

ADM Linz Sektion Schwimmen Julius Raab Straße 6-8, A - 4040 Linz ZVR: 464326280



26th International Multi-Stroke-Cup



23th/24th January 2016

in the Auhof Bath, Julius-Raab-Str. 10, A - 4040 Linz, AUSTRIA

Description of pool: 25m length, 5 lanes, wave-breaking lines; depth 1.25m - 1.80m;

lane width 2.50m; water temperature 27 deg.; electronic timing by OMEGA

1st competition section, Jan. 23th, 2016 Start of warm-up: 8.00 a.m. Start of competition: 10.00 a.m.

01200m Freestyle prelim. female2002 and younger02200m Freestyle prelim. male2000 and younger03200m Freestyle prelim. female2000/200104200m Freestyle prelim. male1998/199905200m Freestyle prelim. female1999 and older06200m Freestyle prelim. male1997 and older

2nd competition section, Jan. 23th, 2016 Start of warm-up: 12.30 a.m. Start of competition: 2.00 p.m.

07 100m Backstroke female

08 100m Backstroke male

09 4x50m Freestyle open female

10 4x50m Freestyle open male

11 100m Breaststroke female

12 100m Breaststroke male



3rd competition section, Jan. 23th, 2016 20 minutes warm-up after the end of section 2

13	Final 200m Freestyle female	2002 and younger	(with the 5 fastest of event 1)
14	Final 200m Freestyle male	2000 and younger	(with the 5 fastest of event 2)
15	Final 200m Freestyle female	2000/2001	(with the 5 fastest of event 3)
16	Final 200m Freestyle male	1998/1999	(with the 5 fastest of event 4)
17	Final 200m Freestyle female	1999 and older	(with the 5 fastest of event 5)
18	Final 200m Freestyle male	1997 and older	(with the 5 fastest of event 6)

4th competition section, Jan. 24th, 2016 Start of warm-up: 8.00 a.m. Start of competition: 9.00 a.m.

- 19 100m Butterfly female
- 20 100m Butterfly male
- 21 4x50m Ind. Medley 2002 and younger female
- 22 4x50m Ind. Medley 2000 and younger male
- 23 100m Freestyle female
- 24 100m Freestyle male

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ζτη	competition co	ction	12n	2∆+h	2016	20 minutes warm-un	after the end	d of cartion 4

25	100m Ind. Medley male	2005 and younger
26	100m Ind. Medley female	2005 and younger
27	100m Ind. Medley male	2004
28	100m Ind. Medley female	2004
29	100m Ind. Medley male	2003
30	100m Ind. Medley female	2003
31	100m Ind. Medley male	2002
32	100m Ind. Medley female	2002
33	100m Ind. Medley male	2001
34	100m Ind. Medley female	2001
35	100m Ind. Medley male	2000
36	100m Ind. Medley female	2000 and older
37	100m Ind. Medley male	1999 and older

Final entry date: 13th January, 2016

Entry address: MSECM Austria, Martin Heger, Rappetsederweg 1, A- 4040 Linz,

@ events@msecm.at, Tel: + 43 (0)660 3760565

Entries should be sent electronically and can be done via Lenex, DSV or CIS-Online.

Find all information online: http://www.msecm.at

Online entry: http://www.msecm.at, contact person: Martin Heger (email: events@msecm.at)

Please note the discount of EUR 0.50 per start for each electronic registration.



<u>General Conditions</u>: The competitions will be run according to OSV regulations and are open to all FINA clubs. We start according to the <u>one-start-rule</u>. Lanes will be given out regardless of age according to the times on the entry lists. The ruling FINA regulations for swimsuits habe to be observed!

Class division and scoring for all 100m events:

Female by year of birth for years 2001 - 2004, grouped for years 2005 and younger / 2000 and older Male by year of birth for years 2000 - 2004, grouped for years 2005 and younger / 1999 and older

Class division and scoring for 200m Freestyle events:

Female grouped for 1999 and older / 2000 and 2001 / 2002 and younger Male grouped for 1997 and older / 1998 and 1999 / 2000 and younger

Multi-Stroke Scoring: All swimmers will receive a total score (100m events only) after the 100m freestyle,

divided by year of birth. Points will be added according to the FINA Short Course 1000-point table. The 5 best-placed male and female participants in each age-group qualify

for the **100m Individual Medley Finals** (events 25-37).

"Credit"-Rule: If a swimmer is disqualified in a 100m event (and only then), he/she gets the chance

only once during the whole competition to swim once more this distance before the end of the competition section. The FINA-points for the time swum in this credit 100m event will count only for the multi-stroke scoring and for reaching the finals. Lanes will be given by the organization committee. A team official has to claim for the credit 100m event immediately after publication of the single events' results at the speaker's desk. Improvement of the multi-stroke cup record is not possible after taking advantage of the

credit-rule.

Relays: The Freestyle relays are open, the Ind. Medley relays are swum as Junior Relays (fe-

male: 2002 and younger, male: 2000 and younger)

Team Scoring: The top 5 in the single 100m events receive from **5 to 1 point(s)** for their team score

- but only the best participant of each club can get points! So the 15 points are divided

to 5 different teams. Double points are given for the relays: from 10 to 2.

Entry fee: single start 100m EUR 5,- 200m Freestyle EUR 6,-

relay start EUR 8,-

Please note the discount of EUR 0,50 per start for each electronic registration.

Starting money should be paid in cash in the baths before the start of the competition or via banc transfer until the final entry date to the account of Union ADM Linz: IBAN = AT53 3400 0000 0599 6921; BIC = RZ00AT2L.

Awards and prizes:

The 3 best-placed in each discipline and age-group receive a medal.

The 3 best-placed relay teams receive medals; additionally the winning teams receive non-cash prizes. Addition material prizes in the **HAPPY HEAD HEATS!**

The classified finalists (1-5) in the 100m Ind. Medley finals receive cash prizes:

General class women and men	EUR	70,-	50,-	40,-	20,-	10,-
15 (w/m) and 16 years (men)	EUR	60,-	40,-	30,-	20,-	10,-
13 and 14 years	EUR	50,-	30,-	20,-	10,-	5,-
11 and 12 years	EUR	40,-	25,-	15,-	10,-	5,-

In addition, the fastest 3 from all 100m Ind. Medley finals receive: female and male each EUR 333,- 222,- 111,-

EUR 50,- will be given to the winners of the 200m finals.

EUR 75,- will be given for improvement of cup best scores in the Multi-Stroke Scoring.

Finally there will be given EUR 30,- for improvement of the Meeting records!



Accomodation:

Hotel Sommerhaus phone +43 732 2457 285, email: hotel@studentenwerk.at

(The pool is in the same building as the Hotel Sommerhaus!)

Harry's Home Donaufeldstraße 3, A-4040 Linz; phone +43 732 757500; email: <u>linz@harrys-home.com</u>

http://www.harrys-home.com

Jugendgästehaus Linz Stanglhofweg 3, A-4020 Linz; phone +43 732 664434; email: jgh.linz@oejhv.or.at

http://www.jugendherbergsverband.at/herbergen/linz/

We will be again looking after you with a buffet throughout the competition, and there will be again the

SWIMMING sales stand of STS – Austria (http://www.sts-austria.at).

Additional information as well as the results of the last years you will find at our homepage www.adm-swim.geocomp.at - click the button "Mehrlagencup".

For organisational questions please contact: mehrlagencup@msecm.at

We are looking forward to you coming to Linz (spread the word around!) and wish you all the best. Sportunion ADM Linz Schwimmen



Mag. Hans-Jörg Gramlinger e.h. (Head of Swimming Section)

Dipl. Ing. (FH) Stephan Danner e.h. (Club President)

Sportunion Auhof-Dornach-Magdalena Linz, Sektion Schwimmen, Julius-Raab-Str. 8, A–4040 Linz ZVR: 464326280, www.adm-swim.geocomp.at

Qualifying times:

female	2005	2004	2003	2002	2001	2000
	and you	nger				and older
100m Rücken	1:38	1:34	1:28	1:25	1:21	1:19
100m Brust	1:48	1:40	1:36	1:33	1:31	1:28
100m Schmetterling	1:45	1:37	1:30	1:24	1:20	1:16
100m Freistil	1:25	1:20	1:17	1:14	1:12	1:10

male	2005	2004	2003	2002	2001	2000	1999
	and you	nger					and older
100m Rücken	1:36	1:31	1:26	1:22	1:18	1:14	1:11
100m Brust	1:47	1:39	1:34	1:29	1:26	1:23	1:19
100m Schmetterling	1:46	1:38	1:29	1:21	1:16	1:13	1:10
100m Freistil	1:25	1:19	1:15	1:11	1:07	1:04	1:01

Meeting records and cup best scores you will find at http://www.msecm.at.

