

**SPORT
UNION** 

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



26th International Multi-Stroke-Cup

powered by

HEAD
SWIMMING

23th / 24th January 2016

**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. 23th, 2016 Start of warm-up: 8.00 a.m. Start of competition: 10.00 a.m.

| | | |
|----|-------------------------------|------------------|
| 01 | 200m Freestyle prelim. female | 2002 and younger |
| 02 | 200m Freestyle prelim. male | 2000 and younger |
| 03 | 200m Freestyle prelim. female | 2000/2001 |
| 04 | 200m Freestyle prelim. male | 1998/1999 |
| 05 | 200m Freestyle prelim. female | 1999 and older |
| 06 | 200m Freestyle prelim. male | 1997 and older |

2nd competition section, Jan. 23th, 2016 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. 23th, 2016 20 minutes warm-up after the end of section 2

| | | | |
|----|-----------------------------|------------------|---------------------------------|
| 13 | Final 200m Freestyle female | 2002 and younger | (with the 5 fastest of event 1) |
| 14 | Final 200m Freestyle male | 2000 and younger | (with the 5 fastest of event 2) |
| 15 | Final 200m Freestyle female | 2000/2001 | (with the 5 fastest of event 3) |
| 16 | Final 200m Freestyle male | 1998/1999 | (with the 5 fastest of event 4) |
| 17 | Final 200m Freestyle female | 1999 and older | (with the 5 fastest of event 5) |
| 18 | Final 200m Freestyle male | 1997 and older | (with the 5 fastest of event 6) |

4th competition section, Jan. 24th, 2016 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 2002 and younger female |
| 22 | 4x50m Ind. Medley 2000 and younger male |
| 23 | 100m Freestyle female |
| 24 | 100m Freestyle male |

5th competition section, Jan. 24th, 2016 20 minutes warm-up after the end of section 4

| | | |
|----|-------------------------|------------------|
| 25 | 100m Ind. Medley male | 2005 and younger |
| 26 | 100m Ind. Medley female | 2005 and younger |
| 27 | 100m Ind. Medley male | 2004 |
| 28 | 100m Ind. Medley female | 2004 |
| 29 | 100m Ind. Medley male | 2003 |
| 30 | 100m Ind. Medley female | 2003 |
| 31 | 100m Ind. Medley male | 2002 |
| 32 | 100m Ind. Medley female | 2002 |
| 33 | 100m Ind. Medley male | 2001 |
| 34 | 100m Ind. Medley female | 2001 |
| 35 | 100m Ind. Medley male | 2000 |
| 36 | 100m Ind. Medley female | 2000 and older |
| 37 | 100m Ind. Medley male | 1999 and older |

Final entry date: 13th January, 2016

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: Martin Heger (email: events@msecm.at)

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



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 +43 732 757500; email: linz@harrys-home.com
<http://www.harrys-home.com>
- Jugendgästehaus Linz Stanglhofweg 3, A-4020 Linz; phone +43 732 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 **HEAD** SWIMMING 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.
Sportunion ADM Linz Schwimmen



Mag. Hans-Jörg Gramlinger e.h.
(Head of Swimming Section)

Dipl. Ing. (FH) Stephan Danner e.h.
(Club President)

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

Qualifying times:

| female | 2005 | 2004 | 2003 | 2002 | 2001 | 2000 | |
|--------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | 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 | 2005 | 2004 | 2003 | 2002 | 2001 | 2000 | 1999 |
| | 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>.