



The 20th Gorzów Wlkp. Mayor's Cup Swimming Competition

COMPETITION RULES

1. **Date and venue**

The competition will be held on 26th – 27th October 2018 at CSiR “Słowianka”
, ul. Słowiańska 14, Gorzów Wlkp.

2. **Host:**

-M.K.P. “Słowianka” in Gorzów Wlkp.

3. **Participants:**

-club teams that were invited by the Host

-each club team can consist of max 22 swimmers (exceptions may be allowed upon consultation with the Host)

-participants must hold a current medical certificate .

4. **Technical regulations:**

- 8 lanes,

- 25-meters pool

-an electronic timing system,

-the competition will be held observing the rules of FINA, and the Polish Swimming Federation (PZP) time finals,

-each swimmer may swim in no more than two events per block plus a relay,

- age categories for girls and boys are as follows:

Cat.I born in 2008 - 2009

Cat.II born in 2006 - 2007

Cat.III born in 2004 - 2005

Cat.IV born in 2003 and older

5. How to enter:

Competitors shall email their entry forms in an LXF file (see the example attached) at: michal.derewecki@poczta.fm no later than 19th October 2018

Entry forms are also available online at www.megatiming.pl in the county competitions bookmark (zawody okręgowe)

6. Competition Programme:

Thursday 25th October 2018

6:45 pm– 8:15 pm– OFFICIAL TRAINING

Friday 26th October 2018

MORNING:

8:30 am – WARMUP for Cat.I and Cat.II groups

9:10 am – COMPETITION-BLOCK I

BLOCK I - Friday 26th October 2018			
GIRLS		BOYS	
Competition number	Type of competition	Competition number	Type of competition
1	50 m freestyle – Cat. I and II	2	50 m freestyle - Cat. I and II
3	100 m breaststroke – Cat. I and II,	4	100 m breaststroke - Cat. I and II
5	50 m backstroke - Cat. I and II,	6	50 m backstroke - Cat. I and II
7	100 m butterfly - Cat. I and II,	8	100 m butterfly - Cat. I and II
9	200 m freestyle - Cat. II (up to 5 heats)	10	200 m freestyle - Cat. II (up to 5 heats)

11:30 am– WARMUP for Cat. III and Cat. IV groups

11:50 am– COMPETITION-BLOCK I

BLOCK I - Friday 26th October 2018			
GIRLS		BOYS	
Competition number	Type of competition	Competition number	Type of competition
11	50 m freestyle – Cat. III and IV	12	50 m freestyle – Cat. III and IV,
13	100 m breaststroke – Cat. III and IV,	14	100 m breaststroke– Cat. III and IV,
15	,50 m backstroke - Cat. III and IV	16	50 m backstroke – Cat. III and IV,
17	100 m butterfly - Cat. III and IV,	18	100 m butterfly – Cat. III and IV,
19	200 m freestyle - Cat. III and IV (up to 5 heats)	20	200 m freestyle - Cat. III and IV (up to 5 heats)

Friday 26th October 2018

EVENING:

5.15 pm – WARMUP

5.45 pm – OPENING CEREMONY

6.00 pm - Events beginning:

21 – Final A 50 m freestyle girl's and women's (Cat. I,II,III,IV)

22 – Final A 50 m freestyle boy's and men's (Cat. I,II,III,IV)

23 - Final A 50 m backstroke girl's and women's (Cat. I,II,III,IV)

24 - Final A 50 m backstroke boy's and men's (Cat. I,II,III,IV)

25 – 8 x 50 m freestyle relay (1 girls and 1 boy in Cat. I,II,III,IV).

Saturday 27th October 2018

MORNING:

8:30 am- WARM-UP

9:10 am– COMPETITION-BLOCK II

BLOCK II - Saturday 27th October 2018			
GIRLS		BOYS	
Competition number	Type of competition	Competition number	Type of competition
26	50 m breaststroke – Cat. I and II	27	50 m breaststroke - Cat. I and II
28	100 m freestyle – Cat. I and II	29	100 m freestyle - Cat. I and II
30	50 m butterfly - Cat. I and II	31	50 m butterfly - Cat. I and II
32	100 m backstroke- Cat. I and II	33	100 m backstroke - Cat. I and II
34	200 m medley - Cat. II (up to 5 heats)	35	200 m medley - Cat. II (up to 5 heats)

11:30 am– WARMUP for III and IV group's

11:50 am– COMPETITION-BLOCK II

BLOCK II - Saturday 27th October 2018			
GIRLS		BOYS	
Competition number	Type of competition	Competition number	Type of competition
36	50 m breaststroke – Cat. III and IV	37	50 m breaststroke – Cat. III and IV,
38	100 m freestyle- Cat. III and IV	39	100 m freestyle - Cat. III and IV
40	50 m butterfly - Cat. III and IV	41	50 m butterfly - Cat. III and IV
42	100 m backstroke- Cat. III and IV	43	100 m backstroke- Cat. III and IV
44	200 m medley- Cat. III and IV (up to 5 heats)	45	200 m medley - Cat. III and IV (up to 5 heats)

Friday 27th October 2018

EVENING:

WARMUP: 5.30 pm

Events beginning: 6.00 pm

46 – Final A 50 m breaststroke girl's and women's (Cat. I,II,III,IV)

47 – Final A 50 m breaststroke boy's and men's (Cat. I,II,III,IV)

48 - Final A 50 m butterfly girl's and women's (Cat. I,II,III,IV)

49 - Final A 50 m butterfly boy's and men's (Cat. I,II,III,IV)

50 – 4 x 50 m medley relay – (Cat. II,III,IV)

8.00 pm– PRESENTATION OF AWARDS AND CLOSING CEREMONY

7. Points:

- The team scoring is based on places taken by swimmers in individual races..

For example: 1st place is awarded 9 points, 2nd place 7 points, 3rd place gets 6 points,...., and 8th place is awarded 1 point.

8. Awards:

- Trophies in team competitions for places I – III,

- Layer cake in 4x50m medley relay for the first place in each age category (W,M)

- Trophies in 8x50m freestyle relay for the I-III places,

- Diplomas for the I-VI places for girls and boys in each swimming event in Cat. I-II

- Diplomas for the I-VIII places in the finals for girls and boys in all age categories.

9. Costs and fees:

- Organisational costs are covered by the host.

- Clubs participate in the competition at their own expense.

- The participation fee is PLN 30 per swimmer (EUR7 per athlete).

- The fee shall be paid in total to MKP "Słowianka" by 3.00 p.m. on 27th October 2018 at the latest.

The fee may be paid in cash in the meet office, which is open on 27th October 2018 from 9:00 to 15:00.

10. Accomodation:

The host my provide board and lodging from 25 to 28 October 2018.

Please send requests for accommodation and meals by 16 October 2018 at the latest to the following address :

Miejski Klub Pływacki „Słowianka”

Ul. Słowiańska 10

66-400 Gorzów Wlkp.

Email: mkp.slowianka@wp.pl

phone: +48 693 432 832 (Club Director: *Piotr Suwary*)

Any modifications will be accepted until 22 October 2018, otherwise appropriate charges shall apply.

We are looking forward to having you in our city.