

SPORT
UNION 

ADM Linz
Sektion Schwimmen
Julius Raab Straße 6-8, A - 4040 Linz
ZVR: 464326280



20th Int. McDonald's Multi-Stroke-Cup

23rd / 24th January 2010

in the Auhof Bath, Julius-Raab-Str. 10, A – 4040 Linz,
AUSTRIA



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

1st competition section, Jan. 23rd, 2010 Start of warm-up: 9.30 a.m. Start of competition: 10.30 a.m.

01	200m Freestyle prelim. female	1996 and younger
02	200m Freestyle prelim. male	1994 and younger
03	200m Freestyle prelim. female	1994/1995
04	200m Freestyle prelim. male	1992/1993
05	200m Freestyle prelim. female	1993 and older
06	200m Freestyle prelim. male	1991 and older

2nd competition section, Jan. 23rd, 2010 Start of warm-up: 12.30 a.m. Start of competition: 2.00 p.m.

07	100m Backstroke female
08	100m Backstroke male
09	4x50m Freestyle open female
10	4x50m Freestyle open male
11	100m Breaststroke female
12	100m Breaststroke male

3rd competition section, Jan. 23rd, 2010 20 minutes warm-up after the end of section 2

13	Final 200m Freestyle female	1996 and younger	(with the 5 fastest of event 1)
14	Final 200m Freestyle male	1994 and younger	(with the 5 fastest of event 2)
15	Final 200m Freestyle female	1994/1995	(with the 5 fastest of event 3)
16	Final 200m Freestyle male	1992/1993	(with the 5 fastest of event 4)
17	Final 200m Freestyle female	1993 and older	(with the 5 fastest of event 5)
18	Final 200m Freestyle male	1991 and older	(with the 5 fastest of event 6)

4th competition section, Jan. 24th, 2010 Start of warm-up: 8.00 a.m. Start of competition: 9.00 a.m.

19	100m Butterfly female
20	100m Butterfly male
21	4x50m Ind. Medley 96 and younger female
22	4x50m Ind. Medley 94 and younger male
23	100m Freestyle female
24	100m Freestyle male

5th competition section, Jan. 24th, 2010 20 minutes warm-up after the end of section 4

25	100m Ind. Medley male	1999 and younger
26	100m Ind. Medley female	1999 and younger
27	100m Ind. Medley male	1998
28	100m Ind. Medley female	1998
29	100m Ind. Medley male	1997
30	100m Ind. Medley female	1997
31	100m Ind. Medley male	1996
32	100m Ind. Medley female	1996
33	100m Ind. Medley male	1995
34	100m Ind. Medley female	1995
35	100m Ind. Medley male	1994
36	100m Ind. Medley female	1994 and older
37	100m Ind. Medley male	1993 and older



Final entry date: 13th January, 2010
Entry address: MSECMA Austria, Martin Heger, Rappetsederweg 1, A- 4040 Linz,
@ events@msecm.at, Tel: + 43 (0)660 3760565

Entries should be sent electronically and can be done via Lenex, DSV, CIS-Online or with the online Excel-file.
Find all information online: <http://www.msecm.at>

Online entry: <http://www.msecm.at>, contact person: Marting Heger (email: events@msecm.at)

Please note the discount of € 0.50 per start for each electronic registration.



General Conditions: The competitions will be run according to OSV regulations and are open to all FINA clubs. We start according to the one-start-rule. Lanes will be given out regardless of age according to the times on the entry lists. The ruling FINA regulations for swimsuits have to be observed!

Class division and scoring for all 100m events:

Female by year of birth for years 1995 - 1998, grouped for years 1999 and younger / 1994 and older
 Male by year of birth for years 1994 - 1998, grouped for years 1999 and younger / 1993 and older

Class division and scoring for 200m Freestyle events:

Female grouped for EJC years 1994 and 1995 / 1996 and younger / 1993 and older
 Male grouped for EJC years 1992 and 1993 / 1994 and younger / 1991 and older

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

"Credit"-Rule: If a swimmer is disqualified in a 100m event (and only then), he/she gets the chance only once during the whole competition to swim once more this distance before the end of the competition section. The FINA-points for the time swum in this credit 100m event will count only for the multi-stroke scoring and for reaching the finals. Lanes will be given by the organization committee. A team official has to claim for the credit 100m event immediately after publication of the single events' 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: 1996 and younger, male: 1994 and younger)

Team Scoring: The top 5 in the single 100m events receive from **5 to 1 point(s)** 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: from 10 to 2.

Starting money: single start notice EUR 5,-
 relay notice EUR 8,-

Please note the discount of EUR 0.50 per start for each electronic registration.

Starting money should be paid in cash in the baths before the start of the competition or via banc transfer until the final entry date to the account of Union ADM Linz: IBAN = AT53 3400 0000 0599 6921; BIC = RZ00AT2L.

Awards and prizes:

The 3 best-placed in each discipline and age-group receive a medal.
 The 3 best-placed relay teams receive medals; additionally the winning teams receive non-cash prizes.

The classified finalists (1-5) in the 100m Ind. Medley finals receive cash prizes:

General class women and men	EUR	70,-	50,-	40,-	20,-	10,-
15 (w/m) and 16 years (men)	EUR	60,-	40,-	30,-	20,-	10,-
13 and 14 years	EUR	50,-	30,-	20,-	10,-	5,-
11 and 12 years	EUR	40,-	25,-	15,-	10,-	5,-

**In addition, the fastest 3 from all 100m Ind. Medley finals receive:
 female and male each EUR 666,- 444,- 222,-**

EUR 50,- will be given to the winners of the 200m finals.
 EUR 75,- will be given for improvement of cup best scores in the Multi-Stroke Scoring.
 Finally there will be given EUR 30,- for improvement of the Meeting records!



Accommodation:

Hotel Sommerhaus phone +43 732 2457 285, email: hotel@studentenwerk.at
(The pool is in the same building as the Hotel Sommerhaus!)

Harry's Home Donaufeldstraße 3, A-4040 Linz; phone +43 70 757500; email: linz@harrys-home.com
<http://www.harrys-home.com>

Jugendgästehaus Linz Stanglhofweg 3, A-4020 Linz; phone +43 70 664434; email: jgh.linz@oejhv.or.at
<http://www.jugendherbergsverband.at/herbergen/linz/>

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



sales stand of STS – Austria (<http://www.sts-austria.at>).

Additional information as well as the results of the last years you will find at our homepage www.adm-swim.geocomp.at - click the button "Mehrlagencup".

For organisational questions please contact: mehrlagencup@msecm.at

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 e.h.
(Head of Swimming Section)

Helmut Pichler e.h.
(Club President)

Union McDonald's Auhof-Dornach-Magdalena Linz, Sektion Schwimmen, Julius-Raab-Str. 8, A-4040 Linz
ZVR: 464326280, www.adm-swim.geocomp.at

Qualifying times:

female	1999	1998	1997	1996	1995	1994
	and younger					and older
100m Rücken	1:38	1:34	1:28	1:25	1:21	1:19
100m Brust	1:48	1:40	1:36	1:33	1:31	1:28
100m Schmetterling	1:45	1:37	1:30	1:24	1:20	1:16
100m Freistil	1:25	1:20	1:17	1:14	1:12	1:10

male	1999	1998	1997	1996	1995	1994	1993
	and younger						and older
100m Rücken	1:36	1:31	1:26	1:22	1:18	1:14	1:11
100m Brust	1:47	1:39	1:34	1:29	1:26	1:23	1:19
100m Schmetterling	1:46	1:38	1:29	1:21	1:16	1:13	1:10
100m Freistil	1:25	1:19	1:15	1:11	1:07	1:04	1:01

Meeting records and cup best scores you will find at <http://www.msecm.at/events/20mlc/20mlc.htm>.