

XIX INTERNATIONAL SWIMMING MEETING

NEMO KUP 2023



It is our greatest pleasure to invite you all at the swimming competition "XIX NEMO CUP". The Swimming Club "DOLPHIN" Skopje hosts and organizes the swimming contest NEMO CUP 2023 for the nineteenth time in a row at the swimming pool "Boris Trajkovski" in Skopje. The overall concept of the competition is aimed towards development and affirmation of swimming as a sport, where swimmers can participate in all disciplines in six age categories. The swimmers will get variety of rewards and the best competitors from absolute category will get money awards.

ORGANIZER: SWIMMING CLUB "DELFIN" SKOPJE

DATE: 05.11.2023 year

PLACE: Indoor swimming pool "BORIS TRAJKOVSKI" Skopje

SWIMMING POOL: 25 meters 8 lane, temperature 26,5°

ELECTRONIC TIMEKEEPING

AGE GROUPS:

	male	female
Category A	Absolute	Absolute
Category B	2008/2009	2008/2009
Category C	2010/2011	2010/2011
Category D	2012/2013	2012/2013
Category E	2014	2014
Category F	2015 and younger	2015 and younger

ENTRY FEE: 5 EUROS per start or (25 EUROS FOR 6 STARTS)

VALID PARTICIPATION (number of starts): The number of the races for the swimmers at the meeting is unlimited.

PROGRAM

I part

Sunday 05.11.2023 8:30

(Warm up 07:00)

800 free	m/f	A
100 medley	m/f	A,B,C,D,E
50 free	m/f	A,B,C,D,E,F
200 breaststroke	m/f	A,B,C
100 butterfly	m/f	A,B,C,D
200 free	m/f	A,B,C,D
100 backstroke	m/f	A,B,C,D
50 breaststroke	m/f	A,B,C,D,E,F
400 medley	m/f	A,B

II part

Sunday 06.11.2023 16:00

(Warm up 15:00)

200 medley	m/f	A,B,C,D
50 butterfly	m/f	A,B,C,D,E,F
100 free	m/f	A,B,C,D,E
200 backstroke	m/f	A,B,C
100 breaststroke	m/f	A,B,C,D
200 butterfly	m/f	A,B,C
50 backstroke	m/f	A,B,C,D,E,F
400 free	m/f	A,B
50 SKINS RACE - free	m/f	A

NOTE: The organizer keeps the right to limit events 800m and 1500m freestyle to 8 male and 8 female competitors one group , and 400 freestyle on two groups and 400 medlay in one group according to the best entry/swimm time.

MEDALS: The first three swimmers of each event and age group will be awarded with medals.

AWARDS: The best competitors from category A (man and woman) will get money awards, and the swimmers from category B,C, D,E and F will get variety of rewards according to the total FINA points from best four disciplines including and disciplines in open category.

BEST CLUB: The club scoring the most medals will be winner of the competition and will get awards for the best club

ENTRIES: till 01.11.2023 on e-mail: aleksandarf@yahoo.com , or Tel: + 389 78 386 236, + 389 2 2444 670, fax: + 389 2 2431 587

With providing the entries for their swimmers the clubs are confirming the health status of the athletes and take all the responsibility about their health.

Entry should be in Lenex format and double entry fee is paid for late entries.

CANCELATIONS: till 03.11.2023 year

ACOMODATIONS: The participating teams are responsible for transport and accommodation costs. Information and reservations: Mr.Darko Jovanovski + 389 70 462675

We can provide hotel accommodation in Skopje – up to 35 EUR for full board or 20-25 EUR for bed and breakfast

SC “DELFIN” SKOPJE

