

**INPRO CUP**  
Titular Sponsor

**5<sup>th</sup> INTERNATIONAL OPEN  
POLISH CHAMPIONSHIPS IN  
WINTER SWIMMING  
GDAŃSK 2017**

Date and place: 02 December 2017, GDAŃSK- ul. Szafarnia 6 U/4 –Marina Old Town

Honorary Auspices: Mayor of Gdańsk, Mr Paweł Adamowicz

Competition organiser: Polska Fundacja Morsów GDŃSK-POLAND Lech - Mors  
Lech Bednarek

Competition Co-Organisers and partners:  
GOS Gdańsk – competition partner

Competition Director: Lech Bednarek tel. 0048/501 550 040

Deputy Director of the Competition Office: Leszek Makurat tel. 0048/606 142 740

International contact person: Andrzej Banasiak tel. 0048/505 999 255

e-mail: [lech-mors@twardziellechmors.pl](mailto:lech-mors@twardziellechmors.pl)  
[www.twardziellechmos.pl/facebook](http://www.twardziellechmos.pl/facebook)

MC: Mariusz PALUCH

Medical support, physician, ambulance: Sport Promotion Office at the Gdańsk City Office

Senior Lifeguard : GOS Gdańsk

Diver : Gdańsk City Office Sport Promotion Office

**COMPETITION RULES :**

Starts will be according to age categories - every 5 years.

Age categories for distances: 25m. and 50m.

**O** 18-24, **A** 25-29, **B** 30-34, **C** 35-39, **D** 40-44, **E** 45-49, **F** 50-54, **G** 55-59, **H** 60-64,  
**I** 65-69, **J** 70-74, **K** 75-79, **L** 80+

Age categories for distances: 200 m. and 450m. freestyle, male and female.

**E1** 20-29, **E2** 30-39, **E3** 40-49, **E4** 50-59, **E5** 60-69, **E6** 70-79

Age categories R-2 151-200 for relay: 4 x 25 m, freestyle, 2 male and 2 female  
Participation in the relay based on the "Start Card", see attachment no. 2.  
Relay Start Cards should be delivered to main office 2 hour before competition.

Falstart - 3 sec. added. The ban on the use of insulating clothing.  
In the breaststroke style ban on immersion of the head

The organiser reserves the right change the order of the competition and the times of the starts.

The Health Declaration should be fill in, please see attachment no. 3.

Application deadline: 20.11.2017.

Please register with application/entry form, see attachment no. 1,2,3 send to the e-mail address: [lech-mors@twardziellechmors.pl](mailto:lech-mors@twardziellechmors.pl)

Entry fee:

For first competition: 12 euro/person  
For next competition: 8 euro/person  
Relay competition: 8 euro/person  
Integration event: 20 euro/person

All payment to be done on account:

Polska Fundacja Morsów Lech-Mors  
ul. Koziorożca 20  
80-299 Gdańsk

Bank Millenium SWIFT: BIG BP LPW  
Nr. PL 57 1160 2202 00000002 8825 5260

NOTE: Please give the first and last name of contestant, the name of the city, Integration event the willing, in the title transfer for a fee payment

Awards:

diplomas and medals for 1st-3rd place;

Accomodation:

Hotel „Gryf” tel. 0048/58/300 01 30

[repcja@gryfgdansk.pl](mailto:repcja@gryfgdansk.pl) the hotel is next to the Solidarity Museum (Shipyard area).

Hotel booking password: MORSY. And Hotel LOGOS GDAŃSK e-mail:

[m.rewolinski@hotellogos-gdansk.pl](mailto:m.rewolinski@hotellogos-gdansk.pl) tel. 58/607/088-830

Competition Director  
Lech Bednarek  
tel. 0048 501/550-040

## COMPETITION PROGRAM:

**Friday 1.12.17.** Contestant Registration from 16:00 to 20:00  
in the Yacht PORT MARINA GDAŃSK Szafarnia str 6U - near the  
competition area.

**Saturday 2.12.17.** Contestant Registration – from 8:00 to 9:30  
in the Yacht PORT MARINA Gdańsk Szafarnia str 6U - near the competition area.

10:00 Official Opening – in the National Maritime Museum Gdansk Ołowianka 9-13 - near  
the competition area - 200 m from the place of competition

10:30 Beginning of the competition. Welcoming of the contestants by the President of Gdańsk  
Place of competition Yacht Club Marina Szafarnia str. 6 U GDAŃSK ( Old Town)

### Competitions:

Women's 25 m breaststroke

Men's 25 m breaststroke

Women's 25 m freestyle

Men's 25 m freestyle

Women's 50 m freestyle

Men's 50 m freestyle

Women's 50 m breaststroke

Men's 50 m breaststroke

100 m free style Women and MAN

200 m free style

450 m free style

**Relay 4 x 25 free style mix**

**Relay 4 x 25 breaststroke MAN**

**Relay 4 x 25 m freestyle. MIX**

**Relay 4 x 25 m freestyle Men**

**Relay 4 x 25 m breakstr. MIX**

**Relay 4 x 25m breakstr. Men**

16:00 End of the competition

16:30 Official closing of the competition and the awarding of the cups and medals at the  
main hall of in the National Museum Solidarity Gdansk – Street: Plac 3- Krzyży

19:00 Integration event and dinner with music at the Restaurant at the Solidarity Museum



## Attachment no. 2 - Relay Start Card

RELAY START CARD „Gdańsk 2017 ” MORSY

4X25m freestyle/ breaststroke style mix /2 female,2 male/ age cat. 151-200+

CLUB				
	FIRST AND SECOND NAME	DATE OF BIRTH	Age	SERIA
1				Track
2				
3				Time
4				
AGE TOGETHER				

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4X25m freestyle/ breaststroke style mix /2 female,2 male/ age cat. 151-200+

CLUB				
	FIRST AND SECOND NAME	DATE OF BIRTH	Age	SERIA
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CLUB				
	FIRST AND SECOND NAME	DATE OF BIRTH	Age	SERIA
1				Track
2				
3				Time



4				
	AGE TOGETHER			

**HEALTH DECLARATION**

I ..... hereby declare that I am healthy and take full responsibility for my health condition during the competition at the 5 th OPEN INTERNATIONAL POLISH CHAMPIONSHIPS WINTER SWIMMING "GDAŃSK" IN ICE WATER EXTREME SWIMMING, on 2<sup>nd</sup> December 2017, and will not pursue claims against the organisers in case of accident.

**Gdańsk , date .....**

**Signature:**

