TENNIS

TABLE TENNIS COMPETITION VENUE

Antalya Sports Hall



COMPETITION SCHEDULE

Tuesday 19 March 2024: Arrival
Wednesday 20 March 2024: Training Day
Thursday 21 March 2024: Competition Day
Friday 22 March 2024: Competition Day
Saturday 23 March 2024: Off Day
Sunday 24 March 2024: Off Day
Monday 25 March 2024: Off Day
Tuesday 26 March 2024: Departure

EVENT LIST

Individual: Single Men and Women
Double: Double and Mixed, Men and Women
The team matches: Men and Women



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SWIMMING

SWIMMING COMPETITION VENUE

Muratpaşa Municipality Swimming Pool



COMPETITION SCHEDULE

Tuesday 19 March 2024: Arrival
Wednesday 20 March 2024: Training Day
Thursday 21 March 2024: Competition Day
Friday 22 March 2024: Competition Day
Saturday 23 March 2024: Competition Day
Sunday 24 March 2024: Competition Day
Monday 25 March 2024: Competition Day
Tuesday 26 March 2024: Departure



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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 Preliminaries 9:00-12:00 a.m.	22nd March 2024 Preliminaries 9:00-12:00 a.m.	23 rd March 2024 Preliminaries 9:00-12:00 a.m.	24 th March 2024 Preliminaries 9:00-12:00 a.m.	25 th March 2024 Preliminaries 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
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.
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)
SW medals ceremony	SW medals ceremony	SW medals ceremony	SW medals ceremony	SW medals ceremony
50m Backstroke (M)	50m Butterfly (F)	50m Breaststroke (M)	4x200m Freestyle Relay (F) (TF)	4x100m Freestyle Relay (M) TF
50m Backstroke (F)	50m Butterfly (M)	50m Breaststroke (F)	4x200m Freestyle Relay (M) (TF)	4x100m Freestyle Relay (F) TF
4x100m Medley Relay (M)TF	AR SW (Solo)	AR SW (Comb)	AR SW (Duet)	SW medals ceremony
4x100m Medley Relay (F)TF	SW & AR SW medals ceremony	SW & AR SW medals ceremony	SW & AR SW medals ceremony	
SW medals ceremony				



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MINIMUM QUALIFYING STANDARDS LONG COURSE (50m pool)

Qualifying Times to have been achieved after 1 st January 2023 until
31th January 2024

Metres		Men		Women	
		A	B	A	B
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

Metres		Men		Women	
		A	B	A	B
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

Metres		Men		Women	
		A	B	A	B
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

Metres		Men		Women	
		A	B	A	B
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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MINIMUM QUALIFYING STANDARDS (LC yards)

Qualifying Times to have been achieved after 1 st January 2023 until
30th January 2024

Metres		Men		Women	
		A	B	A	B
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

Metres		Men		Women	
		A	B	A	B
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

Metres		Men		Women	
		A	B	A	B
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

Metres		Men		Women	
		A	B	A	B
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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TENNIS

TENNIS COMPETITION VENUE

Zeytinköy Sports Facilities



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Wednesday 20 March 2024: Training Day
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EVENT LIST

Female singles; Male singles;
Female Doubles; - Male Doubles;
Mixed Doubles



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GYMNASTICS

GYMNASTICS COMPETITION VENUE

Zeytinköy Sports Facilities



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Saturday 23 March 2024: Off Day
Sunday 24 March 2024: Competition Day
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COMPETITION LIST

Artistic Gymnastics: Floor, Pommel Horse, Rings, Vault, Paralel Bars, High Bar, Low Bar, Uneven Bars, Beam.

Rhythmic Gymnastics: Hoop, ball, clubs, ribbon, mix hoop.



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