

INVITATION

VI.Győr SCITEC Swim Cup

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SCITEC NUTRITION®

2016. MARCH 2-5.

VENUE:

AQUA SPORT CENTER GYŐR

(EYOF2017 POOL)

GYŐR, 9025, BERCSÉNYI LIGET 108.

START BLOCKS AND TIMING:

OMEGA

ENTRY DEADLINE:

2016. FEBRUARY 24.

ENTRIES, RESULTS AND LIVE

TIMING:

WWW.CIS-ONLINE.NET



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General Regulations

1. The competition will be held under the Rules of FINA.
2. In the morning sessions the 3 strongest heats come first in all events. After the "strong morning", the rest of the field have 30 minutes for warming up, and the session proceeds with the slower heats. In the afternoon sessions the best ten swimmers according to their preliminary-times will compete in Finals of their respective age groups shown below. 400FREE, 400IM, 800FREE AND 1500 FREE ARE TIMED FINALS ONLY.
3. The competition will be held under the Rules of FINA.
4. Age groups:

AGE GROUP	MEN	WOMEN
"OPEN"	2000 AND OLDER	2000 AND OLDER
JUNIOR1	2001-2002	2001-2002
JUNIOR2	2003-2004	2003-2004
JUNIOR3	2005-2006	2005-2006
JUNIOR4	2007 AND YOUNGER	2007 AND YOUNGER

MEDAL CEREMONY:

TOP 3 timed swimmers from each age group final are rewarded with a medal.

5. The entry fee will be Euro (€) 5,00 per single start.
6. The participating clubs and teams are responsible for transport and accommodation costs.

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VI. GYŐR SCITEC SWIM CUP

	2016. MARCH 2.	2016. MARCH 3.	2016. MARCH 4.	2016. MARCH 5.
EVENTS	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HEATS	OFF	50 W FREE	50 W FLY	50 W BACK
AM		50 M FREE	50 M FLY	50 M BACK
7:30-8:45		50 W BREAST	200 W MEDLEY	200 W FLY
WARM UP		50 M BREAST	200 M MEDLEY	200 M FLY
9:00		100 W FLY	100 W BACK	100 W BREAST
STRONG HEATS		100 M FLY	100 M BACK	100 M BREAST
		200 W BACK	200 W BREAST	100 W FREE
		200 M BACK	200 M BREAST	100 M FREE
		200 W FREE	400 W FREE (SLOW HEATS)	
		200 M FREE	400 M FREE (SLOW HEATS)	
FINALS	15:00	17:00	17:00	17:00
	400 W MEDLEY	100 W FLY	200 W MEDLEY	200 W FLY
	400 M MEDLEY	100 M FLY	200 M MEDLEY	200 M FLY
	800 W FREE	200 W BACK	100 W BACK	100 W BREAST
	1500 M FREE	200 M BACK	100 M BACK	100 M BREAST
		200 W FREE	200 W BREAST	100 W FREE
		200 M FREE	200 M BREAST	100 M FREE
		50 W FREE FINAL	400 W FREE (FAST HEATS)	50 W BACK FINAL
		50 M FREE FINAL	400 M FREE (FAST HEATS)	50 M BACK FINAL
		50 W BREAST FINAL	50 W FLY FINAL	
		50 M BREAST FINAL	50 M FLY FINAL	

INVITATION

OFFICIAL ACCOMODATION:

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