



All the way to the top and one step to olympic games in Rio de Janeiro 2016

INTERNATIONAL SWIMMING MEET **PENGUIN '16 SLO - Kranj** 26. - 27. MARCH 2016

FINA "A" and "B" Swimming Qualifying Standard Times for
Olympic Games in Rio 2016

Qualifying competition at:
Olympic Games 2016 - Rio de Janeiro
European Championships 2016 - London
European Junior Championships 2016 - Hódmezővásárhely

Dobrodošli, Welcome, Willkommen, Benvenuti, Welkom, Bienvenue

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PENGUIN '16 SLO - Kranj
26th - 27th March 2016**

Qualifying competition at:
Olympic Games 2016 - Rio de Janeiro
European Championships 2016 - London
European Junior Championships 2016 - Hódmezővásárhely

We are looking forward to meeting you!



Organizer of the competition:

PLAVALNI KLUB KRANJ

Trg Rivoli 3

4000 Kranj, Slovenija

T: +386 (0)40 467 853 in +386 (0)40 467 854

e-mail: pk.kranj@gmail.com

web: www.pingvincek.si

Place of competition:

Name: In-door Olympic pool Kranj,

Address: Partizanska cesta 39, 4000 Kranj, Slovenia

Technical data:

Swimming pool 50m, 10 lanes, depth 2.2m, temperature 26.5°C

Warm up lines accessible in 16 m pool.

Timing:

"Omega Electronic" PZS Timing

Age categories:

CAT.	Male	Female
A	1997 and older	1999 and older
B	1998 - 1999	2000 - 2001
C	2000 - 2001	2002 - 2003
D	2002 - 2003	2004 - 2005
E	2004 and younger	2006 and younger

Competition regulations:

Championship will be held according to PZS, LEN and FINA regulations.

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Competition Program:

Heats	Final
Warm up: 8.00	Warm up: 16.00
Competition: 9.00	Competition: 17.00

1. day - Saturday

Discipl.	Stile	Heats	Final
50 m	breaststroke	A,B,C,D,E	A Final (open) B Final (cat. C) C Final (cat. D and younger)
50 m	freestyle	A,B,C,D,E	
100 m	backstroke	A,B,C,D,E	
200 m	freestyle	A,B,C,D,E	
100 m	butterfly	A,B,C,D,E	
200 m	breaststroke	A,B,C,D,E	
200 m	medley	A,B,C,D,E	
4x100m	free relay (Male); (Female)		(open) 1 group
1500 m	freestyle (Male)	(open) slower group 1 group	(open) faster group 1 group
800 m	freestyle (Female)	(open) slower group 1 group	(open) faster group 1 group

2. day - Sunday

Heats	Finale / Final
Warm up: 8.00	Warm up: 16.00
Competition: 9.00	Competition: 17.00

Discipl.	Stile	Predtek. / Heats	Finale / Final
50 m	butterfly	A,B,C,D,E	A Final (open) B Final (cat. C) C Final (cat. D and younger)
50 m	backstroke	A,B,C,D,E	
400 m	freestyle	A,B,C,D,E	
200 m	butterfly	A,B,C,D	
100 m	breaststroke	A,B,C,D,E	
200 m	backstroke	A,B,C,D,E	
100 m	freestyle	A,B,C,D,E	
400 m	medley	(open) slower group 1 group	(open) faster group 1 group
4x100m	medley relay (Male); (Female)		(open) 1 group

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Entry Fee:

5 EUR per individual start

The entry fees can be paid only at the administration office before the beginning of the competition.

Entries:

Entries until **Wednesday 23th March 2016** to the address or email (preferred LENEX file).

Cancellations:

Until **Thursday 24th March 2016** until 8.00 p.m.

Competition system:

The championship itself includes the qualifying rounds in the morning and finals in the afternoon. Groups for the morning part will be composed on the basis of the submitted results, regardless of competitor's age. In the afternoon finals will compete in:

- A final (8 best competitors from categories A and B);
- B final (8 best competitors from categories C);
- C final (8 best competitors from categories D and E).

The exceptions are: the 800 m/1500 m freestyle and 400 m individual medley, where the competitors will be grouped according to the submitted time results (best 16). The last group of the above mentioned events will, however, compete in the afternoon (final) part of the competition. In the afternoon finals in relays (Absolute category) will swim only eight (8) fastest teams, according submitted time results.

Prizes:

The best three competitors from category of B,C,D,E in each event (with regards to the preliminary competition results) shall be awarded with medals, except in the events (800 m / 1500 m free style and 400 m medley) which are valid only for the open class. The best three competitors in an open class in the afternoon (final) part of the competition will be awarded with the medals in each event. First three relay teams will be awarded with medals.

Best female and male competitors in category D and E, who will by FINA Score tables gain the highest sum of points in four (4) best results in both days, will be awarded.



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Accommodations:

Hotel Marinšek was built in 2009. It is located in the village Naklo, which lies 5 km North-West from the city of Kranj and only 12 km from the Jože Pučnik, Ljubljana Airport. It is an excellent starting point for a visit to the main tourist destinations in the Gorenjska region (such as Bled, Bohinj, Kranjska gora), as well as for a visit to the Slovenian capital.

Hotel Marinšek offers 61 rooms of different types, which provide everything you need to feel comfortable and enjoy a peaceful and carefree stay. They offer single and double rooms, as well as rooms with three or four beds and two very comfortable hotel suites. All rooms are air-conditioned and have:

bathrooms with showers, cable TV with an LCD screen, direct landline, mini bar, Wireless internet access, most rooms have their own balcony

The prices for fullboard Accomodation at Hotel Marinšek, Naklo:

- Room, one bed: 44,80 €/day
- Room, two bed: 36,75 EUR / day

Rent a van:

- 50 eur / day

Hotel Creina, 4 star, located in the heart of Kranj, which is the historical, cultural and sports center of Gorenjska. It features a restaurant and bar. Guests can use free wireless internet. Hotel restaurant and cafe have a spacious terrace with a view to Šmarjetna mountain. Every day you can choose between 2 set menus or a vegetarian dish. Hotel Creina has a 24-hour front desk and free private parking. The hotel is 5 minutes away from the pool.

Prices:

- €33.50 full board / night / person in a double room + €1.20 (tur. Tax and insurance.)
- 44,00 € full board / night in a single room + €1.20 (tur. Tax and insurance.)

Information and reservation - Head of competition
Andreja B. Rant +386 (0) 41 821 801

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