



International swimming meeting
Montenegro Mimosa Cup
 Mediterranean Health Centre - Igalo, Herceg Novi

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15th MONTENEGRO MIMOSA CUP 2010

VI OPEN MONTENEGRIN SWIMMING CHAMPIONSHIP

Herceg Novi, Montenegro, 20 - 21 Februarv 2010

- 1) The competition is being held by the indoor pool of the Mediteraneum Health Center - Igalo Spa, 25m long with 8 lanes. Water temperature 26°C and air 28°C.
- 2) Competition is performed according to FINA regulations. Automatical - electronical timing.
- 3) Competitors will be distributed into series of 8 swimmers according to prescribed results entries. The best Series will start as the last one.
- 4) The competition being an individual and team on. Each participant can be entered to swim in 3 (three) disciplines of each part of the meeting program.
- 5) Aplications will be accepted until February 15th 2010.
- 6) Start fee in the amount of 10 euro per participant can be paid on the reception.
- 7) Competitors are separated into the following categories



Mediterranean Center Pool, Igalo

MALE:

- A) All categories
- B) 1994 andyounger

FEMALE:

- A) All categories
- B) 1996 and younger

8) TEAM SCORING:

Individual: the 8 best results in each discipline disregarding the category (9-7-6-5-4-3-2-1).

9) AWARDS:

The tree best athletes in each discipline (A & B Cat.) will be rewarded with medals.

The best placed teams will recive Mimosa Cups.

Trophies and money awards go to swimmers (female and male) who earned best times according to valid FINA points table achieving the best technical results from two disciplines.

Coach of the winnig team (A Category), will be awarded, too.

..A" CATEGORY:

- 1st place - 300 euro
- 2nd place - 200euro
- 3rd place - 100 euro

Coach of the winning (A Categ.) team - 300 euro.

..B" CATEGORY:

- 1st place - 100 euro
- 2nd place - 50 euro
- 3rd place - 25 euro

COMPETITION PROGRAM

19. FEBRUARY: 19, 30h Technical meeting

February 20, Moming Part I

Warming up 08h-08,45h

Competition 09.00 h

1. 50 m Breastroke Female
2. 50 m Breastroke Male
3. 400 m Crawl Female
4. 400 m Crawl Male
5. 200 m Butterfly Female
6. 200 m Butterfly Male
7. 50 m Backstroke Female
8. 50 m Backstroke Male

February 20, Afternoon Part II

Warming up 16h-16,45h

Competition 17.00 h

1. 100 m Ind.Medley Male
2. 200 m Ind.Medley Female
3. 200 m Crawl Male
4. 100 m Backstroke Female
5. 200 m Breaststroke Male
6. 100 m Butterfly Female
- 7.200 m Backstroke Male
8. 100 m Breaststroke Female
9. 50 m Butterfly Male
10. 100 m Crawl Female
11. 50 m Crawl Male

February 21, Morning Part III

Warming up 08h-08,45

Competition 09.00 h

1. 100 m Ind.Medley Female
2. 200 m Ind.Medley Male
3. 200 m Crawl Female
4. 100 m Backstroke Male
5. 200 m Breaststroke Female
6. 100 m Butterfly Male
7. 200 m Backstroke Female
8. 100 m Breaststroke Male
9. 50 m Butterfly Female
10. 100 m Crawl Male
11. 50 m Crawl Female

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Welcome to Montenegro mid February 2010 !

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