



**AKADEMICKI ZWIĄZEK SPORTOWY
KLUB SPORTOWY
AKADEMII WYCHOWANIA FIZYCZNEGO I SPORTU
w Gdańsku**



**“INTERNATIONAL SWIM MEET IN GDAŃSK”
28 – 29 September 2013**

THE SWIM MEET IS CO-FINANCED FROM THE FUNDS RECEIVED FROM TOWN COUNCIL OF GDANSK



1. Organizers:

Sports Club AZS-AWFIS Gdansk
School of Master Sport in Gdansk

80-336 Gdańsk ul. Czyżewskiego 30a
80-354 Gdańsk ul. Subiśława 22



2. Date and place:

28-29.09.2013; 25 m pool MOSiR Gdańsk ul. Chałubińskiego 13.

3. Programme:

28.09.2013 (Saturday)

warm-up at 2.00 p.m.
competition at 2.45 p.m.

30.09.2013 (Sunday)

warm-up at 8.30 a.m.
competition at 9.15 a.m.

- 1-2 **50m Butterfly** female & male
- 3-4 **50m Backstroke** female & male
- 5-6 **200m Freestyle** female & male
- 7-8 **50m Breaststroke** female & male
- 9-10 **200m Backstroke** female & male
- 11-12 **50m Freestyle** female & male
- 13-14 **200m Breaststroke** female & male

- 15-16 **100m Freestyle** female & male
- 17-18 **100m Backstroke** female & male
- 19-20 **100m Breaststroke** female & male
- 21-22 **100m Butterfly** female & male
- 23-24 **100m I. Medley** female & male

4. Please enter (according to the table given below or LENEX File (.lxf) downloaded from website: www.jaroch.sk.com.pl) till 20th September 2013 at the e-mail address: i.luczak@awf.gda.pl

No.	Name & Surname	Year of birth	Event	Time

5. Competition rules

- the meet is held under the rules of Polish Swimming Federation
- handtimekeeping
- the competition is for swimmers born in 2002 and older
- a swimmer may take part in as many races as he/she wishes
- the races will be seeded by time series
- 3 best female & male swimmers will be awarded in the open category for 2 best results and 1 Girl & Boy best swimmer in each age category: born in 97-98, 99-00, 01-02.
- 1 best female swimmer and 1 best male swimmer from the foreign teams will be awarded.
- the entry fee 10 PLN for each entry

6. Accommodation and meals for 6 swimmers and 1 coach free. (however, it is possible to bring more swimmers or coaches)

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e-mail: azs@awf.gda.pl; Bank PeKaO S.A. I oddz. Gdańsk 69 1240 1242 1111 0000 1588 1539; NIP 5841020469

PREZES KLUBU: *prof. nadzw dr hab. Jarosław Jaszczur-Nowicki*; DYREKTOR: *Igor Luczak*, tel.: 697.978.146; e-mail: i.luczak@awf.gda.pl

