

INFORMATION BULETTIN

ARENA Polish Swimming Grand Prix

Opole, 14 - 15.10.2023



SPONSOR GŁÓWNY
POLSKIEGO ZWIĄZKU PŁYWACKIEGO



Polska Grupa Energetyczna

VARIO POOL
THE REAL DEPTH INVESTMENT
Oficjalny partner

The Polish Swimming Federation invites you to participate in the ARENA Polish Swimming Grand Prix

- Location:** „Wodna Nuta” Swimming Pool – MOSiR Opole, ul. Prószkowska 96,
45-758 Opole, Poland
- Date:** 14 – 15.10.2023
- Swimming pool:** Indoor 50m pool, 10 lanes,
- Timing System:** Quantum Swiss Timing, backstroke ledges available,
- Rules:** Polish Swimming Championships will be conducted under World Aquatics rules
- Event Tier:** Tier 4 – Member’s international competition
- Technical officials:**
- Referees:** Grażyna Drela, Grzegorz Karcz – Starter.
- Competition Times:** 1st session, 14th October 2023, starts at 09:00 (CET).
2nd session, 14th October 2023, starts at 17: 00 (CET).
3rd session, 15th October 2023, starts at 09: 00 (CET).
- Warm up:** starts 90 minutes before every session,
- Official training:** 50m pool will be available for teams on **Friday 13th October 2023, from 16.00 – up to 20.00 (CET).**
- Entries:** for foreign swimmers:
please submit the registration by **LENEX** file.
invitation direct link: [LXF file](#) web site: livetiming.pl
- closing date for entries is **5th October 2023**.
each swimmer can start in any number of starts, only swimmers 14 years old and older are allowed to participate in the competition (swimmers were born in 2009 year and older).
- Entry fee:** 20 PLN per each individual entry. Please use the Polish Swimming Federation bank account information: **Bank PKO BP II O/Warszawa**
IBAN-code: PL33 1020 1026 0000 1602 0463 8971 SWIFT: **BPKOPLPW**
subject: **GPOPOLE** with club name. Payment is to be processed NLT 08.10.2023.



GENERAL & TECHNICAL RULES

- Program:** Full World Aquatics event program.
Alle events will be raced timed heats system.
- Final sport entries:** to be entry and submitted through Polish Swimming Federation online website or send .lxf file (foreign swimmer) by the **5th October 2023, 23:59 Central European Standard Time (CET)**.
Each swimmer can participate in any number of starts.
- Qualification period:**
2022-09-01 - 2023-10-30, only timed times achieved in 50m pools will be accepted.
- Withdrawals:** Withdrawals should be made the **5th October 2023 20:00 CET** at the latest.
- Doping control:** Urine samples will be collected during the ARENA Polish Swimming Grand Prix for the purpose of doping controls. The doping controls will be done in accordance with the World Anti – Doping Agency (WADA) and the World Anti-Doping International Standards. The operations will be supervised and coordinated by the Polish Anti-Doping Agency (POLADA).
The list of prohibited substances can be consulted:
<https://anty doping.pl/kontrola/miedzynarodowy-standard-listy-substancji-i-metod-zabronionych/>.
For reminder, all athletes are strictly responsible for any prohibited substance found in their sample and it is particularly important for them to check any medication they take against the prohibited list.
- Team Leaders meeting:**
13rd October 2023, 20:00 CET, conference room „Wodna Nuta”
Swimming Pool – MOSiR Opole, ul. Prószkowska 96,
45-758 Opole, Poland.



COMPETITION SWIMMING – POOL:

50m Competition pool

- 10 lanes,
- New starting blocks (backstroke starting device),
- Quantum Swiss Timing system,
- Stands for athletes and spectators (2100 places)



25m Warm-up pool

- 6 lanes,
- Warm-up pool will be available during all the competitions for warm-up and cool-down



COMPETITION SCHEDULE:

COMPETITION DAY 1 - SATURDAY (MORNING) 14.10.2023 Start time: 09.00			
Session A1 fastest heat			
WOMEN		MEN	
1.1	200 m Breaststroke	2.1	100 m Backstroke
3.1	50 m Butterfly	4.1	100 m Freestyle
5.1	200 m Backstroke	6.1	100 m Breaststroke
7.1	100 m Freestyle	8.1	50 m Butterfly
		9.1	200 m Individual Medley
10.1	800 m Freestyle	11.1	1500 m Freestyle
Session A2 slowest heat			
1.2	200 m Breaststroke	2.2	100 m Backstroke
3.2	50 m Butterfly	4.2	100 m Freestyle
5.2	200 m Backstroke	6.2	100 m Breaststroke
7.2	100 m Freestyle	8.2	50 m Butterfly
		9.2	200 m Individual Medley
10.2	800 m Freestyle	11.2	1500 m Freestyle
COMPETITION DAY 1 SATURDAY (AFTERNOON) 14.10.2023 Start time: 17.00			
Session B1 fastest heat			
WOMEN		MEN	
12.1	50 m Breaststroke	13.1	200 m Backstroke
14.1	100 m Butterfly	15.1	200 m Freestyle
16.1	50 m Backstroke	17.1	50 m Breaststroke
18.1	200 m Freestyle	19.1	100 m Butterfly
20.1	200 m Individual Medley		
21.1	1500 m Freestyle	22.1	800 m Freestyle
Session B2 slowest heat			
12.2	50 m Breaststroke	13.2	200 m Backstroke
14.2	100 m Butterfly	15.2	200 m Freestyle
16.2	50 m Backstroke	17.2	50 m Breaststroke
18.2	200 m Freestyle	19.2	100 m Butterfly
20.2	200 m Individual Medley		
21.2	1500 m Freestyle	22.2	800 m Freestyle



COMPETITION DAY 2 SUNDAY (MORNING) 15.10.2023 Start time: 09.00			
Session C1 fastest heat			
WOMEN		MEN	
23.1	400 m Freestyle	24.1	400 m Freestyle
25.1	100 m Breaststroke	26.1	50 m Backstroke
27.1	200 m Butterfly	28.1	50 m Freestyle
29.1	100 m Backstroke	30.1	200 m Breaststroke
31.1	50 m Freestyle	32.1	200 m Butterfly
33.1	400 m Individual Medley	34.1	400 m Individual Medley

Session C2 slowest heat			
23.2	400 m Freestyle	24.2	400 m Freestyle
25.2	100 m Breaststroke	26.2	50 m Backstroke
27.2	200 m Butterfly	28.2	50 m Freestyle
29.2	100 m Backstroke	30.2	200 m Breaststroke
31.2	50 m Freestyle	32.2	200 m Butterfly
33.2	400 m Individual Medley	34.2	400 m Individual Medley

Mrs. Otylia Jedrzejczak
President of Polish Swimming Federation

Warsaw, 30.09.2023

