



Union McDonald's Auhof-Dornach-Magdalena Linz

Sektion Schwimmen
Julius-Raab-Str. 8, A – 4040 Linz
ZVR: 464326280
www.adm-swim.geocomp.at



19. Internationaler
McDonald's Mehrlagencup

Notice of the



17./18.01.2009
Linz/Auhof



19th Int. McDonald's Multi-Stroke Cup 17th/18th January 2009

in the Auhof Baths, Julius-Raab-Str. 10, A-4040 Linz/AUSTRIA

Description of pool: 25 m length, 5 lanes, wave-breaking lines; depth 1.25 m - 1.80 m;
lane width 2.50 m; water temperature 27 deg.; electronic timing by OMEGA

Saturday, Jan. 17th, 2009:

Start of warm-up: 9.30 a.m.

Start of 1st competition section: 10.30 a.m.

1+2	200 m Freestyle prelim. female	1995 and younger and 93/94	(time limit: 2:35/2:29)
3+4	200 m Freestyle prelim. male	1993 and younger and 91/92	(time limit: 2:25/2:17)
5	200 m Freestyle prelim. female	open 1992 and older	(time limit: 2:30)
6	200 m Freestyle prelim. male	open 1990 and older	(time limit: 2:20)

Start of warm-up: 12.30 p.m.

Start of 2nd competition section: 14.00 p.m.

	98	97	96	95	94	93	92	Guideline timing
	+younger					(+older)	(+older)	
7	100 m Backstroke female	1:38	1:34	1:28	1:25	1:21	1:19	=
8	100 m Backstroke male	1:36	1:31	1:26	1:22	1:18	1:14	1:11
9	4x50 m Freestyle open female							
10	4x50 m Freestyle open male							
11	100 m Breaststroke female	1:48	1:40	1:36	1:33	1:31	1:28	=
12	100 m Breaststroke male	1:47	1:39	1:34	1:29	1:26	1:23	1:19

following a short warm-up time (roughly 20 mins.) and

Start of 3rd competition section: (planned between) 6.30 – 7.00 p.m.

13	SPEEDO Final 200 Freestyle female	95 and younger	(with the 5 fastest of event 1)
14	SPEEDO Final 200 Freestyle male	93 and younger	(with the 5 fastest of event 3)
15	SPEEDO Final 200 Freestyle female	93/94	(with the 5 fastest of event 2)
16	SPEEDO Final 200 Freestyle male	91/92	(with the 5 fastest of event 4)
17	SPEEDO Final 200 Freestyle female	92 and older	(with the 5 fastest of event 5)
18	SPEEDO Final 200 Freestyle male	90 and older	(with the 5 fastest of event 6)



Sunday, Jan. 18th, 2009:

Start of warm-up: 8.00 a.m.
 Start of 4th competition section: 9.00 a.m.

	98	97	96	95	94	93	92	Guideline timing
	-younger					(+older)	(+older)	
19	100 m Butterfly female	1:45	1:37	1:30	1:24	1:20	1:16	=
20	100 m Butterfly male	1:46	1:38	1:29	1:21	1:16	1:13	1:10
21	4x50 m Ind. Medley 95 and younger female							
22	4x50 m Ind. Medley 93 and younger male							
23	100 m Freestyle female	1:25	1:20	1:17	1:14	1:12	1:10	=
24	100 m Freestyle male	1:25	1:19	1:15	1:11	1:07	1:04	1:01

following Presentation of Awards and 30 minutes additional warm-up time
 Start of 5th competition section:

- 25 **McDonald's Final** 100 m Ind. Medley male 1998 and younger
- 26 **McDonald's Final** 100 m Ind. Medley female 1998 and younger
- 27 **McDonald's Final** 100 m Ind. Medley male 1997
- 28 **McDonald's Final** 100 m Ind. Medley female 1997
- 29 **McDonald's Final** 100 m Ind. Medley male 1996
- 30 **McDonald's Final** 100 m Ind. Medley female 1996
- 31 **McDonald's Final** 100 m Ind. Medley male 1995
- 32 **M8Donald's Final** 100 m Ind. Medley female 1995
- 33 **McDonald's Final** 100 m Ind. Medley female 1994
- 34 **McDonald's Final** 100 m Ind. Medley female 1994
- 35 **McDonald's Final** 100 m Ind. Medley male 1993
- 36 **McDonald's Final** 100 m Ind. Medley female 1993 and older
- 37 **McDonald's Final** 100 m Ind. Medley male 1992 and older

General Conditions:

The competitions will be run according to VÖS regulations and are open to all FINA clubs.
 We start this year according to the one-start-rule (only one start-attempt per heat).
Lanes will be given out regardless of age according to the best times on the entry lists.

Class divisions and Scoring for all 100 m events:

Female by year of birth for years 1994 - 1997, grouped for the years *1998 and younger / 1993 and older*
 Male by year of birth for years 1993 - 1997, grouped for the years *1998 and younger / 1992 and older*

Multi-Stroke Scoring:

Those swimmers starting in all 4 strokes will receive a total score, divided **by year of birth**. These points will be added together according to the FINA Short Course 1000-point table.
 The 5 best-placed male and female participants in each age-group qualify for the **McDonald's Finals** (events 25-37).
 These finals cover **100 m Individual Medley**.

Credit-Rule:

If a swimmer is disqualified in a 100m-event (and only then), he/she gets only once in the whole competition the possibility, to swim again this distance before the end of the competition section. The time swum and FINA-points of this credit-100m will count only for the multi-stroke and for reaching the finals. Lanes will be given by the organization committee. One official of the team has to claim for the credit-100m immediately after publication of the single results at the speaker's desk. Improvement of the multi-stroke cup record is not possible after taking advantage of the credit-rule

Relays:

The Freestyle relays are open, the Ind. Medley relays are swum as Junior Relays (female: 95 and younger, male: 93 and younger)



200 m Freestyle:

Female grouped for the years 93 and 94 as for 95 and younger and 92 and older
Male grouped for the years 91 and 92 as for 93 and younger and 90 and older
The middle age-groups are according to the European Junior Championship age-classes.

Team Scoring: The top 5 in the single 100 m events receive between for **5 -1 points** for their team score - but only the best participant of each club can get points! So the 15 points are divided to 5 different teams. Double points are given for the Relays: between 2 and 10. Double points are given for the Freestyle-Relays (events 11, 12): between 2 and 10.

Entries should be sent preferable in an electronic form according to Lenex, DSV, CIS_Online or the available Excel-file (download). For electronic entries will be a discount of 50 cent per race to the starting money. Every Information or file you will find at: <http://www.msecm.at/events/19mlc/19mlc.htm>
Traditional Forms can be faxed and sent by e-mail - see below.
Please fill in your previous best times in the space provided. If no times are available, cross the corresponding field clearly!

☞ Swimmers entered in all 4 strokes automatically take part in the Multi-Stroke Scoring (and can only qualify for the finals in this way).

Due to the number of entries in last years, clubs are asked to enter only those swimmers who have achieved the **guideline times** in *at least 2 of the 4 disciplines*

Final entry date: **9th January, 2009** (email) – **please take note of the deadline!!!**

Entry address: Martin Heger, Rappetsederweg 1, 4040 Linz, @: events@msecm.at ,

Tel: + 43 (0)660 3760565

Online entry: Same as last year we will offer such an online entry – at: <http://www.msecm.at>

At any questions: please contact Marting Heger: events@msecm.at

Starting money: (for non-electronic entries)

- is € 4,50 for each **100 m** event
- For **200 m** events (FS) a higher starting money is fixed at € 10,00 – if the swimmer reaches the time limit we will pay back € 4,50.
- Relays cost € 8,00 each, belated entries no accepted

Please note the discount of € 0,50 for each start by electronic registration (see above)

Starting Money should be paid in Cash in the Baths before the start of the competition.

Awards and Prizes:

- The best TEAM receives Invitation for 4 Actives for the year 2010!
- The 3 best-placed from each discipline and each age-group receive a medal.
- The winning relay-team receive non-cash prizes, the 3 best-placed teams receive medals.
- The classified finalists (1-5) in the *age-group finals* receive *cash prizes*:
 - General Class € 70,- / 50,- / 40,- / 20,- / 10,-
 - 15 (m, w) , 16 (men) € 60,- / 40,- / 30,- / 20,- / 10,-
 - 13 and 14 years € 50,- / 30,- / 20,- / 10,- / 5,-
 - 11 and 12 years € 40,- / 25,- / 15,- / 10,- / 5,-



Additionally the 3 fastest from all McDonald's Finals receive (male and female):

€ 333,-- / 222,-- / 111,--

- € 50,-- will be given for the winners of the 200 m finals (as speedo voucher for the speedo shop)
- € 75,-- will be given for improvement in cup best scores in the Multi-Stroke Scoring

Allg.	3.161	Hlavacova Yveta	CZE	2000	3.278	Cassol Davide	ITA	2000
16 J.	-				2.947	DiCarli Marco	D	2001
15 J.	3.083	Dittrich Nina	AUT	2005	2.567	Schmidt Sebastian	D	1999
14 J.	2.886	Jukic Mirna	CRO	2000	2.273	Kelbl Ondrej	CZE	2002
13 J.	2.715	Klinar Anja	SLO	2001	2.105	Bunda Matej	H	1997
12 J.	2.515	Katatics Ida	H	1995	1.860	Jukic Dinko	AUT	2001
11 J.	1.953	Halacova Michaela	CZE	2000	1.618	Jukic Dinko	CRO	2000

- Finally there will be given € 30,-- for improvement of the Meeting-Records!

For organisational questions please contact: mehrlagencup@msecm.at

For accomodation requests, *Hotel Sommerhaus* will help you: phone +43 732 2457 285 or mail directly to Mrs. Wiesinger (wiesinger@studentenwerk.at), Raabstraße 10, A-4040 Linz. A limited number of rooms are again available in the Raab-Heim.

We will be again looking after you with a buffet throughout the competition, and there will again be a sales stand.

Further information and the results of the last three years you can get on our homepage www.adm-swim.geocomp.at under the "Mehrlagencup"-Button.

We are looking forward to you coming to Linz (spread the word around!) and wish you all the best.

Union McDonald's ADM Schwimmen

Hans-Jörg Gramlinger
(Head of Swimming Section)

Helmut Pichler e.h.
(Club President)



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