

INFORMATION

POLISH SWIMMING GRAND PRIX

LUBLIN • 4-5.11.2023



SPONSOR GŁÓWNY
POLSKIEGO ZWIĄZKU PŁYWACKIEGO



Polska Grupa Energetyczna

VARIO  POOL
THE REAL DEPTH INVESTMENT





The Polish Swimming Federation invites you to participate in the Polish Swimming Grand Prix, which will be the qualifying competition for the Paris 2024 Olympic Games.

LOCATION

- „Municipal sports and recreation center – AQUA Lublin”,
- Aleje Zygmuntowskie 4, 20-101 Lublin, Poland

DATE

- 4 – 5.11.2023

SWIMMING POOL

- Indoor 50 m pool,
- 10 lanes

TIMING SYSTEM

- Quantum Swiss Timing, backstroke ledges available,

RULES

- Polish Swimming Championships will be conducted under World Aquatics rules and is approved as a qualifying event to Olympic Games Paris 2024 and World Championships Doha 2024.

EVENT TIER

- Tier 4 – Member's international competition

TECHNICAL OFFICIALS

- Main Referee: Lukasz Michalski [SW#22]
- Starter: Piotr Kapcewicz [SW#22]

COMPETITION TIMES

- 1st session, 4 November 2023, starts at 9:00
- 2nd session, 4 November 2023, starts at 17:00
- 3rd session, 5 November 2023, starts at 9:00

WARM UP

- starts 1,5 hours before every session

TRAINING

- pool will be available for teams on Friday 3rd November 2023 between 16.00 – 20.00 hour.

POLISH SWIMMING GRAND PRIX





ENTRIES

For Polish swimmers

swimmers with Polish citizenship with a valid PZP license number,

For foreign swimmers

sending the .lxf file

- Closing date for entries is **30th 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 competition [swimmers were born in 2009 year and older].

ENTRY FEE

- 20 PLN per one entry

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 30th October 2023, 23:59 GMT.
- Each swimmer can participate in any number of starts.

QUALIFICATION PERIOD

- 2022-09-01 to 2023-10-30,
- only times achieved in 50m pools will be accepted,

WITHDRAWALS

- Withdrawals should be made 3 November 2023 8 pm at the latest.

DOPING CONTROL

- Urine samples will be collected during the 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.

ARENIA GRAND PRIX





TEAM LEADERS MEETING

- 3rd November 2023, 20:00,
- conference room Aqua Lublin, Al. Zygmuntowskie 4, 20-101 Lublin 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)

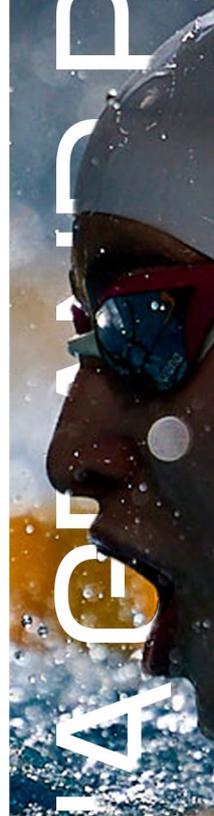


25M WARM-UP POOL

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



ARENA GERMANY PRIX



COMPETITION SCHEDULE



I DAY (MORNING) 4.11.2023 9.00

WOMEN		MEN	
1.1	50 m Breaststroke	2.1	200 m Backstroke
3.1	100 m Butterfly	4.1	200 m Freestyle
5.1	50 m Backstroke	6.1	50 m Breaststroke
7.1	200 m Freestyle	8.1	100 m Butterfly
9.1	200 m Ind. Medley		
10.1	1500 m Freestyle	11.1	800 m Freestyle

I DAY - (AFTERNOON) 4.11.2023 17.00

WOMEN		MEN	
12.1	400 m Freestyle	13.1	400 m Freestyle
14.1	100 m Breaststroke	15.1	50 m Backstroke
16.1	200 m Butterfly	17.1	50 m Freestyle
18.1	100 m Backstroke	19.1	200 m Breaststroke
20.1	50 m Freestyle	21.1	200 m Butterfly
22.1	400 m Ind. Medley	23.1	400 m Ind. Medley

II DAY -(MORNING) 5.11.2023 9.00

WOMEN		MEN	
24.1	200 m Breaststroke	25.1	100 m Backstroke
26.1	50 m Butterfly	27.1	100 m Freestyle
28.1	200 m Backstroke	29.1	100 m Breaststroke
30.1	100 m Freestyle	31.1	50 m Butterfly
		32.1	200 m Ind. Medley
33.1	800 m Freestyle	34.1	1500 m Freestyle

Mrs. Otylia Jedrzejczak
President of Polish Swimming Federation

ARENIA GERMANY PRIX

