



SWIMMING COMPETITION TO CELEBRATE THE 20TH ANNIVERSARY OF SWIMMING CLUB SOKÓŁ RZESZÓW

COMPETITION SITE

25 meters pool ROSIR Rzeszów

Ks. Jałowego St. 23a

DATE OF COMPETITION

20-21 Oct 2012

ORGANIZER

Swimming Club Sokół Rzeszów

Regional Swimming Federation

PATRONATE

Marshal of Podkarpackie Voievodship Anna Kowalska

PARTICIPATION

- The participants must be at least 10 years old
- The number of participants is limited
- During the competition the rules of the FINA and Polish Swimming Federation must be obeyed
- The competitors must have current medical records
- The competitor is entitled to take part in two events and in one relay a day
- It is possible to allow younger children to participate in distances of 25 meters

AGE CATEGORIES

I 2001-2002

II 1999-2000

III 1998- and older

FINANCING

- The organization costs are covered by the organizer.
- The costs of participation are covered by clubs.
- Entry fee for one event -10 zł per person
- Entry fee for relay -10 zł

COMPETITION OFFICE

- The Office is located in ROSIR Swimming Pool, Ks.Jałowego St.23, the office is open throughout the competition, in the office the in-voices and receipts can be collected
- The entry fee should be paid at the end of the first day at the latest

PROGRAM

Saturday	Sunday
9.00 Warm-up – 10.00 Competition	9.00 Warm-up – 9.45 Competition
•1. 50 m free style W/M- elimination	7. 50 m backstroke W/M- elimination
•2. 100 m backstroke W/M	8. 100 m medley W/M
•3. 50 m butterfly W/M	9. 50 m breaststroke W/M – Club President CUP
•4. 100 m breaststroke W/M	10. 100 m free style W/M
•5. 50 m free finale OPEN	11. 50 m backstroke finale OPEN
•6. 4x50 relay medlay OPEN M/W	12. 6x50 free style SOKÓŁ relay (women and men mixed two from each age group). Entries for SOKÓŁ relay on the first day of the competitions.

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- 6 best results W/M qualify to the final race in the OPEN category.
- In SOKÓŁ relay there is men and women mixed participation (two from each age group).
- [Entries for SOKÓŁ relay on the first day of the competitions.](#)
- The competition are held by the system series on time, starting from the worst series.
- Decorations will take part during the races, decorations of the finals after relays.

On Saturday evening we invite you for Rzeszów sightseeing tour.

Saturday at 19.00 – meeting of competitors and coaches – disco

TECHNICAL REGULATIONS

- 25 m pools, 6 lines
- Electronic time measurement OMEGA

PRE-ENTRIES

- Electronic entries only in lxf formate must be sent up to 10 Oct 2012 to : tomasz.bachorz@op.pl.
- [Entries for SOKÓŁ relay on the first day of the competitions.](#)
- The invitation to take from: <http://omegatiming.pl/zawody/okregowe>, www.kpsokol.pl
- Withdrawals allowed up to 18th Oct 2012

PRIZES

*Team classification:

Three best teams receive CUPS (in each event two best swimmers in each age group from the same club are given points)

* Individual classification

a) statues and prizes for the best swimmers W/M in each age group (4 events)

b) medals 3 first places in each age category

c) diplomas for 6 first places in each age category

* Club's President CUP- in 50m breast stroke race for the best result in the OPEN classification W/M

* In the FINALS in OPEN category (50m free and 50m backstroke) –

1st place – 150 PLN,

2nd place – 100P LN,

3rd place – 50 PLN

* medals and diplomas in relays

* surprise for SOKÓŁ relay winner

ACCOMODATION AND CATERING (reservation to 7 Oct 2012)

- 1) *Hotel Hetman* – 110 PLN/person

Rzeszów, ul. Langiewicza 29 b, 35-085 Rzeszów, tel. + 48 17 850 71 91

E-mail: hetman@hotelewam.pl,

- http://www.hotelewam.pl/11-Rzesz%C3%B3w,_Hotel_Hetman.html

- 2) *Hotel Sportowy* – 80 PLN/person

Rzeszów, ul. Ks. Jałowego 23A, tel + 48 17 859-24-83

- <http://www.klubowa.rzeszow.pl/pl/hotel.php>

FINAL MATTERS

- Swimming pool will be open for competitors on Saturday 20.10.2012 from 9.00am
- Technical conference 20.10.2012 9.15am

- Opening ceremony 9.55am
- Closing after all events
- matters not mentioned in the competition rules are decided by the main referee
- The head teams are responsible for the discipline of their competitors during competitions

PERSONS TO CONTACT

- Competition program: Janusz Świeca, tel + 48 501 270 186
- Accommodation, sightseeing Rzeszów, and integration meeting: Artur Baszak, tel. + 48 602 529 228