4th INTERNATIONAL OPEN POLISH CHAMPIONSHIPS IN WINTER SWIMMING GDAŃSK 2016

Date and place: 03 December 2016, GDANSK- 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: 4×25 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

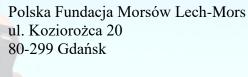
The organiser reserves the right change the order of the competition and the times of the starts.

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: <u>lech-mors@twardziellechmors.pl</u>

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:



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;

Accomodation: Hotel "Gryf" tel. 0048/58/300 01 30 recepcja@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							
	ADRESS			P	HONE	•••••		e-MAIL
lp 					competitio			
	FIRST AND SECOND NAME	DATE OF BIRTH.	Sex	AGE CATEGO RY COM PETITION S	25/50 freestyl e	25/50 breaststro ke	200/450 freestyle	Integration event Yes/no
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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
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3				Time
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 FIRST AND SECOND NAME

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2			
3			Time
4			
	AGE TOGETHER		

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				Track
2				
3				Time
4				
	AGE TOGETHER			

HEALTH DECLARATION

