



**International Swimming Competition
to celebrate 25th anniversary
of Swimming Club Sokół Rzeszów
Under the Patronate of President of Rzeszów Tadeusz Ferenc**

DATE AND SITE OF COMPETITION

14 -15 October 2017

ROSIR Rzeszów Indoor swimming pool
Rzeszów, Ks. Jałowego St. 23a

ORGANIZER

Swimming Club "Sokół" Rzeszów

PARTICIPATION

Participants must be pre - entered by clubs and they must have licences.

The number of participants is limited, entry date is taken into account.

Participants must have current medical records and insurance.

Participants born in 2006 and younger are entitled to take part in two events and in one relay a day.

Participants born in 2005 and older are entitled to take part in three events and in one relay a day.

AGE CATEGORIES

I born in 2006 and younger

II born between 2004 - 2005

III born between 2002 - 2003

IV born in 2001 and older

Finals OPEN

Relays OPEN

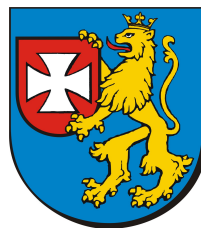
FINANCING

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.



PROGRAMME

SATURDAY 14.10.2017 warm-up 11:00 Competition 12:00

WOMEN	MEN
1. 50 m free style	2. 50 m free style
3. 100 m backstroke	4. 100 m backstroke
5. 100 m breaststroke	6. 100 m breaststroke
7. 50 m butterfly	8. 50 m butterfly
9. 100 m medley President's of "Sokół" Rzeszów CUP	10. 100 m medley President's of "Sokół" Rzeszów CUP
1 F. 50 m free style Finals OPEN	2 F. 50 m free style Finals OPEN
11. 4 x 50 m relay medley OPEN	12. 4 x 50 m relay medley OPEN

Saturday afternoon / evening: sightseeing Rzeszów for groups which are interested

SUNDAY 15.10.2017 warm-up 9:00 Competition 9:45

WOMEN	MEN
13. 50 m breaststroke	14. 50 m breaststroke
15. 100 m butterfly	16. 100 m butterfly
17. 50 m backstroke	18. 50 m backstroke
19. 100 m free style	20. 100 m free style
21. 200 m breaststroke (only cat. II, III, IV)	22. 200 m breaststroke (only cat. II, III, IV)
17 F. 50 m backstroke Finals OPEN	18 F. 50 m backstroke Finals OPEN
23. Relay of SOKÓŁ 6 x 50 m free style OPEN MIX (3 women / 3 men)	



All races (excluding backstroke) are held in an overlap system
6 best results of women and men in OPEN category are qualified for 50 m free style and 50 m backstroke
In a RELAY SOKÓŁ OPEN MIX 3 women and 3 men take part in any order.
Entries for SOKÓŁ RELAY must be done on the first day of competition.
Competition will be divided into series, starting from the weakest
Decorations may occur during races, decorations for the finals - after relays.

TECHNICAL PARAMETERS

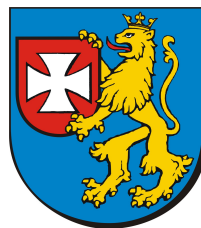
Length of swimming pool 25m, 6 lanes, temperature of water 27⁰C.
Time measurement – electronic.
Layout of competitors for particular series will be done by Organizer based on competitors' times verified in European Ranking.
Competition is held in series on time.
During competition regulations of PZP i FINA must be obeyed.

PRE-ENTRIES

Only electronic entries in entry editor must be sent up to 08.10.2017 to tomasz.bachorz@op.pl.
Entries for SOKÓŁ RELAY on the first day of competition
Information and invitation to take from: www.megatiming.pl , www.kpsokol.pl
Number of competitors is limited due to technical capacity and is based on the order of entry !!!
Withdrawals allowed up to 11.10.2017. Beyond that date fees will be taken upon entries.

PRIZES

- **Individual classification**
- medals for first 3 places in each age group and category,
- diplomas for first 6 places in each category and age group,
- Club's President Cup – in 100 m medley race for the best result in general classification W / M,
- in the finals - OPEN category (50m free style and 50 m backstroke) 1-3 places are awarded as follows:
1st place - 150 zł, 2nd place - 100 zł, 3rd place - 50 zł,
- in relays - OPEN category teams which took 1-3 place receive diplomas and medals,
- surprise for the winner of SOKÓŁ relay,
- statues and material prizes for best 3 competitors W / M in each category: sum of points FINA from 3 starts,
- each competitor at the age of 10 and younger will receive a diploma,
- special prizes in premium races





– Team classification:

3 best teams receive cups (in each rivalry two competitors point in each age group entered by one club based on FINA[points]).

FINAL MATTERS

Opening of competition at 11:45

Matters not mentioned in competition regulations are decided by the Organizer and the main referee

Head teams are responsible for the discipline of their competitors during the competition and warm-up

Organizer has a right to use recordings and photos taken at the competition on the club's website for promotional purposes.

Interpretation of the regulations is exclusively limited to the organizer.

COMPETITION OFFICE

The office is located in ROSIR Swimming Pool, Rzeszów, Ks. Jałowego St. 23 a.

The office will be open throughout the competition.

You can pay the fees and collect your in-voices and receipts at the office.

The entry fee must be paid at the end of the first day at the latest.

TO CONTACT

1) entries and competition programme: Janusz Świeca, tel. +48 501 270 186, jasiek_sl@wp.pl

2) accommodation, sightseeing Rzeszów: Artur Baszak, tel. +48 602 529 228, biuro@kpsokol.pl

Management of Swimming Club „Sokół” Rzeszów



W e l c o m e t o t h e c o m p e t i t i o n

