

SWIMMING CLUB **NEPTUN** SKOPJE



# 2023 NEPTUN CUP

Dear friends,

We are honored to invite you  
to the 2nd **NEPTUN CUP 2023**  
which will take place on **4-5 March 2023** (in 3 parts)  
at the Boris Trajkovski Sports Center (**A1 POOL**),  
Karposh, in Skopje.

If you require any further information and assistance,  
please feel free to contact us.

**We wish you a successful year and many records and finals.**

Kind regards,

**SC NEPTUN SKOPJE**



**SC NEPTUN SKOPJE**

**A:** Mitropolit Teodosij Gologanov 64A/2-7  
1000 Skopje, Macedonia

**T:** ++389 2 3122-305

Tax number: 4080019583676  
Bank Account: 210-0736510101-82  
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**E:** [pkneptunskopje@gmail.com](mailto:pkneptunskopje@gmail.com)

SWIMMING CLUB **NEPTUN** SKOPJE



# PROPOSITIONS

**Event period:**

4 -5 March 2023

**Hosted by:**

SC NEPTUN SKOPJE

**Contact persons:**

Tomi Stefanovski: +389 70 331 802

Vasil Velkov: +389 70 298 624

**pkneptunskopje@gmail.com**

**Venue:**

S.C Boris Trajkovski (pool A1)

**Competition pool:**

25 meters, 8 lanes, indoor pool, water temperature: 26 C.

**Entry deadline:**

Wednesday, 1. 3. 2023 by 24:00.

Please send your entry forms to **pkneptunskopje@gmail.com**

Entry forms should be sent in **Lenex**.

If in Word or Excel, each entry form should indicate swimmer name and surname, birth date and club.

The technical meeting will be held at 19:00 (Friday) at the Pool.

**Fee:**

300 denars per individual event for domestic swimmers,  
or 5 euros per individual event for foreign swimmers.

**Time measurement:**

Electronic



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# AWARDS

Each competitor is entitled to any number of individual events.  
The top three competitors in the category receive medals.

The swimmer with the most FINA points collected from 4 disciplines  
will be declared the **Best Swimmer in the Category**.

## PROGRAM

Saturday, 4. 03. 2023	Saturday, 4. 03. 2023	Sunday, 5. 03. 2023
<b>Part ONE</b>	<b>Part TWO</b>	<b>Part THREE</b>
<i>8:00 Warm-up</i>	<i>16:00 Warm-up</i>	<i>8:00 Warm-up</i>
<b>50 m Freestyle</b> A, B, C, D, E	<b>50 m Backstroke</b> A, B, C, D, E	<b>50 m Butterfly</b> A, B, C, D, E
<b>200 m Breaststroke</b> A, B, C	<b>200 m Butterfly</b> A, B, C	<b>800 m Freestyle</b> A
<b>100 m Backstroke</b> A, B, C, D	<b>50 m Breaststroke</b> A, B, C, D, E	<b>100 m Breaststroke</b> A, B, C, D
<b>200 m Medley</b> A, B, C, D	<b>200 m Freestyle</b> A, B, C	<b>200 m Backstroke</b> A, B, C
<b>100 m Butterfly</b> A, B, C, D	<b>100 m Medley</b> A, B, C, D, E	<b>100 m Freestyle</b> A, B, C, D
<b>400 m Freestyle</b> A, B, C		

**A- Absolute, B- 2007/2008, C- 2009/2010, D- 2011/2012, E- 2013 and younger**

### Important information:

- The rules of FINA, LEN and the National Swimming Federation of Macedonia will govern the meet.
- All competitors who wish to compete should be of good psychophysical health.
- Clubs bear full responsibility for the health of their competitors.
- The competition host shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.



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