

**ORGANISATIONAL ANNOUNCEMENT ON
THE INTERNATIONAL CUP OF THE HEADMASTER OF SPORTS SCHOOL IN
CRACOW**

**Within the Malopolska GRAND PRIX
Under the patronage of Cracow City Council**

- 1. COMPETITION DATES:** 28th February – 1st March, 2015
- 2. VENUE:** Swimming pool at ZSOMS in Cracow, 20 Grochowska Street
- 3. TECHNICAL DETAILS:**
 - 25m pool, 6 lanes, water temperature: 27C
 - Time measurement: automatic
 - The tournament is based on the FINA and PZP regulations
- 4. ORGANISERS:**
 - ZSOMS in Cracow
 - UKS SMS Galicja Cracow
 - Malopolska Swim Team
- 5. SUPERVISORS:**
 - Competition Leader: Janusz Żyłka-Żebracki
 - MOZP Delegate:
- 6. FOUNDING RULES:**
 - Organisational costs are covered by the organisers
 - Participants cover the costs of transport
 - Entry fee - PLN10
- 7. PARTICIPATION RULES:** Participants who enter the competition, born in 2001 and older, must have a valid International Competition Licence and a medical check-up.
- 8. AGE GROUPS:**
 - **1st CATEGORY** – 14-year-olds
 - **2nd CATEGORY** – 15 and 16-year-olds
 - **3rd CATEGORY** – 17-year-olds and older
- 9. ENTRY:** The entry form (lenex file) must be sent to robertbrus@poczta.onet.pl

- The application must include: participant's name and surname, full date of birth, the name of the club, licence number, distance, swimming style and best score from the last 15 months
- The entry form shall be returned no later than February 23rd, 2015, 9 p.m.

10. WARM-UP RULES:

- 6th lane which is one-way is also used for starts. Starting from the posts located in a different place is forbidden.
- The warm-up at the pool is possible within 90 minutes before each block of the tournament.

11. AWARDS:

- The participants of each competition are awarded medals and participation diplomas. Small gifts are awarded to best three competitors in each age category.
- The cup is awarded to the best team within each age category with the highest number of points: 1st place – 9 points, 2nd place – 7 points, ... 8th place – 1 point.
- Best three competitors from categories I and II are awarded a prize based on the total number of points from two starts according to FINA scoring.
- Prize money is awarded to best three competitors from category III (open) based on the total number of FINA points obtained in two from the following blocks:

Block	Swimming style	Distance
1	butterfly	50, 100, 200
2	backstroke	50, 100, 200
3	breaststroke	50, 100, 200
4	freestyle	50, 100, 200, 400
5	IM	100, 200, 400

12. COMPETITION PROGRAMME:

1st competition block – Saturday, 28th February, 2015

Warm-up: 7.00-8.20			
Competition start: 8.30			
Women		Men	
1.	50m freestyle	2.	50m freestyle
3.	50m breaststroke	4.	50m breaststroke
5.	100m butterfly	6.	100m butterfly
7.	200m freestyle	8.	200m freestyle
9.	200m backstroke	10.	200m backstroke
11.	400m IM	12.	400m IM

2nd competition block – Saturday, 28th February, 2015

Warm-up: 14.30-15.50			
Competition start: 16.00			
Women		Men	
13.	50m butterfly	14.	50m butterfly
15.	50m backstroke	16.	50m backstroke
17.	400m freestyle	18.	400m. freestyle
19.	200m breaststroke	20.	200m breaststroke
21.	200m IM	22.	200m IM
23.	mixed 4x50m freestyle relay		

Warm-up: 8.00-9.20			
Competition start: 9.30			
Women		Men	
24.	200m butterfly	25.	200m butterfly
26.	100m freestyle	27.	100m freestyle
28.	100m backstroke	29.	100m backstroke
30.	100m breaststroke	31.	100m breaststroke
32.	100m. IM	33.	100m. IM
34.	mixed 4x50m medley relay		

13. ACCOMODATION AND DIET:

- Groups interested in accommodation during the tournament are requested to contact Robert Brus on robertbrus@poczta.onet.pl or (+48) 606-462-358 by **February 13th, 2015.**
- There is a possibility of buying meals during the tournament:
Breakfast – PLN12
Lunch – PLN20
Dinner – PLN15
- In order to register for the meals during the tournament contact Robert Brus on robertbrus@poczta.onet.pl by **February 23rd, 2015.**

14. FINAL DECISIONS:

- All competitors are obliged to have a valid medical check-up. Group trainers and supervisors are made responsible for it.
- Registration for the tournament means the acceptance of the rules stated in this announcement as well as the Regulations of the competition.

- Decisions not included in this announcement are to be made by the Competition Leader.
- The number of prizes may go up if the funds increase.