



MKS „PIASECZNO”
05 – 500 Piaseczno
ul. Geodetów 176

**RULES AND REGULATIONS OF THE SWIMMING TEAM COMPETITION FOR THE
 CUP OF THE PRESIDENT OF POLISH OLYMPIC COMMITTEE**
 Edition 2012

1. Organizer

Youth Sports Club „MKS PIASECZNO” in Piaseczno, 176 Geodetów Street.

2. Place and the date

The competition will be held on 26th and 27th May, 2012 at 10.00 a.m. / warming-up exercises at 9.00 a.m. / at the 25-metres swimming pool of Municipal Sport and Recreation Center in Piaseczno, 20, Gen. Wladyslaw Sikorski Street

3. Participation

In the competition can participate representations of the clubs, registered in the Polish Swimming Federation, as well as foreign teams of young people born in 1996 and younger.

4. Agenda of the competition

I day

1. 200 m girls, freestyle
2. 100 m boys, freestyle
3. 100 m girls, breaststroke
4. 50 m boys, breaststroke
5. 50 m girls, backstroke
6. 100 m boys, backstroke
7. 100 m girls, butterfly
8. 50 m boys, butterfly
9. 200 m girls, individual medley
10. 100 m boys, individual medley
11. 50 m girls, freestyle
12. Relay 4x50 m boys, freestyle
13. Reley 4x100 m girls, medley

II day

1. 200 m boys, freestyle
2. 100 m girls, freestyle
3. 100 m boys, breaststroke
4. 50 m girls, breaststroke
5. 50 m boys, backstroke
6. 100 m girls, backstroke
7. 100 m boys, butterfly
8. 50 m girls, butterfly
9. 200 m boys, individual medley
10. 100 m girls, individual medley
11. 50 m boys, freestyle
12. Relay 4x50 m girls, freestyle
13. Relay 4x100 m boys, medley

5. Technical rules

1. The team consists of max. 16 competitors (8 boys and 8 girls).
2. Each participant is entitled to three races on each competition day, including relays.
3. The team may put two people to each individual event and one team for each relay.
4. The team may put incomplete representation on.
5. The competition will be held on time series, the series will be set according to the times given in the declaration
6. Competitors registered after 20/05/2012 or without reference times will swim in the last series.

6. Scoring

Scoring will be granted for six consecutive positions in each individual competition as per the following key:

8, 6, 4, 3, 2, 1. –

The final result will be determined by the sum of points scored by the team.

7. Individual prizes

- Medals for first three places in each event.
- Diplomas for the first six places in individual runs and relay events.
- Sports trophies or prizes
- Special prizes for best score among girls and boys, according to table SCORE PPL, in each age group

8. Team Awards

- The winning team is granted by a grand prize – CUP funded by the President of the Polish Olympic Committee
- The second and third sports team receives trophies sponsored by MKS 'PIASECZNO'

9. Applications

Application should be sent by e-mail in "Entry Editor" to:

maciek.chotkowski@gmail.com until **20th May, 2012**

Changes possible until 24th May, 2012. After this date no changes possible.

LFX format invitation available to download at:

www.wmozp.pl and <http://mkspiaseczno.pl/>

10. Funding Policy:

Organization costs are covered by the organizer.

Costs of participation covered by participating teams.

Valid entry fee for one team - **400 zlotys** / four hundred zlotys / or **100 Euro** / one hundred euros / .

Entry fee is to be paid not later than **5/23/2012**, at the club's bank account with

Millenium Bank 10 1160 2202 0000 0002 0050 5929

Or to the organizer, no later than the day of the competition until 9.00 o'clock

We kindly request the initial declaration of participation in the competition, up to 30th of April 2012.
Number of participants is limited!

10. Additional information:

- Organizer provides transportation from Warsaw Okecie airport and back.
- **Possibility of accommodation:**
 - **Hotel De Silva**, Piaseczno, ul. Puławska, special price for the teams: 200 zł for double room breakfast included for 2, 230 zł for 3 person room breakfast included for 3 - www.desilva.pl
- On request, the organizer will provide other meals. Prices of meals from 20 to 40 zloty (5 to 10 Euro).
- ***After the first day of competition, on 05/26/2012, all participants are invited to share the fun / meeting at the campfire***
- In other cases, not included in the regulations, decide the organizer.

Any questions may be sent to:

- **Wojciech Kossowski** – Wojciech.kossowski@wp.pl - Chairman of the Organizing Committee

- **Gabriel Turczyński** – g.turczynski@wp.pl – **Manager** of the Meeting, Trainer Coordinator

J.J. & W.K.

Organizator
Sekcja Pływacka MKS „PIASECZNO”