

# NEMO CUP 2013



It is our greatest pleasure to invite you all at the swimming competition "IX NEMO CUP". The Swimming Club "DOLPHIN" Skopje hosts and organizes the swimming contest NEMO CUP 2013 for the ninth time in a row and this year the competition is taking place in the renovated swimming pool "Boris Trajkovski" in Skopje.

The overall concept of the competition is aimed towards development and affirmation of swimming as a sport, where swimmers can participate in all disciplines in five age categories.

**ORGANIZER:** SC "DELFIN" SKOPJE and SC "BORIS TRAJKOVSKI"

**DATE:** 02 and 03.11.2013 year

**PLACE:** Indoor swimming pool "BORIS TRAJKOVSKI" Skopje

**SWIMMING POOL:** 25 m. 8 lanes, temperature 26°

## ELECTRONIC TIMEKEEPING

### AGE GROUPS:

	male	female
Category A	Absolute	Absolute
Category B	1998/1999	1998/1999
Category C	2000/2001	2000/2001
Category D	2002/2003	2002/2003
Category E	2004 and younger	2004 and younger

**ENTRY FEE:** 3 EUROS per start

**VALID PARTICIPATION (number of starts):** The number of the races for the swimmers at the meeting is unlimited.

## PROGRAM

### I part

Saturday 02.11.2013 09:00  
(Warm up 08:00)

100 free	m/f	A,B,C,D
50 breaststroke	m/f	A,B,C,D,E
200 butterfly	m/f	A,B,C
50 backstroke	m/f	A,B,C,D,E
200 medley	m/f	A,B,C
1500 free	m/f	A

### II part

Saturday 02.11.2013 17:00  
(Warm up 16:00)

50 free	f/m	A,B,C,D,E
100 backstroke	f/m	A,B,C,D
200 breaststroke	f/m	A,B,C
100 butterfly	f/m	A,B,C,D
400 free	f/m	A,B,C
4 x 50 free	f/m	2M+2F

### III part

Sunday 03.11.2013 09:00  
(Warm up 08:00)

50 butterfly	m/f	A,B,C,D,E
200 free	m/f	A,B,C
100 breaststroke	m/f	A,B,C,D
200 backstroke	m/f	A,B,C
100 medley	m/f	A,B,C,D,E
800 free	m/f	A
4 x 50 medley	m/f	2M+2F

**NOTE:** The three best groups according to their entry times start first, followed by everybody else.

The organizer keeps the right to limit events 800m and 1500m freestyle to 8 male and 8 female competitors according to the best entry/swimm time.

**OPENING CEREMONY SATURDAY 02.11.2013 16:45**  
**SATURDAY 21:00h DINNER PARTY FOR COACHES AND COMPANIONS**

**MEDALS:** The first three swimmers of each event and age group will be awarded with medals.

**AWARDS:** The best competitors from category A and B (man and woman) will get money awards, and the swimmers from category C, D and E will get variety of rewards according to the total FINA points from three best disciplines. The youngest swimmers in both man and woman category shall be awarded with variety of rewards (identification document is required);

**BEST CLUB:** The club scoring the most FINA points by all its swimmers shall be declared as the best club.

**ENTRIES:** till 27.10.2013 on e-mail: [aleksandar@yahoo.com](mailto:aleksandar@yahoo.com) , or Tel: + 389 78 386 236, + 389 2 2444 670, fax: + 389 2 2431 587

With providing the entries for their swimmers the clubs are confirming the health status of the athletes and take all the responsibility about their health.

**CANCELATIONS:** till 29.10.2013 year

Technical meeting will be held on 01.11.2013 at 20:00h at SC "BORIS TRAJKOVSKI".

**ACOMODATIONS:** The participating teams are responsible for transport and accommodation costs. Information and reservations: Mr.Goran Stojnik + 389 70 663-073

We can provide hotel accommodation in Skopje – up to 35 EUR for full board or 15-20 EUR for bed and breakfast

**SC "DELFIN" SKOPJE**

