

INVITATION

## VIII. SCITEC GYŐR OPEN

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# SCITEC NUTRITION®

2017. DECEMBER 13-16.

**VENUE:**

AQUA SPORT CENTER GYŐR  
(EYOF2017 POOL)  
GYŐR, 9025, BERCSÉNYI LIGET 108.

**START BLOCKS AND TIMING:**

OMEGA

**ENTRY DEADLINE:**

2017. DECEMBER 8.

**ENTRIES, RESULTS, LIVE TIMING:**

[WWW.CIS-ONLINE.NET](http://WWW.CIS-ONLINE.NET)



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### General Regulations

1. The competition will be held under the Rules of FINA.
2. In the morning sessions the 3 strongest heats come first in all events. After the "strong morning", the session proceeds with the slower heats. There will be a warm up pool available during the competition (33x25m). In the afternoon sessions the best ten swimmers according to their preliminary-times will compete in Finals of their respective age groups shown below. 400FREE, 400IM, 800FREE AND 1500 FREE ARE TIMED FINALS ONLY.
4. Age groups:

AGE GROUP	MEN	WOMEN
"OPEN"	2001 AND OLDER	2001 AND OLDER
JUNIOR1	2002-2003	2002-2003
JUNIOR2	2004-2005	2004-2005
JUNIOR3	2006-2007	2006-2007
JUNIOR4	2008 AND YOUNGER	2008 AND YOUNGER

### MEDAL CEREMONY:

TOP 3 timed swimmers from each age group final are rewarded with a medal.

5. The entry fee is Euro (€) 6,00 per single start.
6. The participating clubs and teams are responsible for transport and accommodation costs.

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VIII. GYŐR SCITEC SWIM CUP

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WARM UP: 7:00-8:15	2017.DEC 13.	2017. DEC 14.	2017. DEC 15.	2017. DEC 16.
HEATS	WEDNESDAY	THURSDAY 8:30	FRIDAY 8:30	SATURDAY 8:30
	OFF	50 W FREE	50 W FLY	50 W BACK
		50 M FREE	50 M FLY	50 M BACK
		50 W BREAST	200 W MEDLEY	200 W FLY
		50 M BREAST	200 M MEDLEY	200 M FLY
		100 W FLY	100 W BACK	100 W BREAST
		100 M FLY	100 M BACK	100 M BREAST
		200 W BACK	200 W BREAST	100 W FREE
		200 M BACK	200 M BREAST	100 M FREE
		200 W FREE	400 W FREE (SLOW HEATS)	4X100 W MEDLEY
		200 M FREE	400 M FREE (SLOW HEATS)	4X100 M MEDLEY
		4X100 W FREE		
		4X100 M FREE		
FINALS	15:00	17:00	17:00	17:00
	400 W MEDLEY	100 W FLY	200 W MEDLEY	200 W FLY
	400 M MEDLEY	100 M FLY	200 M MEDLEY	200 M FLY
	800 W FREE	200 W BACK	100 W BACK	100 W BREAST
	1500 M FREE	200 M BACK	100 M BACK	100 M BREAST
		200 W FREE	200 W BREAST	100 W FREE
		200 M FREE	200 M BREAST	100 M FREE
		50 W FREE FINAL	400 W FREE (FAST HEATS)	50 W BACK FINAL
		50 M FREE FINAL	400 M FREE (FAST HEATS)	50 M BACK FINAL
		50 W BREAST FINAL	50 W FLY FINAL	4X100 W MEDLEY
		50 M BREAST FINAL	50 M FLY FINAL	4X100 M MEDLEY
		4X100 W FREE		
		4X100 M FREE		

## INVITATION

### OFFICIAL ACCOMODATION:

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