

INTERNATIONAL SWIMMING COMPETITION FOR THE SCHOOL DIRECTOR'S CUP – ZSOMS KRAKÓW



ORGANIZATIONAL ANNOUNCEMENT



ZSOMS
w Krakowie



12-13.10.2024

**INTERNATIONAL SWIMMING
COMPETITION FOR THE SCHOOL
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12-13.10.2024**

1. DATE AND PLACE OF THE COMPETITION:

- 1. 1. OCTOBER 12-13, 2024 - ZSOMS KRAKÓW SWIMMING POOL, UL. GROCHOWSKA 20;**
- 1. 2. POOL LENGTH - 25M, 6 LANES, WATER TEMPERATURE 27°C;**
- 1. 3. TIME MEASUREMENT – AUTOMATIC;**

2. ORGANIZER:

- 2. 1. ZESPÓŁ SZKÓŁ OGÓLNOKSZTAŁCĄCYCH MISTRZOSTWA SPORTOWEGO;**
- 2. 2. UKS SMS GALICJA KRAKÓW;**
- 2. 3. MALOPOLSKI OKRĘGOWY ZWIĄZEK PLYWACKI;**

3. COMPETITION MANAGEMENT:

- 3. 1. HEAD OF THE COMPETITION – ROBERT BRUS, MICHAL MAJERSKI**

4. RULES OF PARTICIPATION:

- 4. 1. COMPETITORS WITH A VALID COMPETITION LICENSE HAVE THE RIGHT TO PARTICIPATE IN THE COMPETITION AND MEDICAL EXAMINATIONS BORN IN 2011 AND OLDER.**

5. AGE CATEGORIES:

- 5. 1. CATEGORY I – 13 AND 14 YEARS OLD (2011-2010)**
- 5. 2. CATEGORY II – 15 AND 16 YEARS OLD (2009-2008)**
- 5. 3. CATEGORY III – OPEN (2011 AND OLDER)**

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6. COMPETITION PROGRAM:

I DAY COMPETITION – 12.10 (SATURDAY)

I SESSION – MORNING: WARM-UP GODZ. 7:45, START GODZ. 9:00

	Female		Male
1	50m freestyle *	2	50m freestyle
3	50m breaststroke	4	50m breaststroke
5	100m butterfly	6	100m butterfly *
7	200m freestyle	8	200m freestyle
9	200m backstroke	10	200m backstroke
11	400m <u>Individual medley</u> *	12	400m <u>Individual medley</u>

**II SESSION – AFTERNOON: WARM-UP GODZ. 14:45,
START GODZ. 16:00**

CEREMONY OPENING COMPETITION 15:45

	Female		Male
13	<i>Special Relay Medley MIX **</i>		
14	100m breaststroke	15	100m breaststroke
16	400m freestyle	17	400m freestyle
18	50m butterfly	19	50m butterfly
20	50m backstroke	21	50m backstroke
22	200m <u>Individual medley</u>	23	200m <u>Individual medley</u>

II DAY COMPETITION – 13.10 (SUNDAY)

III SESSION – MORNING: WARM-UP GODZ. 08:45, START GODZ. 10.00

	Female		Male
24	100m freestyle	25	100m freestyle
26	100m backstroke	27	100m backstroke
28	200m <u>breastroke</u>	29	200m <u>breastroke</u>
30	100m <u>Individual medley</u>	31	100m <u>Individual medley</u>
32	200m <u>butterly</u> *	33	200m <u>butterly</u> *
34	<i>Relay: 4x50m medley MIX - Cup Director ZSOMS</i>		

7. TECHNICAL REGULATIONS:

7. 1. THE COMPETITION WILL BE CONDUCTED IN TIMED.

**7. 2. A COMPETITOR IS ALLOWED TO PARTICIPATE IN ANY NUMBER INDIVIDUAL
EVENTS AND RELAY RACE.**

**7. 3. IN THE 4 X 50 MEDLEY RELAY RACE MIX, 2 MEN AND 2 WOMEN SWIM IN ANY
ORDER. THE RELAY IS BELONG TO THE OPEN CATEGORY.**

**7. 4. IN THE RELAY RACE – "SPECIAL RELAY" 4 COMPETITORS (2 MALE AND 2
FEMALE COMPETITORS), SWIMMERS ALTERNATELY IN DESIGNATED SEQUENCE:**

FIRST RELAY SEQUENCE - GIRL, BOY, GIRL, BOY

SECOND RELAY SEQUENCE – BOY, GIRL, BOY, GIRL

**THE CHOICE OF SEQUENCE IS DETERMINED BY THE APPLYING CLUB, THE
FOLLOWING SECTIONS ARE SWUM IN THE SPECIFIED ORDER:**

150M BACKSTROKE

50M BREASTSTROKE

100M BUTTERFLY

200M FREESTYLE

7. 5. FINA SCORING WILL BE APPLIED.

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8. ENTRY TO THE COMPETITION AND FUNDING RULES:

8. 1. ENTRIES THE PARTICIPATION IN THE COMPETITION MAY BY MADE THE HOME CLUB.

8. 2. ENTRY TO THE COMPETITION IMPLIES CONFIRMATION OF THE VALIDITY OF THE MEDICAL EXAMINATIONS OF ATHLETES DURATION THE COMPETITION.

8. 3. ENTRIES MUST BE SUBMITTED BY 24:00, 08.10.2024 (TUESDAY) IN THE SEL SYSTEM. THIS IS FINAL ENTRY DEADLINE. ONLY COMPETITORS REGISTERED ON TIME MAY PARTICIPATE IN THE COMPETITION. SCRATCHES ARE POSSIBLE UNTIL 10.10.2024 (THURSDAY), 20:00 TO THE ADDRESS: ZAWODY@SWIMART.PL

8. 4. PLEASE PROVIDE THE COMPOSITION OF THE RELAY TEAMS BY E-MAIL TO THE ADDRESS: ZAWODY@SWIMART.PL BY OCTOBER 10, 2024 AT 18:00

8. 5. THE ENTRY FEE IS PLN 15 PER THE INDIVIDUAL START AND RELAY. THE PAYMENT SHOULD BE MADE BY BANK TRANSFER BY 7.10.2024 TO THE ACCOUNT OF UKS SMS GALICJA KRAKÓW

BOŚ BANK:

19 1540 1115 2083 9093 3877 000

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9. PRIZES:

9. 1. IN EACH COMPETITION AND CATEGORY, COMMEMORATIVE MEDALS AND DIPLOMAS WILL BE AWARDED TO THE TOP 3 FEMALES AND MALE ATHLETES.

9. 2. IN THE 4X50 M MEDLEY MIX RELAY, THE BEST 3 TEAMS RECEIVE THE CUPS OF THE DIRECTOR OF ZSOMS KRAKÓW.**

9. 3. FOR THE WINNING TEAM IN THE "SPECIAL RELAY" – A COMMEMORATIVE "SWEET SURPRISE BASKET"

9. 4. PRIZES ARE PROVIDED FOR THE TOP 3 FEMALE AND MALE IN EACH AGE CATEGORY BASED ON MULTI-EVENTS POINTS TOTAL IN 3 INDIVIDUAL COMPETITIONS.

9. 5. IN COMPETITIONS MARKED WITH NA ASTERISK *, ADDITIONAL PRIZES FOR THE WINNERS.

9. 6. THE ORGANIZER PROVIDES ADDITIONAL PRIZES DEPENDING ON THE ACQUIRED SPONSORS AND FINANCIAL RESOURCES.

11. WARM-UP REGULATIONS:

11. 1. LANE 6 IS A ONE-WAY LANE DESTIGNATED. PERFORMING STARTS FROM BLOCKS IN OTHER LOCATIONS IS NOT ALLOWED.

11. 2. THE SWIMMING POOL IS AVAILABLE FOR WARM-UP 60 MINUTES BEFORE THE START OF EACH COMPETITION BLOCK.

11. 3. THE ORGANIZER RESERVES THE RIGHT TO DIVIDE THE WARM-UP INTO 2 PARTS (FOR WOMEN AND MEN 30 MINUTES EACH – DEPENDING ON THE NUMBER OF REGISTERED COMPETITORS).

12. FINAL PROVISIONS:

12. 1. ALL PLAYERS ARE REQUIRED TO HAVE CURRENT MEDICAL EXAMINATIONS. COACHES OR TEAM LEADERS ARE RESPONSIBLE FOR ENSURING THIS.

12. 2. REGISTRATIONS FOR THE COMPETITION IMPLIES ACCEPTANSE OF THE PROVISIONS OF THIS ANNOUNCEMENT AND THE COMPETITION REGULATIONS.

12. 3. THE ORGANIZER RESERVES THE RIGHT TO CLOSE THE LIST OF REGISTERED COMPETITORS EARLIER DUE TO FACILITY LIMITATIONS.

12. 4. IN MATTERS NOT COVERED BY THE ANNOUNCEMENT, THE HEAD OF THE COMPETITION AND THE HEAD REFEREE WILL BE DECISIONS.