

# 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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**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. MAŁOPOLSKI OKRĘGOWY ZWIĄZEK PLYWACKI;**

**3. COMPETITION MANAGEMENT:**

**3. 1. HEAD OF THE COMPETITION – ROBERT BRUS, MICHAŁ 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. COMPETITON 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>Indyvidual</u> medley *	12	400m <u>Indyvidual</u> medley

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

CEREMONY OPENING COMPETITION 15:45

	Female		Male
13	Special Relay Medley MIX **		
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>Indyvidual</u> medley	23	200m <u>Indyvidual</u> medley

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>Indyvidual</u> medley	31	100m <u>Indyvidual</u> medley
32	200m <u>butterly</u> *	33	200m <u>butterly</u> *
34	Relay: 4x50m medley MIX - Cup Director ZSOMS		

**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.**

## **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 OFATHLETES DURATION THE COMPETITION.**

**8. 3. ENTRIESMUST 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 0001**

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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 AND EXPECTS 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.**

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**11. WARM-UP REGULATIONS:**

**12. 5. SUBMISSION TO THE ARRANGEMENTS IS TANTAMOUNT TO ACCEPTANCE OF THE PROVISIONS OF THE AGREEMENT, REGULATIONS AND ORGANIZATIONAL ANNOUNCEMENT.**

**12. 6. PHOTOS WILL BE TAKEN DURING THE COMPETITION FOR PROMOTIONAL PURPOSES AND REPORTS FROM THE ABOVE-MENTIONED EVENT WILL BE MADE AVAILABLE TO ALL PARTICIPANTS ON THE WEBSITE OR SOCIAL MEDIA OF THE COMPETITION ORGANIZER.**

**12. 7. REGISTRATION FOR THE COMPETITION IS TANTAMOUNT TO ACCEPTANCE OF THE PROVISIONS OF THESE REGULATIONS - ORGANIZATIONAL ANNOUNCEMENT.**