



IV LONG DISTANCE RACE

„DOLPHIN OPEN 2024,,

OHRID, 01.09.2024

(Forth race of cup of long distance in NR Macedonia in 2024)

1. ORGANIZER

Swimming Club „Dolphin,, Skopje

Address: Bul. Jane Sandanski 19/2-3, Skopje

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Tel: +389 78 386 236;

E-mail: aleksandar@yahoo.com ; pvkdelfin@pvkdelfin.org.mk

2. DATE AND PLACE

Ohrid Auto kamp Ljubanishta – Ohrid

Date: 01.09.2024

3. Categories and distances

5 km

- 15-17 years (swimmers born 2006-2008)
- 18 and + (swimmers born 2005 and older)

2,5 km

- 12-14 years (swimmers born 2009-2011)

- 800 meters – promotional race (swimmers under the age of 12, born 2013 and younger and recreational swimmers)
- Relay 4 x 600 metars (all categories)

4. PROPOSITIONS

The long distance swimming race will be held under the rules of the World Swimming Federation “FINA” and the National swimming Federation of the Republic of North Macedonia and the rules of the Cup of North Macedonia for long distance swimming.

5. ENTRY FEE

1000 MKD Denars for domestic swimmers and 20 Euro for foreign competitors (for relay race if the swimmers is it include one of the race do not pay entry fees).

Please note that the number of participating swimmers and clubs is limited.

6. SWIMMING PROGRAM

- 800 meters - Sunday 01.09.2024, 10:00 hours
- 5 km - Saturday 01.09.2024, 10:30 hours
- 2.5 km - Saturday 01.09.2024, 10:45 hours

- **Relay race 4 x 600 metar** **12:00 hours**

7. APPLICATIONS

Applications should be received at least 48 hours before the race and sent to aleksandarf@yahoo.com and nacionalnaplivackafederacija@yahoo.com

The application should contain the following information:

- Official name of the Swimming Club
- First name and surname of the competitor, sex and date of birth

8. AWARDS

The best three competitors in each of the four categories shall receive medals.

The best male and female competitors overall, regardless of the category, in the 5 km and 2.5 km races will be awarded money prizes.

The application itself shall be considered as a guarantee for the good health and medical condition of the swimmers by the club.

9. ACCOMODATION

Swimmers are to pay for their own accommodation.

Swimmers can also rent camping lots, tents or campers at the Camping Site Ljubanishte.

Contact person: Ace 072608480

10. ADDITIONAL NOTES

- Each swimmer is obliged to present a medical certificate proving that he or she is fit for competition, issued by a relevant institution. If he or she does not present the certificate by the technical meeting at the latest, he or she will not have the right to participate in the race;
- Underage swimmers must present a written consent of a parent or guardian;
- The time limit is 30 minutes after the arrival of the winner (According to the FINA rule for races under 25 km OWS 6.16.1). Any swimmers still in the water after this time will be stopped and will not be allowed to finish the race;
- The time limit for the 800 meter race is 45 minutes from the start of the race;
- With the registration of the swimmers, they assume full responsibility in any regard, the National Swimming Federation and the Technical Organizer do not assume responsibility in case of unwanted consequences;
- The quality of the water is guaranteed by the technical organizers of the races.
- Every swimmer will receive a welcome package (sandwich + drink + t-shrt).

POSSIBLE RETURN TRIP BY BOAT TO THE LUBANISHTA CAMP AND BACK – IF INTERESTED, PLEASE CONTACT THE ORGANIZERS