



1st STEP OPEN CHAMPIONSHIP

INTERNATIONAL SWIM MEETING

PRISHTINA 30.09.2017 – 01.10.2017



PROPOSITIONS

1. The competition will be held in the indoor pool SC STEP, 25m long with 5 tracks.
Water temperature 26C and air 28.
2. The Competition is individual and team based.
3. The Competition will be held in accordance with FINA Regulations. Electronic timings.
4. The competition is divided into 3 parts:

30.09.2017 Saturday Morning Session from 09:00hrs and
30.09.2017 Saturday Afternoon Session from 16:30hrs.
01.10.2017 Sunday Morning Session from 09:00hrs
5. Starting fee: 3 €
6. Each individual is entitled to swim in 6 disciplines (2 in each part) plus 2 relays.
7. Only the 5 best time relayentries will compete.
8. Competitors are divided into the following categories:

MALE		FEMALE	
A	Absolute 2001 and older	A	Absolute 2003 and older
B	2002-2003	B	2004-2005
C	2004-2005	C	2006-2007
D	2006 and younger	D	2008 and younger

CONTACT:

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9. **TEAM SCORING**

Individual: the 8 best results in each discipline regardless of the category (10-8-6-5-4-3-2-1)

Relays: the 5 best results in in each relay regardless of the category (20-16-12-10-8)

The Team who scores highest in Male and Female categories will be awarded the BEST TEAM of the Competition.

The best athlete will be awarded to the best swimmer with highest FINA score in three disciplines.

10. **AWARDS**

The three 1st ones in each discipline will be awarded with medals

The best placed team will receive a monetary award in the amount of 1000euros

The 1000 euro fund will be distributed to the best athletes in respective categories m/f, as decided by the three member jury comprised of:

Botko TRENDAFILOV, Aleksandar FILIPCE and Agron ZEQRIRI.

11. **APPLICATION / ENTRIES**

ENTRIES SHOULD BE MADE TO THE FOLLOWING CONTACT PERSON:

RITA ZEQRIRI | email: ritazeqiri95@hotmail.com

APPLICATION DEADLINE: 4 DAYS BEFORE THE START OF THE COMPETITION

12. **ACCOMMODATION**

All interested clubs and participants seeking assistance with the accommodation, should send us the number of participants M/F, in the above email, in order to have sufficient time to present you with some potential offers/proposals.

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COMPETITION PROGRAM

PART 1: SATURDAY MORNING

WARMUP 08:00 – 08:45

COMPETITION 09:00

1	F	RELAY 4 X 50m MIX	A
2	M	RELAY 4 X 50m MIX	A
3	F	200m BREAST	AB
4	M	200m BREAST	AB
5	F	50m BACK	ABCD
6	M	50m BACK	ABCD
7	F	400m FREE	AB
8	M	400m FREE	AB
9	F	100m FLY	ABCD
10	M	100m FLY	ABCD
11	F	200m FREE	ABCD
12	M	200m FREE	ABCD

PART 2: SATURDAY AFTERNOON

WARMUP 15:30 – 16:15

COMPETITION 16:30

1	M	100m BACK	ABCD
2	F	100m BACK	ABCD
3	M	200m FLY	AB
4	F	200m FLY	AB
5	M	100m FREE	ABCD
6	F	100m FREE	ABCD
7	M	50m BREAST	ABCD
8	F	50m BREAST	ABCD
9	M	200m MIX	AB
10	F	200m MIX	AB
11		RELAY (2M + 2F) 4 x 50m MIX	A

PART 3: SUNDAY MORNING

WARMUP 08:00 – 08:45

COMPETITION 09:00

1	F	100m BREAST	ABCD
2	M	100m BREAST	ABCD
3	F	200m BACK	AB
4	M	200m BACK	AB
5	F	50m FLY	ABCD
6	M	50m FLY	ABCD
7	F	100m MIX	ABCD
8	M	100m MIX	ABCD
9	F	50m FREE	ABCD
10	M	50m FREE	ABCD
11	F	400m MIX	AB
12	M	400m MIX	AB

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