



3rd STEP OPEN CHAMPIONSHIP

INTERNATIONAL SWIM MEETING
PRISHTINA 02-03/11/2019



PROPOSITIONS

1. The competition is being 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 2 parts:

02/11/2019 Saturday Afternoon Session from 17:00 hrs.

03/11/2019 Sunday Morning Session from 10:00 hrs
5. Starting fee: 3€/start
6. There is no limitation on the number of disciplines that every swimmer can be entered.
7. Competitors are divided into the following categories:

CATEGORIES

Age group	MALE	FEMALE
A-Absolut	2004 and older	2004 and older
B	2005-2006	2005-2006
C	2007-2008	2007-2008
D	2009-2010	2009-2010

CONTACT:

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8. **TEAM SCORING**

- The Team who have the most gold medals in Male categories will be awarded the BEST MALE TEAM of the Competition.
- The Team who have the most gold medals in Female categories will be awarded the BEST FEMALE TEAM of the Competition.
- Male and Female swimmer who have the most gold medals in 4 disciplines will be awarded for the best male/ female swimmer

9. **AWARDS**

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

The best placed team for Male and Female will receive a monetary award in the amount of 300€ each (M/F).

The best Male and Female athletes of A category will receive a monetary award in the amount of 200€,100€,50€ (1st,2nd,3rd)

The best swimmer in age groups categories will be awarded with Cup.

10. **APPLICATION / ENTRIES**

ENTRIES SHOULD BE MADE TO THE FOLLOWING CONTACT PERSON:

RITA ZEQRIRI | e-mail: ritazeqiri95@hotmail.com

Milomir Milovanovic e-mail: mmilomir@gmail.com

APPLICATION DEADLINE: 3 DAYS BEFORE THE START OF THE COMPETITION

Deadline: 30.10.2019

11. Technical meeting Saturday 15:00 hrs, date 02.11.2019

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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3rd STEP OPEN CHAMPIONSHIP

Prishtina 02.11-03.11.2019

Competition Program

PART 1: Saturday afternoon, 02.11.2019

Warm-up: 16:00-16:45

Competition start: 17:00

1. F/M Relay Medley 4x50m A
 2. F/M 100 Free ABCD
 3. F/M 100 Back ABCD
 4. F/M 100 Breast ABCD
 5. F/M 100 Fly ABC
 6. F/M 200 Free ABC
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PART 2

: Sunday Morning, 03.11.2019

Warm-up: 09:00-09:45

Competition start: 10:00

7. F/M 100 Medley ABC
 8. F/M 50 Free ABCD
 9. F/M 50 Back ABCD
 10. F/M 50 Breast ABCD
 11. F/M 50 Fly ABCD
 12. F/M 200 Medley ABC
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