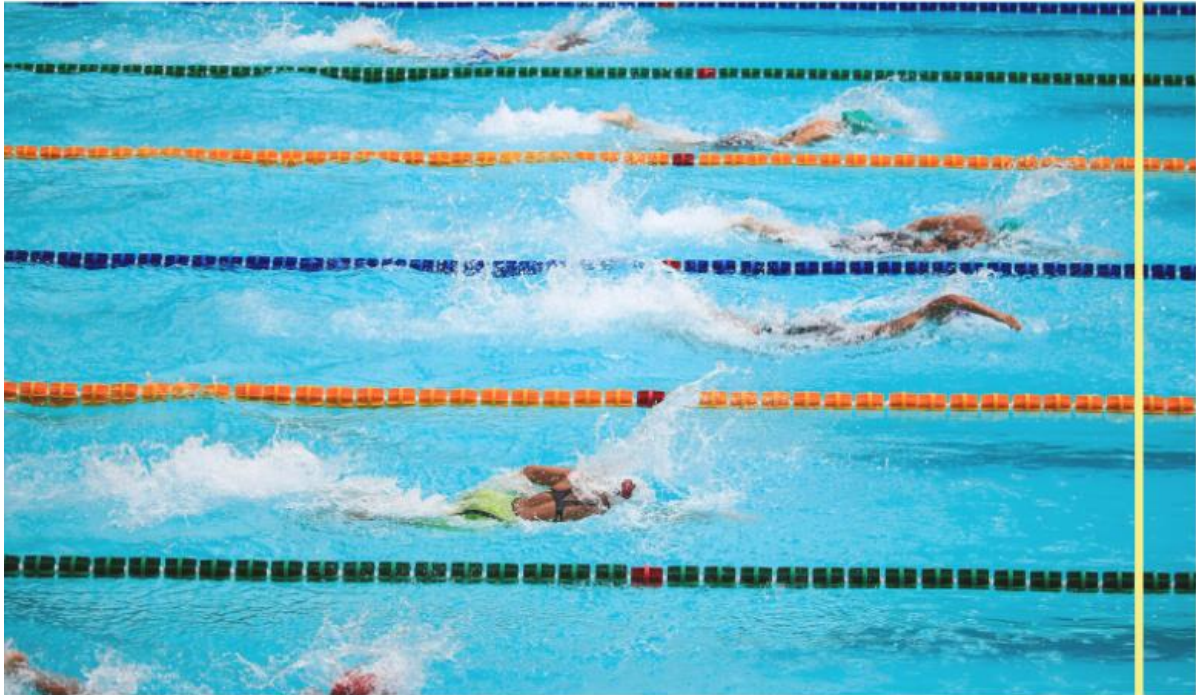


2ND INTERNATIONAL SWIM MEET

06-08.03.2020



**GRAN PRIX
MACEDONIA 2020**



Fina
WATER IS OUR WORLD



2nd International Len Swim Meet

“GRAN PRIX MACEDONIA 2020”

06-08.03.2020 Skopje

We have skins race!!!



Organization:National Swimming Federation

Place:Skopje,Macedonia

Pool:Olympic swimming pool – Centar,8 lane

Water temperature: 26c

Time keeping:Elektronik

Category:

| Category | Male | Female |
|----------|------------------|------------------|
| A | Absolute | Absolute |
| B | 2003-2004 | 2003-2004 |
| C | 2005-2006 | 2005-2006 |
| D | 2007 and younger | 2007 and younger |

PROPOSITION AND AWARDS:

- The competition will be held according to the rules of FINA, LEN and NPF
- Each swimmer is entitled to an unlimited number of appearances
- In the morning swim qualifiers enter the final races, the final races are swim in the afternoon. In all races there is only A finals.
- In the 800m and 1500m disciplines, the slow groups swim in the morning, while the fast groups swim in the afternoon at the end of the part.
- The top 3 swimmers in each discipline and category will be awarded with medals
- The best swimmers in the category will be awarded with a trophy
- The best 3 swimmers, Men's and Women's, are declared swimmers with a sum of FINA points in 3 races (all in absolute category).For first 3 swimmers in Absolute Category Male/Female have prize money.

PRIZE MONEY

| Place | Men | Women | Condition |
|------------|-------|-------|---|
| 1 | € 300 | € 500 | minimum 2100 FINA points from three races (all in absolute category) |
| 2 | € 200 | € 300 | minimum 2000 FINA points from three races (all in absolute category) |
| 3 | € 100 | € 100 | minimum 1900 FINA points from three races (all in absolute category) |
| Skins race | € 100 | € 100 | |

ENTRY FEE

- start fee is 5€ per start for foreign swimmers or 300.00 mkd for domestic swimmers

ENTRYS

- deadline for final entry is 3-th March 2020.Entry' should be send on following address: nacionalnaplivackafederacija@yahoo.com ;aleksandarf@yahoo.com; swimmkd_b@hotmail.com
- technical meeting for delegates from each team will be Friday (06.03.2020) at the pool 16h00.

SATURDAY 20h00 DINNER PARTY FOR COACHES AND COMPANIONS

ACCOMODATION:

- We offer full board from 25-35€, for hotel reservation,transport assistance and any question about that please contact Marijana Kocovska mob. +389 71 269 660

Rules for "SKINS RACE":

Start is only from one side of the pool, after the race winners of the race return to start point of the "Skins race".

The top 8 swimmers who qualified for the final in the 50m freestyle automatically qualify for the skins race,race to be held at the end of Part Four of the finals.

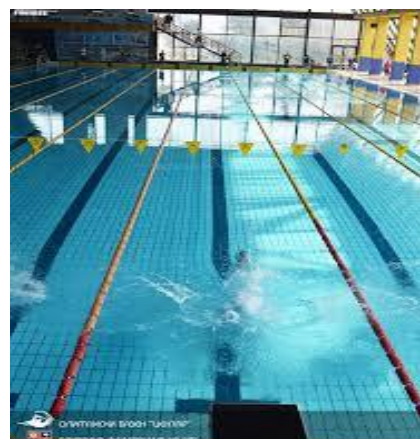
Swimmers swim three 50m freestyle races with 4 minutes of rest between races.

In the first race starts 8 swimmers, the second race starts 4 fastest swimmers in the first race, the last race starts 2 fastest swimmers from the previous race.

COMPETITION PROGRAM:

FRIDAY afternoon (17h00 start; warm up 16h00)

| |
|-----------------------------|
| 400m I.M m-A,B |
| 400m I.M f-A,B |
| 50m back m – heats-All |
| 50m back f – heats-All |
| 50m breast m – heats-All |
| 50m breast f – heats-All |
| 1500m free m-A,B-slow heat |
| 800m free f-A,B – slow heat |



SATURDAY morning (9h00 start; warm up 8h00) SATURDAY afternoon (17h00 start; warm up 16h00)

| | |
|---------------------------|--------------------------|
| 50m free f – heats-All | 50m free f - final |
| 50m free m – heats-All | 50m free m - final |
| 200m back f – heats-All | 50m breast f - final |
| 200m back m – heats-All | 50m breast m - final |
| 200m free f – heats-All | 50m back f - final |
| 200m free m – heats-All | 50m back m - final |
| 200m breast f – heats-All | 100m fly f - final |
| 200m breast m – heats-All | 100m fly m - final |
| 100m fly f – heats-All | 200m breast f - final |
| 100m fly m – heats-All | 200m breast m - final |
| | 200m free f - final |
| | 200m free m - final |
| | 200m back f - final |
| | 200m back m - final |
| | 1500m free f - fast heat |

**SUNDAY morning (9h00 start; warm up 8h00)
up 15h00)**

**SUNDAY afternoon (16h00 start; warm
up 15h00)**

| | |
|---------------------------|---------------------------|
| 50m fly m – heats-All | 50m fly m - final |
| 50m fly f – heats-All | 50m fly f - final |
| 400m free m – heats-A,B | 400m free m - final |
| 400m free f – heats-A,B | 400m free f - final |
| 100m breast m – heats-All | 100m breast m - final |
| 100m breast f – heats-All | 100m breast f - final |
| 200m fly m – heats-A,B | 100m back m - final |
| 200m fly f – heats-A,B | 100m back f - final |
| 100m back m – heats-All | 200m fly m - final |
| 100m back f – heats-All | 200m fly f - final |
| 200m I.M m – heats-All | 100m free m - final |
| 200m I.M f – heats-All | 100m free f - final |
| 100m free m – heats-All | 200m I.M m - final |
| 100m free f – heats-All | 200m I.M f - final |
| | 800m free m - fast heat |
| | 3x50m free - SKINS |

Important notices:

- Competition is held under the rules of FINA, LEN and National Swimming Federation
- All competitors who wish to participate in the competition should be physiologically sound
- Clubs who report their competitors for the competition bear full responsibility for the health condition of their competitors
- The organizer of the contest does not bear any responsibility during and after the competition if there are any adverse consequences.

Sincerely your

Mr. Aleksandar Filipchev

President of National Swimming Federation

