

SPORT
UNION 

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



25th International Multi-Stroke-Cup

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17th / 18th January 2015



**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. 17th, 2015 Start of warm-up: 8.00 a.m. Start of competition: 10.00 a.m.

01	200m Freestyle prelim. female	2001 and younger
02	200m Freestyle prelim. male	1999 and younger
03	200m Freestyle prelim. female	1999/2000
04	200m Freestyle prelim. male	1997/1998
05	200m Freestyle prelim. female	1998 and older
06	200m Freestyle prelim. male	1996 and older

2nd competition section, Jan. 17th, 2015 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

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3rd competition section, Jan. 17th, 2015 20 minutes warm-up after the end of section 2

13	Final 200m Freestyle female	2001 and younger	(with the 5 fastest of event 1)
14	Final 200m Freestyle male	1999 and younger	(with the 5 fastest of event 2)
15	Final 200m Freestyle female	1999/2000	(with the 5 fastest of event 3)
16	Final 200m Freestyle male	1997/1998	(with the 5 fastest of event 4)
17	Final 200m Freestyle female	1998 and older	(with the 5 fastest of event 5)
18	Final 200m Freestyle male	1996 and older	(with the 5 fastest of event 6)

4th competition section, Jan. 18th, 2015 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 2001 and younger female
22	4x50m Ind. Medley 1999 and younger male
23	100m Freestyle female
24	100m Freestyle male

5th competition section, Jan. 18th, 2015 20 minutes warm-up after the end of section 4

25	100m Ind. Medley male	2004 and younger
26	100m Ind. Medley female	2004 and younger
27	100m Ind. Medley male	2003
28	100m Ind. Medley female	2003
29	100m Ind. Medley male	2002
30	100m Ind. Medley female	2002
31	100m Ind. Medley male	2001
32	100m Ind. Medley female	2001
33	100m Ind. Medley male	2000
34	100m Ind. Medley female	2000
35	100m Ind. Medley male	1999
36	100m Ind. Medley female	1999 and older
37	100m Ind. Medley male	1998 and older


i'm lovin' it™

Final entry date: 7th January, 2015
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 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 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.
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	2004	2003	2002	2001	2000	1999	
	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	2004	2003	2002	2001	2000	1999	1998
	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>.