



# DECATHLON

## INVITATION

### IV SWIMMING CHARITY EVENT

**"I SWIM FOR ..."**

**10 – 11.03.2018**

#### 1. ORGANISER:

- Swimming Association "SWIMMERS"
- OSIR WŁOCHY [www.osirwlochy.waw.pl](http://www.osirwlochy.waw.pl)
- WMOZP – co-organizer

#### 2. THE MAIN AIMS OF THE EVENT:

- The promotion of swimming in the Masters' category
- Development of physical culture and sport
- The promotion of active recreation
- Promoting social initiatives, including charitable support for disabled children

#### 3. SPONSORS:

- Decathlon, Caffè Grano Sp. z o.o., Afrodyta SPA, Rossmann, Toyota Żerań, Lexus Żerań, Program Lider Animator - Obudź Swoje Ciało, Coca-Cola
- WMOZP – co-organizer

#### 4. A PLACE OF THE EVENT:

- A swimming pool in the CENTER OF SPORT AND RECREATION, Gładka Street 18, 02-172 Warsaw, tel.: 601 333 782 Remigiusz Gołębiowski [info@swimmersteam.pl](mailto:info@swimmersteam.pl)

#### 5. DATE OF THE EVENT:

- 10,11 March 2018

### 10 MARCH (SATURDAY)

- The registration process will start at 1.00 pm
- A warm-up will be from 2.00pm until 2.45 pm
- The opening ceremony will begin at 2.50 pm to 3.00 pm
- I Block will start at 3.00 pm

WOMEN	SWIMMING STYLE	MEN
1	<b>50m FREESTYLE QUALIFYING ROUND</b>	2
3	200 m MEDLEY	4
5	100 m BACKSTROKE	6
7	50 m BREASTSTROKE	8
9	100 m BUTTERFLY	10
11	200m FREESTYLE	12
13	4 X 50 m MEDLEY RELAY MIX	13
14	<b>50 m QUARTER-FINAL</b>	15

- The award ceremony for I Block will be at 7.00 pm till 7.45 pm
- A party will last from 8.30 pm to 2.00 am

### 11 MARCH (SUNDAY)

- A warm-up will begin at 9.00 am to 10.00 am
- II Block will start at 10.00 am – 12.00 pm

WOMEN	SWIMMING STYLE	MEN
16	<b>50 m FREESTYLE SEMI-FINAL</b>	17
18	50 m BACKSTROKE	19
20	100 m BREASTSTROKE	21
22	50 m BUTTERFLY	23
24	100 m FREESTYLE	25
26	4 X 50 m FREESTYLE RELAY MIX	26
27	100 m MEDLEY	28
29	<b>50 m FREESTYLE FINAL</b>	30

- The award ceremony for II Block, prize draw and the end of the event will be at 11.30 am – 12.00 am (school hall)

## 6. TECHNICAL INFORMATION:

- Indoor swimming pool (25 m) , water temperature: 27°C
- Electronic timer (omega)
- 6 lanes

## 7. PARTICIPATION:

The male and female participants who are 19 years old or older have the right to take part in the charity event. All participants must submit a written declaration that they are healthy and compete at their own risk.

## 8. THE GROUP "0":

**Participants within the group of „0” who are 20 – 24 years old can swim out of the official competition (50 m freestyle)**

<b>A: 25 – 29</b>	<b>B: 30 – 34</b>	<b>C: 35 – 39</b>	<b>D: 40 – 44</b>	<b>E: 45 – 49</b>
<b>F: 50 – 54</b>	<b>G: 55 – 59</b>	<b>H: 60 – 64</b>	<b>I: 65 – 69</b>	<b>J: 70 -74</b>
<b>K: 75 – 79</b>	<b>L: 80 – 84</b>	<b>M: 85 – 89</b>	<b>N: 90 – 94</b>	<b>O: 95 – 99</b>

## 9. RELAYS – THE AGE GROUPS (100-239 years old):

<b>A: 100 – 119</b>	<b>B: 120 – 159</b>	<b>C: 160 – 199</b>	<b>D: 200 – 239</b>
<b>E: 240 – 279</b>	<b>F: 280 – 319</b>	<b>G: 320 – 359</b>	

## 10. TECHNICAL REGULATIONS:

The charity swimming competition will be organized in several races from the slowest to the fastest ones. The order of competitors in each category will depend on the time that a particular participant declared during the registration process. Women and men are allowed to start together within a category. If participants won't declare any time during the registration process, they will be placed in the weakest group. The rules and regulations of the FINA Masters and Polish Swimming Federation will obtain everyone during the event. Women and men will compete in their age groups resulting from the rules of the Masters competition. All participants have the right to take part in all individual races and two relays within each blockt.

**Qualifying rounds for the quarter-finals, semi-finals and finals will be made according to FINA Masters scoring**

**IN COMPETITION 100 MEDLEY COMPETITIONS CAN FLOW AT ANY CHOICE**

## 11. REGISTRATION:

- Participants who represent the sports clubs must register within a declaration of their sports clubs. But independent participants should register individually.
- The sports club's application must be submitted electronically in the form of LENEX FILE (splashentry editor ). There must be only one file containing all participants' applications.
- Independent competitors should submit their completed application form electronically in the form of LENEX FILE (splashentry editor ) or EXCEL.
- All applications should be sent to the following address [zawody@wmozp.pl](mailto:zawody@wmozp.pl)
- The application should include:
  - a list of competitors: name, surname and date of birth
  - name of a sports club
  - distance and category of a race
  - the best time achieved by a competitor
  - **The registration process is required both for individual participants and relays**
- All applications should be sent in the electronic form to the following address: [zawody@wmozp.pl](mailto:zawody@wmozp.pl) until the 4<sup>th</sup> of March 2018. You can download a sample application on the website: [www.swimmersteam.pl](http://www.swimmersteam.pl) or [www.megatiming.pl](http://www.megatiming.pl)

**Applications will be considered if they will be submitted until the mentioned deadline above**

## 12. FUNDING:

The charity fee is equal to 100 zł regardless of the number of races. The payment should be made on the following bank account code: 29 1050 1012 1000 0090 3010 4211 Swimming Association "Swimmers", Gładka Street 18, 02-172 Warsaw. The bank transfer should include the following information "**name and surname of a participant, Datek na zawody – Pływam dla ...**". The fee must be done until the 4th of March 2018 and includes admission to a party on Saturday evening

### *We are going to swim for Szymon this year.*

Szymon is a 6-year-old boy diagnosed with autism. He attends a special kindergarten where he achieves a special education which is necessary for his mental development.

His mother raises him alone. But Szymon and his mum still dream about a special therapy in Cracow. This treatment is highly recommended to Szymon but it's very expensive for his family. Our help can fulfil Szymon's and his mother's dreams. This therapy in Cracow is a great opportunity for Szymon to learn how to speak because Szymon does not speak at all and he does not understand other people.

The psychologist who recommended this kind of therapy assured that there is a good chance of getting him out of autism only if he starts speaking. The mentioned therapy lasts only 5 days but it gives great results in patients' treatment. Unfortunately, the cost of the stay in the medical facility is very expensive because is equal to 4.000 zł.

Besides, there is also a need to pay for Szymon's accommodation and food.

## 13. PRIZES:

The first 300 participants will receive a special medal along with a gift set. And if there will be more participants, we'll prepare more medals. All major prizes will be drawn at the end of the event. Diplomas will be given to individual participants (1,2,3 places) in all age categories.

Prizes for a distance of 50m freestyle will be sponsored by the Patron 50. It is one of the companies which will support our event.

## 14. OFFICE:

The office will be opened at 12.00 am in a room No. 1.

## 15. FINAL PROVISIONS:

All decisions, on issues which are not specified by the regulations, communications and other provisions, are taken by the Chairman of the Organizing Committee and the main referee.

Every participant will receive a special package with gifts during the event.

## 16. A PARTY:

We would like to invite all participants for a party on Saturday evening. It will take place in **TB Bowling&Bilard Club**. You will have a banquet there and a great opportunity to take part in a bowling tournament accompanied by nice music. People, who would like to take an accompanying person, must pay extra money: 25zł. This payment should be send to the following bank account code:

**29 1050 1012 1000 0090 3010 4211** Swimmers Swimming Association, Gładka Street 18, 02-172 Warsaw.

The payment should be done until the 1st of March 2018 with the note of "name and surname of an accompanying person".

All teams are asked to go bowling. Every team representation should consist of 4 members. Some prizes will be provided by organizers.

## 17. ACCOMMODATION:

There is a possibility of accommodation in a separate zone of the sports hall. It's for free.