

I N F O R M A T I O N

POLISH SWIMMING CHAMPIONSHIPS

POZNAŃ

23 - 26.11.2023



SPONSOR GŁÓWNY
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VARIO POOL
THE REAL DEPTH INVESTMENT



POZnań*



SAMORZĄD WOJEWÓDZTWA
WIELKOPOLSKIEGO



TERMY
MALTAŃSKIE
POZNAŃ

TVP SPORT



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

LOCATION

- Termy Maltańskie, Termalna 1 61-028 Poznań, Poland

DATE

- 23 – 26.11.2023

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 5 – Member's national competition

TECHNICAL OFFICIALS

- Main Referee: 1st Ewa Furman [SW #21], 2nd Magdalena Seliga – Zielska [SW#22]
- Starter: Sławomir Cybertowicz [SW#22]

COMPETITION TIMES

- 1st session, 23 November 2023, starts at 9:00
- 2nd session, 23 November 2023, starts at 17:00
- 3rd session, 24 November 2023, starts at 9:00
- 4th session, 24 November 2023, starts at 17:00
- 5th session, 25 November 2023, starts at 9:00,
- 6th session, 25 November 2023, start at 17:00,
- 7th session, 26 November 2023, start at 9:00,
- 8th session, 26 November 2023, start at 16:00.

WARM UP

- Starts 1,5 hours before the starts of all sessions

TRAINING

- Pool will be available for teams on Wednesday, 22nd November 2023 between 16.00 – 20.00 hour



ENTRIES

- swimmers with Polish citizenship with a valid PZP license number, closing date for entries is 19th November 2023
- Each swimmer can start in any number of starts, only swimmers 14 years old and older are allowed to participate in the 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.
- Events 50m, 100m, 200 m, 400 m will be raced in the system of prelims and finals. Events 800m, 1500 m and will be raced timed heats system. Fastest heat will be raced in final sessions. Slower heats will be raced during preliminary sessions. Relay events will be raced during final sessions.

AWARDS

- Swimmers in 1st, 2nd, 3rd place in each event will receive medals in two classifications:
 - Open (14 years and older),
 - 19–23 years old.

FINAL SPORT ENTRIES

- To be entry and submitted through Polish Swimming Federation online website by 19 November 2023, 23:59 GMT.
- Each swimmer can participate in any number of starts.

QUALIFICATION PERIOD

- 2022-09-01 to 2023-11-19, only times achieved in 50m pools will be accepted.

WITHDRAWALS

- Withdrawals for prelims and timed finals should be made 22nd November 2023 8 pm at the latest.
- Withdrawals for finals no later than 30 minutes after end of the event in the prelims.

DOPING CONTROL

- Urine samples will be collected during the Polish Swimming Championships 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.

TEAM LEADERS MEETING

- 22nd November 2023, 20:00, conference room Termy Maltańskie, Termalna 1 61-028 Poznań, Poland.

Competition swimming - pool

50M COMPETITION POOL

- 10 lanes,
- New starting blocks (backstroke starting device),
- Quantum Swiss Timing system,
- Stands for athletes and spectators (4000 places)



25M WARM-UP POOL (DIVING SWIMMING POOL)

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



COMPETITION SCHEDULE



I DAY - HEATS (MORNING) 23.11.2023 9:00

WOMEN		MEN	
1.1	50 m Freestyle	2.1	50 m Freestyle
3.1	100 m Butterfly	4.1	100 m Butterfly
5.1	200 m Backstroke	6.1	200 m Backstroke
7.1	800 m Freestyle	8.1	1500 m Freestyle

I DAY - FINALS (AFTERNOON) 23.11.2023 17:00

WOMEN		MEN	
1.2	50 m Freestyle	2.2	50 m Freestyle
7.2	800 m Freestyle	8.2	1500 m Freestyle
3.2	100 m Butterfly	4.2	100 m Butterfly
5.2	200 m Backstroke	6.2	200 m Backstroke
9.2	4x200 m Freestyle	10.2	4x200 m Freestyle

II DAY - HEATS (MORNING) 24.11.2023 9:00

WOMEN		MEN	
11.1	200 m Freestyle	12.1	200 m Freestyle
13.1	50 m Breaststroke	14.1	50 m Breaststroke
15.1	100 m Backstroke	16.1	100 m Backstroke
17.1	400 m Ind. Medley	18.1	400 m Ind. Medley

II DAY - FINALS (AFTERNOON) 24.11.2023 17:00

WOMEN		MEN	
11.2	200 m Freestyle	12.2	200 m Freestyle
13.2	50 m Breaststroke	14.2	50 m Breaststroke
15.2	100 m Backstroke	16.2	100 m Backstroke
17.2	400 m Ind. Medley	18.2	400 m Ind. Medley
19.2	4x100 m Freestyle	20.2	4x100 m Freestyle



III DAY - HEATS (MORNING) 25.11.2023 9:00

WOMEN		MEN	
21.1	200 m Butterfly	22.1	200 m Butterfly
23.1	50 m Backstroke	24.1	50 m Backstroke
25.1	200 m Breaststroke	26.1	200 m Breaststroke
27.1	400 m Freestyle	28.1	400 m Freestyle

III DAY - FINALS (AFTERNOON) 25.11.2023 17:00

WOMEN		MEN	
21.2	200 m Butterfly	22.2	200 m Butterfly
23.2	50 m Backstroke	24.2	50 m Backstroke
25.2	200 m Breaststroke	26.2	200 m Breaststroke
27.2	400 m Freestyle	28.2	400 m Freestyle
29.2	4x100 m Medley mixed		

IV DAY - HEATS (MORNING) 26.11.2023 9:00

WOMEN		MEN	
30.1	100 m Freestyle	31.1	100 m Freestyle
32.1	100 m Breaststroke	33.1	100 m Breaststroke
34.1	50 m Butterfly	35.1	50 m Butterfly
36.1	200 m Ind. Medley	37.1	200 m Ind. Medley
38.1	1500 m Freestyle	39.1	800 m Freestyle

IV DAY - FINALS (AFTERNOON) 26.11.2023 16:00

WOMEN		MEN	
30.2	100 m Freestyle	31.2	100 m Freestyle
32.2	100 m Breaststroke	33.2	100 m Breaststroke
34.2	50 m Butterfly	35.2	50 m Butterfly
36.2	200 m Ind. Medley	37.2	200 m Ind. Medley
38.2	1500 m Freestyle	39.2	800 m Freestyle
40.2	4x100 Medley	41.2	4x100 m Medley

Mrs. Dytalia Jedrzejczak
President of Polish Swimming Federation