

**THE 21ST GORZÓW WLKP MAYOR'S CUP  
SWIMMING COMPETITION  
COMPETITION RULES**

**Date and venue**

- 25-26 October 2019, Gorzów Wlkp.
- Centrum Sportowo-Rehabilitacyjne Słowianka ul. Słowiańska 14, Gorzów Wlkp.

**Hosts**

- Miejski Klub Pływacki Słowianka Gorzów Wlkp.
- Centrum Sportowo-Rehabilitacyjne Słowianka Sp. z o.o.

**Eligibility**

- The competition is open exclusively to club teams invited by the host.
- Each club team may enter up to 22 swimmers (exceptions may be allowed upon consultation with the host).
- Participants must hold a current medical certificate.
- The number of participants is limited to 360.

**Technical regulations**

- 25m pool,
- 8 lanes,
- an electronic timing system,
- the competition will be held observing the rules of FINA and the Polish Swimming Federation (PZP) (time seeded order),
- each swimmer may swim in no more than two events per session plus a relay,
- the competition is held with preliminary heats and finals; finals will be held only for 50m events in each age category.
- age categories for girls and boys are as follows:

Cat. 1: born in 2009-2010

Cat. 2: born in 2007-2008

Cat. 3: born in 2005-2006

Cat. 4: born in 2004 and older

### **How to enter**

Entry forms must be emailed in an LXF file (see the example attached) at: [michal.derewecki@poczta.fm](mailto:michal.derewecki@poczta.fm) no later than 20 October 2019.

Entry forms are also available online at [www.megatiming.pl](http://www.megatiming.pl) in the district competitions bookmark (*zawody okręgowe*).

By 11 October 2019, you must send photos of the swimmers which will be used to present the swimmer qualified for the afternoon finals. The photos must be sent as jpg files (file name: swimmer's full name, club name, nationality) in the 4:3 format. Instructions on how to add a photo can be found on the website: [www.megatiming.pl](http://www.megatiming.pl) – *zawody okręgowe [district competitions]* – Gorzów Wielkopolski – XXI Puchar Prezydenta Miasta Gorzowa Wielkopolskiego [*The 21st Gorzów Wlkp Mayor's Cup Swimming Competition*].

### **Competition programme**

#### **Thursday, 24 October 2019**

6.45pm – 8.15pm OFFICIAL TRAINING TIME

#### **Friday, 25 October 2019**

8.30am – WARM-UP – for Cat. 3 and Cat. 4

9.10am – COMPETITION: SESSION 1

<b>SESSION 1 – Friday, 25 October 2019</b>			
<b>GIRLS</b>		<b>BOYS</b>	
Event no.	Event	Event no.	Event
<b>1</b>	50m Freestyle Cat. 3 and 4	<b>2</b>	50m Freestyle Cat. 3 and 4
<b>3</b>	100m Breaststroke Cat. 3 and 4	<b>4</b>	100m Breaststroke Cat. 3 and 4
<b>5</b>	50m Backstroke Cat. 3 and 4	<b>6</b>	50m Backstroke Cat. 3 and 4
<b>7</b>	100m Butterfly Cat. 3 and 4	<b>8</b>	100m Butterfly Cat. 3 and 4
<b>9</b>	200m Freestyle Cat. 3 and 4 (up to 5 heats; first-come first-served).	<b>10</b>	200m Freestyle Cat. 3 and 4 (up to 5 heats handled on a first-come-first-served basis).

**11.30am** – WARM-UP – for Cat. 1 and Cat. 2

**11.50am** – COMPETITION: SESSION 1

<b>SESSION 1 – Friday, 25 October 2019</b>			
<b>GIRLS</b>		<b>BOYS</b>	
Event no.	Event	Event no.	Event
<b>11</b>	50m Freestyle Cat. 1 and 2	<b>12</b>	50m Freestyle Cat. 1 and 2
<b>13</b>	100m Breaststroke Cat. 1 and 2	<b>14</b>	100m Breaststroke Cat. 1 and 2
<b>15</b>	50m Backstroke Cat. 1 and 2	<b>16</b>	50m Backstroke Cat. 1 and 2
<b>17</b>	100m Butterfly Cat. 1 and 2	<b>18</b>	100m Butterfly Cat. 1 and 2
<b>19</b>	200m Freestyle Cat. 1 and 2 (up to 5 heats)	<b>20</b>	200m Freestyle Cat. 1 and 2 (up to 5 heats handled on a first-come-first-served basis)

**Friday, 25 October 2019**

5.00pm – WARM-UP

5.45pm – OPENING CEREMONY

6.00pm – FINALS

21. Girls' and women's A Final: 50m Freestyle (Cat. 1, 2, 3 and 4)
22. Boys' and Men's A Final: 50m Freestyle (Cat 1, 2, 3 and 4)
23. Girls' and women's A Final: 50m Backstroke (Cat. 1, 2, 3 and 4)
24. Boys' and Men's A Final: 50m Backstroke (Cat 1, 2, 3 and 4)
25. 8 x 50m Freestyle relay (1 girl/woman and 1 boy/man in Cat 1, 2, 3 and 4)

**Saturday, 26 October 2019**

**8.30am** – WARM-UP – for Cat. 3 and Cat. 4

**9.10am** – COMPETITION: SESSION 2

<b>SESSION 2 – Saturday, 26 October 2019</b>			
<b>GIRLS</b>		<b>BOYS</b>	
Event no.	Event	Event no.	Event
<b>26</b>	50m Breaststroke Cat. 3 and 4	<b>27</b>	50m Breaststroke Cat. 3 and 4
<b>28</b>	100m Freestyle Cat. 3 and 4	<b>29</b>	100m Freestyle Cat. 3 and 4
<b>30</b>	50m Butterfly Cat. 3 and 4	<b>31</b>	50m Butterfly Cat. 3 and 4
<b>32</b>	100m Backstroke Cat. 3 and 4	<b>33</b>	100m Backstroke Cat. 3 and 4
<b>34</b>	200m Medley Cat. 3 and 4 (up to 5 heats)	<b>35</b>	200m Medley Cat. 3 and 4 (up to 5 heats)

**11.30am** – WARM-UP – for Cat. 1 and Cat. 2

**11.50am** – COMPETITION: SESSION 2

<b>SESSION 2 – Saturday, 26 October 2019</b>			
<b>GIRLS</b>		<b>BOYS</b>	
Event no.	Event	Event no.	Event
<b>36</b>	50m Breaststroke Cat. 1 and 2	<b>37</b>	50m Breaststroke Cat. 1 and 2
<b>38</b>	100m Freestyle Cat. 1 and 2	<b>39</b>	100m Freestyle Cat. 1 and 2
<b>40</b>	50m Butterfly Cat. 1 and 2	<b>41</b>	50m Butterfly Cat. 1 and 2
<b>42</b>	100m Backstroke Cat. 1 and 2	<b>43</b>	100m Backstroke Cat. 1 and 2
<b>44</b>	200m Medley Cat. 1 and 2 (up to 5 heats)	<b>45</b>	200m Medley Cat. 1 and 2 (up to 5 heats)

### **Saturday, 26 October 2019**

5.30pm – WARM-UP

6.00pm – FINALS

46. Girls' and women's A Final: 50m Breaststroke (Cat. 1, 2, 3 and 4)
47. Boys' and Men's A Final: 50m Breaststroke (Cat. 1, 2, 3 and 4)
48. Girls' and women's A Final: 50m Butterfly (Cat. 1, 2, 3 and 4)
49. Boys' and Men's A Final: 50m Butterfly (Cat. 1, 2, 3 and 4)
- 50. Mixed 4 x 50m Medley relay (Cat. 2, 3 and 4)**

**8.00pm – Presentation of awards and closing ceremony**

#### **Presentations**

- Medals for the first three places in the finals in each age category
- Medals will be presented **IMMEDIATELY** after each event in the finals in each age category.
- Medals will be presented by the coach of the winning competitor.

#### **Points**

- The team scoring is based on places taken by swimmers in individual races in each age category:
- The first place is awarded 9 points, the second place – 7 points, the third place – 6 points, ..., and the eighth place is awarded 1 point.

#### **Awards**

- Gorzów Wlkp Mayor's Cup trophies for the first three places (team scoring)
- Medals for relay teams for the first three places 8 x 50m Freestyle
- Medals for relay teams for the first three places 4 x 50m Medley

### Costs and fees

- Organisational costs are covered by the host.
- Clubs participate in the competition at their own expense.
- The participation fee is **PLN45** per swimmer (**EUR10** per athlete).
- The fee shall be paid in total to MKP Słowianka by 3.00pm on 26 October 2019 at the latest.

*The fee may be paid in cash in the meet office, which is open on 26th October 2019 from 9.00am to 3.00pm.*

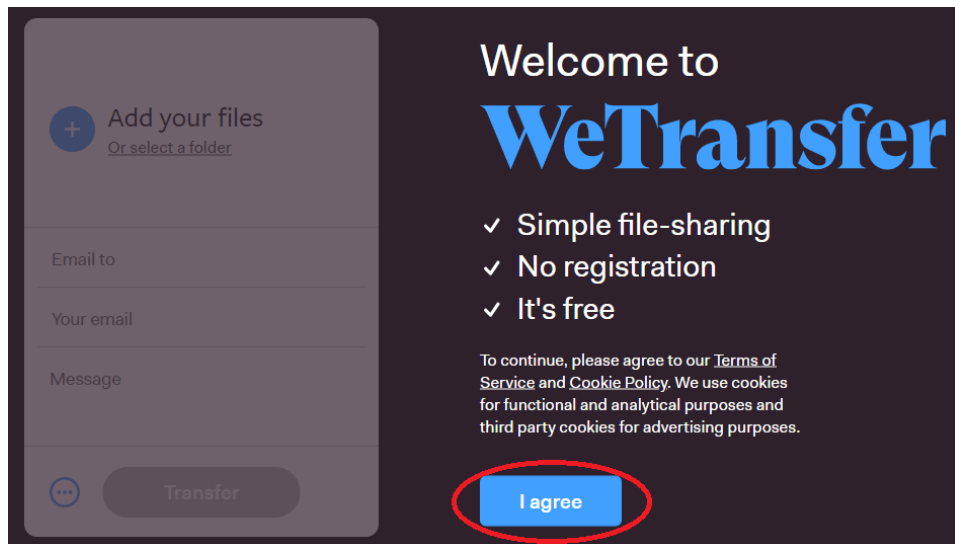
### Board and lodging

**Miejski Klub Pływacki  
Słowianka  
Ul. Słowiańska 10, Gorzów Wlkp.  
66-400 Gorzów Wlkp.  
email: [mkp.slowianka@wp.pl](mailto:mkp.slowianka@wp.pl) phone: +48 693 432 832  
(Club Director: *Piotr Suwary*)**

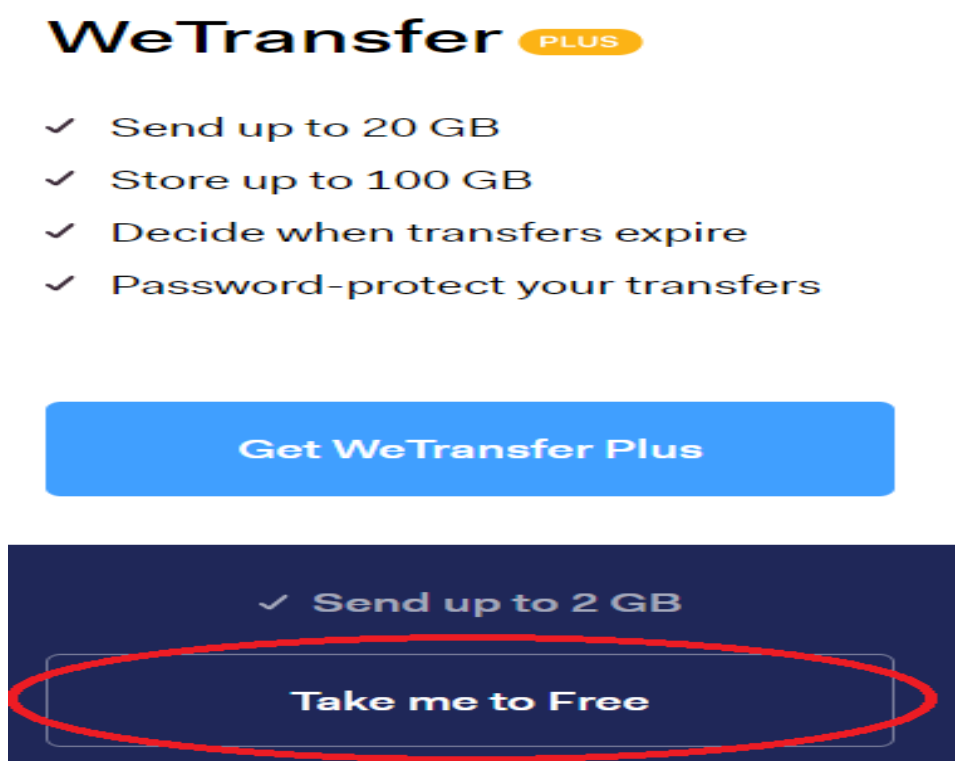
**SEE YOU IN GORZÓW!**

## **INSTRUCTIONS ON HOW TO ADD COMPETITORS PHOTOS**

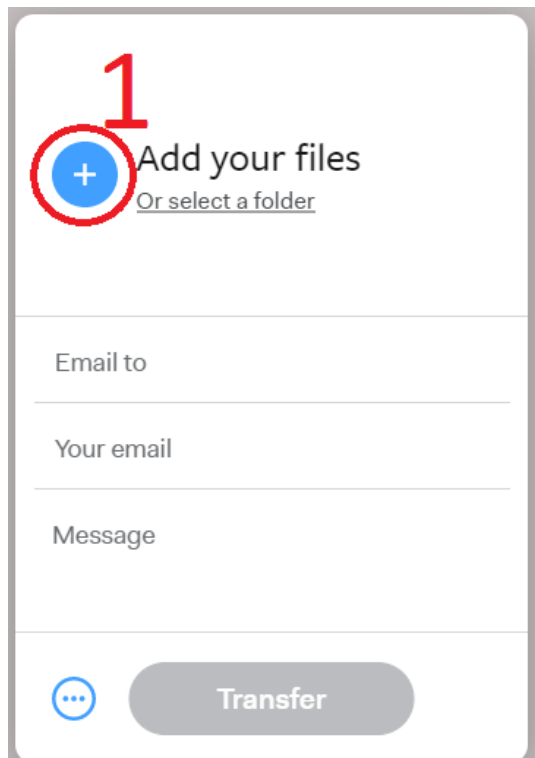
1. To add photos, please visit the website  
<https://wettransfer.com/>
2. Accept the regulations



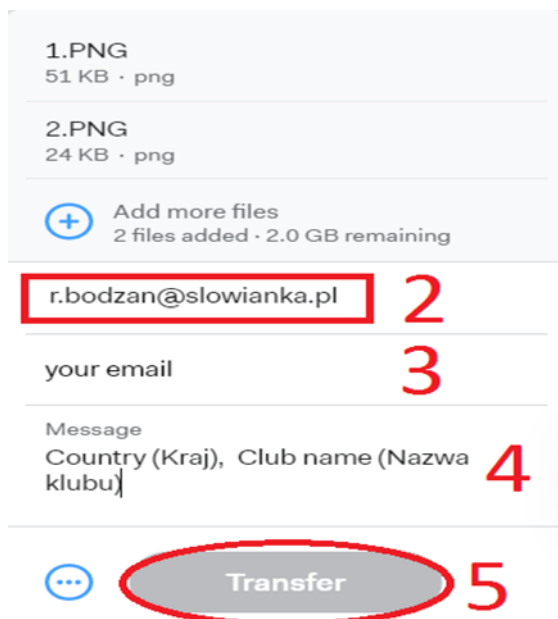
3. You choose the free version



4. Now follow the pictures numer 3 and 4



## 1. ADD PHOTOS COMPETITORS (name and surname)



After point 5 wait for the information about the upload process is ending.  
Po punkcie 5 poczekaaj na zakończenie procesu przesyłania.

2. Email address where you need to send photos  
[r.bodzan@slowianka.pl](mailto:r.bodzan@slowianka.pl)
3. Your email address
4. Country, Name of the club
5. Send and wait for the upload process to complete