



85340 HERCEG NOVI
Njegoseva 92 / III, Montenegro
E-mail: ivica.zuber@t-com.me
praznikmimoze@t-com.me
urednik@hercegfest.co.me
Phone/Fax: +382 (0) 31.321.924
+382 (0) 31.323.072
GSM +382 (0) 69.047.374

XVII LEN „MONTENEGRO MIMOSA CUP“ VIII OPEN MONTENEGRIN SWIMMING CHAMPIONSHIP

**Herceg Novi, Montenegro
18 – 19. february 2012.**

PROPOSITIONS

- 1) The competition is being held in the indoor pool of the Mediteranean health Center – Igalo Spa, 25m long with 8 lanes. Water temperature 26 °C and air 28 °C.
- 2) Competition is performing according to FINA regulations. Automatical – electronical timing.
- 3) Competitors will be distributed into series of 8 swimmers according to prescribed results list. The best Series starting as the last one.
- 4) The competition is being an individual and the team. Each participant entitled to swim in 3 (three) disciplines of each part of the program.
- 5) **Applications to send until February the 10th, 2012.**
- 6) Starting fee is 10 euro by participant.
- 7) Competitors are separated into the following categories

MALE:

- A) All categories
- B) **1996 and younger**

FEMALE:

- A) All categories
- B) **1998 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 1st ones in each discipline (A&B Cat.) will be rewarded with medals.

The best placed teams will recive Trophy Cups.

Trophies and money awards go to swimmers (femal and male) who have, according to valid FIN point scores, achieved the best technical results from two.

„A“ CATEGORY:

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

„B“ CATEGORY:

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

Coach of the winning (A Categ.) team will be awarded with the sum of **300** euro.

COMPETITION PROGRAM

17. FEBRUARY

19, 30 h Technical meeting

21, 00 h Coctail party

18. February:

Morning Part I.

Warm 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

18. February:

Afternoon Part II.

Warm 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

19. February:

Morning Part III.

Warm 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

CONTACT:

GSM: ++ 382 / (0) 69 047 374

Tel/Fax: ++ 382/ 31/ 321-924

E-mail: ivica.zuber@t-com.me

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www.swimstar2000.net