



MEET INFORMATIONS
Grand Prix of Poland
Krakow, October 22-23, 2016

1. **DATES:** October 22-23, 2016
 - SESSION I – October 22, 2016 – Meet – 9⁰⁰
 - SESSION II – October 22, 2016 – Meet – 17⁰⁰
 - SESSION III – October 23, 2016 – Meet – 9⁰⁰
2. **PLACE:** Swimming Pool at AWF Krakow, 31-571 Krakow, al. Jana Pawla II 78 (entrance from ul. Nowohucka)
3. **TECHNICAL INFORMATION:**
 - Pool: 25m; 8 lanes, water temperature: 27°C
 - Timing system: OMEGA
4. **HOST:**
 - Polish Swimming Federation
 - Malopolski Regional Swimming Federation
 - Academy of Physical Education in Krakow
5. **HONORARY HOST:**
 - Office of the Marshal of the Malopolska Region
6. **FEES:**
 - Organisation costs covered by the organizers
 - Participation costs paid by clubs
 - Entry fee is 15 PLN per each declared entry
 - Starting list fee is 15 PLN
 - Fee for set of results is 30 PLN
 - All fees payable in cash or prepayment by bank transfer based on the pro forma invoice
7. **PARTICIPATING RULES:**
 - According to general rules and regulations of the Polish Swimming Federation
 - This meet is open to swimmers 14 years old and older
 - This meet is open to foreign swimmers
8. **MEET ENTRIES** – according to the general rules.
 - Entries for the competition must be sent to: zawody@swimart.pl, tel. + 48 501 689 458
 - Entries must include: full name, date of birth (DD/MM/YYYY), club name, license number, event, and the best time achieved in the last 12 months
 - The entry deadline is Friday October 14, 2016.
 - Following the publication of list of competitors changes can be made only at the technical meeting.

9. AWARDS – according to the rules of Grand Prix of Poland:

- In the open category 6 female and 6 male swimmers will be awarded, who in their 3 best events gather the most points according to the FINA table and 5 female and 5 male swimmers who receive the most points according to the table FINA in different events (1 female and 1 male swimmer in butterfly, backstroke, breaststroke, freestyle and individual medley events - financial awards
- in each age category is rewarded with one player and one rider, who in their three events receive the most points according to the FINA table - prizes
- the coach of the best female and male swimmer who receive the most points according to the FINA table for their three best events will also be rewarded
- foreign swimmers in each age category will also be awarded

10. SCORING: according to rules and regulations of the Grand Prix of Poland

- Scoring in the individual sessions of the competition is created based on the sum of total points for the top three events according to the FINA table - in the open category as well as in the age group categories also for the two best results in the same stroke in the open category (eg. 50m and 100m butterfly, 50m and 400m freestyle etc.)
- In the scoring of each session is for foreign swimmers too.
- The points rewarded for each event will count toward the total score for the three best results (top three events) and towards the best two results in different strokes (eg. 50m and 100m butterfly, 50m and 800m freestyle etc.).
- Every swimmer in the open category can be awarded once for the greatest sum of FINA points accumulated in three events and multiple times for the victory in different strokes,
- During the competition scoring is conducted in the open category and in the age group categories: 17-18, 16, 15, and 14, separately for female and men.

11. MEET SCHEDULE:

SESSION I – October 22, 2016 – Meet – 9⁰⁰			
Women		Men	
1.1	100m Freestyle (5 heats)	2.1	100m Freestyle (5 heats)
3.1	50m Breaststroke (5 heats)	4.1	50m Breaststroke (5 heats)
5.1	200m Butterfly (5 heats)	6.1	200m Butterfly (5 heats)
7.1	100m Backstroke (5 heats)	8.1	100m Backstroke (5 heats)
9.1	200m Individual Medley (5 heats)	10.1	200m Individual Medley (5 heats)
11.1	400m Freestyle (3 heats)	12.1	400m Freestyle (3 heats)
Remaining Heats			
1.2	100m Freestyle	2.2	100m Freestyle
3.2	50m Breaststroke	4.2	50m Breaststroke
5.2	200m Butterfly	6.2	200m Butterfly
7.2	100m Backstroke	8.2	100m Backstroke
9.2	200m Individual Medley	10.2	200m Individual Medley
11.2	400m Freestyle	12.2	400m Freestyle

SESSION II – October 22, 2016 – Opening Ceremony – 16⁴⁵; Meet – 17⁰⁰			
Women		Men	
13.1	400m Individual Medley (3 heats)	14.1	400 Individual Medley (3 heats)
15.1	50m Freestyle (5 heats)	16.1	50 Freestyle (5 heats)
17.1	200m Breaststroke (5 heats)	18.1	200 Breaststroke (5 heats)
19.1	100m Butterfly (5 heats)	20.1	100 Butterfly (5 heats)
21.1	50m Backstroke (5 heats)	22.1	50 Backstroke (5 heats)
		23.1	1500 Freestyle (3 heats)
Remaining Heats			
13.2	400m Individual Medley	14.2	400m Individual Medley
15.2	50m Freestyle	16.2	50m Freestyle
17.2	200m Breaststroke	18.2	200m Breaststroke
19.2	100m Butterfly	20.2	100m Butterfly
21.2	50m Backstroke	22.2	50m Backstroke
		23.2	1500m Freestyle

SESSION III – October 23, 2016 – Meet – 9⁰⁰			
Women		Men	
24.1	200m Freestyle (5 heats)	25.1	200m Freestyle (5 heats)
26.1	100m Breaststroke (5 heats)	27.1	100m Breaststroke (5 heats)
28.1	50m Butterfly (5 heats)	29.1	200m Butterfly (5 heats)
30.1	200m Backstroke (5 heats)	31.1	200m Backstroke (5 heats)
32.1	100m Individual Medley (5 heats)	33.1	200m Individual Medley (5 heats)
34.1	800m Freestyle (3 heats)		
Remaining Heats			
24.2	200m Freestyle	25.2	200m Freestyle
26.2	100m Breaststroke	27.2	100m Breaststroke
28.2	50m Butterfly	29.2	200m Butterfly
30.2	200m Backstroke	31.2	200m Backstroke
32.2	100m Individual Medley	33.2	200m Individual Medley
34.2	800m Freestyle		

12. FINAL THOUGHTS:

- Technical meeting will take place on October 21, 2016 at 20⁰⁰ in the conference room at the swimming pool al. Jana Pawła II 78 (entrance from ul. Nowohucka)
- Practice will be available on October 21, 2016 from 17⁰⁰ to 19³⁰
- Swimming pool will be available for warm up for an hour before beginning of each session
- During the meet FINA and PZP rules and regulations will apply

13. **COMPETITION OFFICE:** will be at the swimming pool building and will be open on October 21 from 15⁰⁰ to 20⁰⁰ as well as on October 22 – 23, 2016 during competition

14. HOUSING AND BOARDING:

HOTEL	ADDRESS	ROOMS	DAY/PERSON
Hotel Junior Krakus	Krakow, ul. Nowohucka	2-3	130 PLN
Hotel FELIX	Krakow, os. Złotej Jesieni	2-3-4	130 PLN
Hostel Rest	Krakow, ul. Soltysowska	2-3-4-6	120 PLN

15. Housing and Boarding requests should be sent directly to the following address:

Malopolski Okregowy Związek Plywacki

30-067 Krakow, ul. Piastowska 26a

tel./fax +48 12 617 29 22, e-mail: malopolskiozp@gmail.com, entry deadline is **Friday October 14, 2016 at 20⁰⁰**.

- The prices include the cost of accommodation and full board (breakfast, lunch, dinner)
- The demand for accommodation and meals must be submitted on the attached form
- The demand for accommodation and meals must be signed by the President of the Club
- Adjustments to the order of accommodation and meals can be made until October 18, 2016 until 20⁰⁰. After that date the organizer will charge the full cost from the submitted form
- The original demand for accommodation and meals must be sent by mail to the email address above
- All benefits payable in cash or prepayment by bank transfer on the basis of the pro forma invoice
- You can order additional lunch at the swimming pool on October 22 - 23 2016 at a price 25 PLN per person