



ПЛИВАЧКИ И ВАТЕРПОЛО КЛУБ "ДЕЛФИН" - СКОПЈЕ
Swimming and Water Polo Club "Delfin" - Skopje

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RESPECTED FRIENDS OF SWIMMING

It is our pleasure to invite you to participate in our third **NEMO CUP 2007** for young swimmers organized for the third time by the PVK "DELFIN" - Skopje.

The meeting will take place on 15th and 16th December 2007 with swimmers from Macedonia, Slovenia, Serbia, Montenegro, Albania, Bosnia and Herzegovina, Greece and Bulgaria.

It will be our great honour to host you at our traditional competition **III "NEMO CUP" 2007**.



PROPOSITIONS

1. The meeting will be held on 15th and 16th December 2007 in the "Mladost" Swimming Pool in Karpos, Skopje.
2. The competition will take place in a 25m pool with 8 lanes, electronic timing and 26°C water temperature.
3. The competition will be held in three parts as follows: The First part will start at 09:30 and warming up at 8:30; The Second part will start at 16:45 and warming up at 16:00 and The Third part will start at 09:30 and warming up at 08:30.
4. Applications will be accepted until 13th December 2007 the latest on the following e-mail:
aleksandarf@yahoo.com
tel.: + 389 2 2444 670 + 389 70 386 236 + 389 71 243 072 fax: + 389 2 3214 710
5. Any cancellations will be considered until 14th December 2007 the latest.
6. The competitions will be held in four categories (men and women):

Category A	Men	93 and older	women	93 and older
Category B	Men	94 and 95	women	94 and 95
Category C	Men	96 and 97	women	96 and 97
Category D	Men	98 and younger	women	98 and younger

MEETING PROGRAMME:

I part: Saturday 09:30 o'clock

- 100 m free style m/w (A, B, C)
- 50 m breaststroke m/w (C, D)
- 200 m butterfly m/w (A, B)
- 50 m backstroke m/w (C, D)
- 200 m ind.medley m/w (A, B, C)

II part: Saturday 17:00 o'clock

- 50 m free style w/m (A, B, C, D)
- 100 m backstroke w/m (A, B, C)
- 200 m breaststroke w/m (A, B)
- 100 m butterfly w/m (A, B, C)
- Relay 4 x 50 m medley w/m (A, B, C, D)

III part: Sunday 09:30 o'clock

- 50 m butterfly m/w (C, D)
- 200 m crawl m/w (A, B)
- 100 m breaststroke m/w (A, B, C)
- 200 m backstroke m/w (A, B)
- 100 m ind. medley m/w (A, B, C, D)

CONDITIONS:

1. Every swimmer can participate in two disciplines per part and relay.
2. The first three swimmers in each category (men and women) will receive medals and appropriate prizes.
3. The youngest swimmers in each category (men and women) will receive appropriate prizes.
4. The best swimmer in a category will be the one that wins the lowest points (10, 8, 6, 5, 4, 3, 2, 1). If two swimmers have the same number of points then the one most valued score according to the FINA table is taken into consideration. **(The most valued score will be specially rewarded.)**

The best eight swimmers in each discipline and category win the lowest points (10, 8, 6, 5, 4, 3, 2, 1), and the best club is declared the one that wins the largest sum of points in each category (men and women).

The coach of the best club will be awarded with a money prize.

5. The starting fee for the Macedonian swimmers is 100 MKD per start, and for the foreign swimmers 2 EUR per start (there is no relay fee). The starting fee should be paid until the beginning of the warming up in order to receive the starting list.
6. The participants cover their own travelling and hotel expenses.

Information for the accommodation:

tel.: + 389 71 243 072
+ 389 70 386 236

PVK "DELFIN" SKOPJE

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