

4th INTERNATIONAL OPEN POLISH CHAMPIONSHIPS IN WINTER SWIMMING GDAŃSK 2016

Date and place: 03 December 2016, GDAŃSK- ul. Szafarnia 6 U/4 –Marina Old Town

Honorary Auspices: Mayor of Gdańsk, Mr Paweł Adamowicz

Competition organiser: Polska Fundacja Morsów Lech - Mors
Lech Bednarek

Competition Co-Organisers and partners:
MOSiR Gdańsk – competition partner
Gdańsk History Museum

Competition Director: Lech Bednarek tel. 0048/501 550 040

Deputy Director of the Competition Office: Leszek Makurat tel. 0048/606 142 740

International contact person: Andrzej Banasiak tel. 0048/505 999 255

e-mail: lech-mors@twardziellechmors.pl

MC: Piotr Łuba

Medical support, physician, ambulance: Sport Promotion Office at the Gdańsk City Office

Senior Lifeguard : MOSiR Gdańsk

Diver : Gdańsk City Office Sport Promotion Office

COMPETITION RULES :

Starts will be according to age categories - every 5 years.

Age categories for distances: 25m. and 50m.

O 18-24, **A** 25-29, **B** 30-34, **C** 35-39, **D** 40-44, **E** 45-49, **F** 50-54, **G** 55-59, **H** 60-64,
I 65-69, **J** 70-74, **K** 75-79, **L** 80+

Age categories for distances: 200 m. and 450m. freestyle, male and female.

E1 20-29, **E2** 30-39, **E3** 40-49, **E4** 50-59, **E5** 60-69, **E6** 70-79

Age categories R-2 151-200 for relay: 4 x 25 m, freestyle, 2 male and 2 female

Participation in the relay based on the "Start Card", see attachment no. 2.

Relay Start Cards should be delivered to main office 2 hour before competition.

Falstart - 3 sec. added. The ban on the use of insulating clothing.

In the breaststroke style ban on immersion of the head

The organiser reserves the right change the order of the competition and the times of the starts.

The Health Declaration should be fill in, please see attachment no. 3.

Application deadline: 20.11.2016.

Please register with application/entry form, see attachment no. 1,2,3 send to the e-mail address: lech-mors@twardziellechmors.pl

Entry fee:

For first competition: 12 euro/person

For next competition: 8 euro/person

Relay competition: 8 euro/person

Integration event: 20 euro/person

All payment to be done on account:

Polska Fundacja Morsów Lech-Mors

ul. Koziorożca 20

80-299 Gdańsk

Bank Millenium SWIFT: BIG BP LPW

Nr. PL 57 1160 2202 00000002 8825 5260

NOTE: Please give the first and last name of contestant, the name of the city, Integration event the willing, in the title transfer for a fee payment

Awards:

diplomas and medals for 1st-3rd place;

Accommodation:

Hotel „Gryf” tel. 0048/58/300 01 30

recepca@gryfgdansk.pl the hotel is next to the Solidarity Museum (Shipyard area).

Hotel booking password: MORSY.

Competition Director:

Lech Bednarek

tel. 0048 501/550-040

COMPETITION PROGRAM:

Saturday 3.12.16. Contestant Registration – from 8:00 to 9:30

At ARTUS COURT Gdańsk ul. Długa46/47 – nearby the Fountain of Neptune in Gdańsk

10:00 Official Opening – Artus Court

Welcoming of the contestants by the President of Gdańsk and a march of the contestants with their national flags to the place of the competition (Old Town) ul. Szafarnia 6 U/4 - Marina

10:30 Beginning of the competition.

The minute by minute program of starts will be provided at a later date.

Competitions:

Women's 25 m breaststroke

Men's 25 m breaststroke

Women's 25 m freestyle

Men's 25 m freestyle

Women's 50 m freestyle

Men's 50 m freestyle

Women's 50 m breaststroke

Men's 50 m breaststroke

200 i 450 m. freestyle women's and men's

15:00 - 16:00 End of the competition

16:30 Official closing of the competition and the awarding of the cups and medals at the main hall of Artus Court.

19:00 Integration event and dinner with music at the Restaurant at the Solidarity Museum
Street: Plac 3 Krzyży – entrance through the main gate of Gdańsk Shipyard.

NOTE: On (Sunday) 4 December 2016 at 10:00 there can be a trip to Kashubia or Malbork.

Attachment no. 1 - Entry form

ENTRY FORM

IV OPEN INTERNATIONAL POLISH CHAMPIONSHIPS WINTER SWIMMING

CLUB

City

Country

ADDRESS

PHONE.....

e-MAIL...

[illegible]

CONFIRMATION OF THE PAYMENT FOR INTEGRATION EVENT YES / NO

Attachment no. 2 - Relay Start Card

RELAY START CARD „Gdańsk 2016 ” MORSY

4X25m freestyle/ breaststroke style mix /2 female,2 male/ age cat. 151-200+

CLUB		FIRST AND SECOND NAME	DATE OF BIRTH	Age	SERIA
1					
2					
3					Time
4					
		AGE TOGETHER			

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CLUB		FIRST AND SECOND NAME	DATE OF BIRTH	Age	SERIA
1					
2					
3					Time
4					
		AGE TOGETHER			

HEALTH DECLARATION

I hereby declare that I am healthy and take full responsibility for my health condition during the competition at the 4th OPEN INTERNATIONAL POLISH CHAMPIONSHIPS WINTER SWIMMING "GDAŃSK" IN ICE WATER EXTREME SWIMMING, on 3rd December 2016, and will not pursue claims against the organisers in case of accident.

Gdańsk , date

Signature:

