



MACEDONIAN SWIMMING CUP



30_{years}

SC MLADOST



Skopje – North Macedonia



Olympic Pool Center



22/23 - April – 2023 y.

General informations:

- Registration deadline: Monday, April 17, 2023 year.
- Registration: "LENEX form"
- Registration e-mail: aleksandarf@yahoo.com
- Pool: 50 meters / 8 lanes
- Entry fee: 300 MKD or 5 Euro per race
- Time measurement: Electronic
- Participate: Unlimited number of races
- Groups schedule: According to entry times
- Competition principle: Qualifications / Finals
- **A** final: The 8 best swimming times in a discipline - category A - E
- **B** final: The second 8 best swimming times in a discipline - category A - E
- Awards: Medal for the best three swimmers in each discipline men and women
Cup for the best swimmer in a category - Total of FINA points won in 4 races
- Prize fund: Men's and women's competition, awards for the most FINA points won in ONE race
- Each club is responsible for the health condition of the swimmers
- For more detailed information about the swimming meet: Zoran (+389) 78/288-422,
Proke (+389) 78/333-405





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EVENT PROGRAM

PART ONE - Qualifications			PART TWO - Final	
SATURDAY 22.04.2023			SATURDAY 22.04.2023	
Warming up	08:00		Warming up	16:00
	08:50			16:50
Races	09:00		Races	17:00
50 m freestyle	M/F	A - E	50 m freestyle	M/F
50 m breaststroke	M/F	A - E	50 m breaststroke	M/F
400 m freestyle	M/F	A - D	400 m freestyle	M/F
100 m backstroke	M/F	A - E	100 m backstroke	M/F
200 m breaststroke	M/F	A - D	200 m breaststroke	M/F
200 m dolphin	M/F	A - D	200 m dolphin	M/F
100 m freestyle	M/F	A - E	100 m freestyle	M/F
200 m medley	M/F	A - D	200 m medley	M/F
1500 m freestyle	M	A B C	1500 m freestyle	M

Remarks:

- The 1500m freestyle and 800m freestyle races will be limited to one group in men's and one in women's competition of 8 swimmers with the best entry times.

- In case of a larger number of registered competitors, the best THREE groups in each discipline will swim the entire program. After which a warm up will be organized for the rest of the groups.



Live streaming provided
(YouTube live streaming)



Technical meeting before
start of the matches

PART THREE - Qualifications			PART FOUR - Finals	
SUNDAY 23.04.2023			SUNDAY 23.04.2023	
Warming up	08:00		Warming up	16:00
	08:50			16:50
Races	09:00		Races	17:00
50 m backstroke	F/M	A - E	50 m backstroke	F/M
50 m dolphin	F/M	A - E	50 m dolphin	F/M
100 m breaststroke	F/M	A - E	100 m breaststroke	F/M
400 m medley	F/M	A - D	400 m medley	F/M
200 m freestyle	F/M	A - D	200 m freestyle	F/M
200 m backstroke	F/M	A - D	200 m backstroke	F/M
100 m dolphin	F/M	A - E	100 m dolphin	F/M
800 m freestyle	F	A B C	800 m freestyle	F

CATEGORIES

	MALE	FEMALE
A	2005 and older	2005 and older
B	2006 – 2007	2006 – 2007
C	2008 – 2009	2008 – 2009
D	2010 – 2011	2010 – 2011
E	2012 and younger	2012 and younger



Technical organization Swimming Club Mladost Skopje



Information about accommodation



Igor (+389) 75 480 235;



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