



21th Int. McDonald's Multi-Stroke-Cup



22nd/23rd January 2011

**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. 22nd, 2011 Start of warm-up: 9.30 a.m. Start of competition: 10.30 a.m.

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| 01 | 200m Freestyle prelim. female | 1997 and younger |
| 02 | 200m Freestyle prelim. male | 1995 and younger |
| 03 | 200m Freestyle prelim. female | 1995/1996 |
| 04 | 200m Freestyle prelim. male | 1993/1994 |
| 05 | 200m Freestyle prelim. female | 1994 and older |
| 06 | 200m Freestyle prelim. male | 1992 and older |

2nd competition section, Jan. 22nd, 2011 Start of warm-up: 12.30 a.m. Start of competition: 2.00 p.m.

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| 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. 22nd, 2011 20 minutes warm-up after the end of section 2

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|----|-----------------------------|------------------|---------------------------------|
| 13 | Final 200m Freestyle female | 1997 and younger | (with the 5 fastest of event 1) |
| 14 | Final 200m Freestyle male | 1995 and younger | (with the 5 fastest of event 2) |
| 15 | Final 200m Freestyle female | 1995/1996 | (with the 5 fastest of event 3) |
| 16 | Final 200m Freestyle male | 1993/1994 | (with the 5 fastest of event 4) |
| 17 | Final 200m Freestyle female | 1994 and older | (with the 5 fastest of event 5) |
| 18 | Final 200m Freestyle male | 1992 and older | (with the 5 fastest of event 6) |

4th competition section, Jan. 23rd, 2011 Start of warm-up: 8.00 a.m. Start of competition: 9.00 a.m.

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| 19 | 100m Butterfly female |
| 20 | 100m Butterfly male |
| 21 | 4x50m Ind. Medley 97 and younger female |
| 22 | 4x50m Ind. Medley 95 and younger male |
| 23 | 100m Freestyle female |
| 24 | 100m Freestyle male |

5th competition section, Jan. 23rd, 2011 20 minutes warm-up after the end of section 4

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| 25 | 100m Ind. Medley male | 2000 and younger |
| 26 | 100m Ind. Medley female | 2000 and younger |
| 27 | 100m Ind. Medley male | 1999 |
| 28 | 100m Ind. Medley female | 1999 |
| 29 | 100m Ind. Medley male | 1998 |
| 30 | 100m Ind. Medley female | 1998 |
| 31 | 100m Ind. Medley male | 1997 |
| 32 | 100m Ind. Medley female | 1997 |
| 33 | 100m Ind. Medley male | 1996 |
| 34 | 100m Ind. Medley female | 1996 |
| 35 | 100m Ind. Medley male | 1995 |
| 36 | 100m Ind. Medley female | 1995 and older |
| 37 | 100m Ind. Medley male | 1994 and older |



Final entry date: 12nd January, 2011

Entry address: MSECMAustria, 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 or CIS-Online. 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 1996 - 1999, grouped for years 2000 and younger / 1995 and older
Male by year of birth for years 1995 - 1999, grouped for years 2000 and younger / 1993 and older

Class division and scoring for 200m Freestyle events:

Female grouped for EJC years 1995 and 1996 / 1997 and younger / 1994 and older
Male grouped for EJC years 1993 and 1994 / 1995 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. 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: 1997 and younger, male: 1995 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 333,- 222,- 111,-

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>

Youthotel Linz

Wankmüllerhofstr. 39, A-4020 Linz; Tel: +43 (0)70 342361,
 email: youthotel-linz-gm@accor.com (<http://www.youthotel-linz.at>)

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	2000	1999	1998	1997	1996	1995	
	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	
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male	2000	1999	1998	1997	1996	1995	1994
	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>.

