



BULETTIN

**INTERNATIONAL JUNIOR
SWIMMING COMPETITION**

V4 OLYMPIC HOPES MEETING 2023



Ministerstwo
Sportu i Turystyki

GLIWICE, 20.05 - 21.05.2023

**MINISTRY OF SPORT AND TOURISM OF THE REPUBLIC OF POLAND
AND POLISH SWIMMING FEDERATION HAVE THE PLEASURE
TO INVITE YOUR TEAMS TO
V4 OLYMPIC HOPES MEETING 2023 - GLIWICE 20-21.05.2023**



Teams

Czech Swimming Federation, Hungarian Swimming Association, Slovak Swimming Federation, Polish Swimming Federation.

Location

Swimming Pool "Olimpijczyk", Gliwice, Poland

Swimming pool

Indoor 50m pool, 10 lanes, Omega time keeping system will be used with backstroke ledges available

Rules

The competition will be conducted under World Aquatics and Polish Swimming Federation rules

Competition Times

1st session, 20th May 2023, starts at 10:00
2nd session, 20th May 2023, starts at 17:00
3rd session, 21st May 2023, starts at 10:00

Warm up

Starts 1,5 hours before the starts of each sessions

Training

Pool will be available for teams on Friday 19th May 2023 between 17.00 - 19.00, there will be two lanes available for each team for training

Age group

Girls born 2008 + 2009 (14 and 15 years old)
Boys born 2007 + 2008 (15 and 16 years old)

Entries

closing date for entries is 10th May 2023. Use attached Lenex file. In entries use only times from 50m pools. In individual events only 2 swimmers per country per event may be submitted. In relay events only 1 team per country may be submitted.

Entry fee

No entry fee

V4 OLYMPIC HOPES MEETING 2023



GENERAL & TECHNICAL RULES

Point system

individual events

1st - 9 points
2nd - 7 points
3rd - 6 points
4th - 5 points
5th - 4 points
6th - 3 points
7th - 2 points
8th - 1 points

Relays

1st - 16 points
2nd - 12 points
3rd - 8 points
4th - 4 points
8th - 1 points

Competition System

in each discipline participate two swimmers per country, one must be younger and one must be older. In boys events 15 and 16 years old, in girls events 14 and 15 years old. The same situation should apply in relays - 2 older and 2 younger swimmers.

Awards

Swimmers in 1st, 2nd, 3rd place in each event will receive medals and diplomas. Three best teams will be awarded by a cup.

Information

For more information before the competition please contact Mr. Tomasz Pqchalski at swimman@o2.pl or 0048-505-980-268

Local OC

Local contact during competition is Mr. Tomasz Pqchalski
You can contact him at swimman@o2.pl or 0048-505-980-268

DATES

Entry file

Entry has to be send in lenex entry format to polswim@polswim.pl and wisniowicz@gmail.com no later than **May 10th, 2023**.

Please send us an e-mail address to send you an invitation in .lxf format no later than **April 30th 2023**.

Accommodation

Please send us your request for accommodation no later than **April 20th, 2023**.

Your request send to polswim@polswim.pl, copy to marekjabczyk@poczta.onet.pl.

Rooming list

Please send us the rooming list no later than **April 27th 2023**

Travel itinerary

Please send us your travel itinerary no later than **May 10th, 2023** to polswim@polswim.pl, copy to marekjabczyk@poczta.onet.pl

Team Leaders meeting

Friday **May 19th, 2023** at **18:00** in conference room of Olimpijczyk Swimming Pool

V4 OLYMPIC HOPES MEETING 2023



ACCOMMODATION

Polish Swimming Federation offers to participants of V4 Olympic Hopes Competition accommodation in Hotel Malinowski Economy.

Polish Swimming Federation will cover accommodation with full board of each team for the period from Friday May 19th, 2023 (dinner) to Sunday May 21st, 2023 (lunch) for up to 30 people.

If you need to order additional meals and accommodation (at your own expense) please send information to polswim@polswim.pl copy to marekjabczyk@poczta.onet.pl no later than April 20th, 2023.

Hotel „Malinowski” – ul. Karola Chodkiewicza 33, 44-100 Gliwice (single, double, triple room)

https://www.hotelmalinowski.pl/o_hotelu_economy.html

COMPETITION SWIMMING – POOL

Competition takes place in swimming pool Olimpijczyk Gliwice, ul. Oriona 120, 44-100 Gliwice.

<https://mzuk.gliwice.pl/jednostka/kryte-plywalnie/kryta-plywalnia-olimpijczyk/>

50m Competition pool

- 10 lanes
- Starting blocks (backstroke starting device)
- Omega time system
- Stands for athletes and spectators (700 places)
- Without additional warm up pool

V4 OLYMPIC HOPES MEETING 2023



COMPETITION SCHEDULE

1st session - Saturday, May 20th, 2023

Warm-up 8.30 - 9.45 / Opening ceremony 9.50 / Competition start 10:00

1.	50 m freestyle boys	8.	400 m freestyle girls
2.	50 m freestyle girls	9.	100 m breaststroke boys
3.	200 m butterfly boys	10.	100 m breaststroke girls
4.	200 m butterfly girls	11.	200 m individual medley boys
5.	100 m backstroke boys	12.	200 m individual medley girls
6.	100 m backstroke girls	13.	4x100 m freestyle relay boys
7.	1500 m freestyle boys	14.	4x100 m freestyle relay girls

2nd session - Saturday, May 20th, 2023

Warm-up 15.30 - 16.45 / Competition start 17:00

15.	200 m freestyle boys	21.	50 m butterfly boys
16.	200 m freestyle girls	22.	50 m butterfly girls
17.	50 m breaststroke boys	23.	400 m individual medley boys
18.	50 m breaststroke girls	24.	400 m individual medley girls
19.	200 m backstroke boys	25.	4x200 m freestyle relay boys
20.	200 m backstroke girls	26.	4x200 m freestyle relay girls

3rd session - Sunday, May 21st, 2023

Warm-up 8.30 - 9.45 / Competition start 10:00

27.	100 m freestyle boys	33.	100 m butterfly boys
28.	100 m freestyle girls	34.	100 m butterfly girls
29.	50 m backstroke boys	35.	400 m freestyle boys
30.	50 m backstroke girls	36.	800 m freestyle girls
31.	200 m breaststroke boys	37.	4x100 m medley relay boys
32.	200 m breaststroke girls	38.	4x100 m medley relay girls

V4 OLYMPIC HOPES MEETING 2023



PRELIMINARY ENTRY FORM

Please return this form by email to polswim@polswim.pl copy to marekjabczyk@poczta.onet.pl no later than **April 20th, 2023**

TEAM

Name of the team leader

Team leader contact

(email, mobile phone)

We arrive by

plane

train

bus

Arrival date

May 2023

Departure date

May 2023

Total numbers of persons

Staff

Female

Male

Swimmers

Girls

Boys

Number of single rooms

Number of double rooms

Number of triple rooms

Name and Function:

Date:

Signature:

V4 OLYMPIC HOPES MEETING 2023



TRAVEL FORM

Please return this form by email to polswim@polswim.pl copy to marekjabczyk@poczta.onet.pl no later than **May, 10th, 2023**

TEAM

Name of the team leader

Team leader contact

(email, mobile phone)

Arrival date

the planned time of arriving

Departure date

the planned time of departure

Travel by

plane

train

bus

car

In case that your team needs any travel advice, please contact polswim@polswim.pl copy to marekjabczyk@poczta.onet.pl as soon as possible

Name and Function:

Date:

Signature: