



**EURO CUP IN  
WINTER SWIMMING  
GDAŃSK 2019**

**PROGRAMME:**

**HONORARY AUSPICES:**

Mayor of Gdańsk, Ms Aleksandra Dulciewicz

Pomeranian Marshal's Office Gdańsk

**Organiser:**

Polish Lech-Mors Foundation GDAŃSK

Foundation President Lech Bednarek, tel. 0048/501 550 040

**Competition co-organisers and partners:**

1. Gdańsk Museum GDAŃSK

2. INPRO Gdańsk

3. GOS Gdańsk

MCs: Mariusz Paluch

Piotr Łuba

Medical security, doctor, ambulance:

Sport Promotion Office, Gdańsk City Hall

Senior lifeguard: GOS Gdańsk

Scuba diver: Sport Promotion Office, Gdańsk City Hall

## **Date and place:**

**7-8 December 2019 Gdańsk, ul. Szafarnia St. 6 U/4**

**Marina, Old Town.**

## **Contact:**

Lech Bednarek - President of the Polish Lech-Mors Foundation

tel. 0048/501 550 040 e-mail: [biuro@lechmors.pl](mailto:biuro@lechmors.pl) [www.lechmors.pl](http://www.lechmors.pl)

Leszek Makurat - Vice President of the Polish Lech-Mors Foundation

tel. 0048/606 142 740 e-mail: [pfmlm@vp.pl](mailto:pfmlm@vp.pl)

Edward Witas – Member of the Executive Board of the Polish Lech-Mors Foundation

tel. 0048/608 649 901

Andrzej Banasiak – Vice President for sport, international contacts

tel. 0048/505/999-255

## **Competition Regulations:**

- application deadline max by 30.11.19.

- apply via the application form provided at the website and on Facebook.

Applications are to be sent via e-mail to: [biuro@lechmors.pl](mailto:biuro@lechmors.pl),

[www.lechmors.pl](http://www.lechmors.pl) tel. +48 501 550 040 or +48 505 999 255

The starts will take place in the following age categories:

**Age categories for the distances of 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 the distances of 100/200m and 400m.:**

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

Starts based on Start Cards

The 4x25m freestyle relay race mixed age categories, 2 women and 2 men.

The 4x25 MEN Relay race freestyle,

Relay race starts based on Start Cards

Relay race start cards should be delivered to the IT office 2 hours prior to the competition.

No thermos-insulating wetsuits.

Starts take place in the water. When starting one shoulder should be submerged in the water.

Failure to comply: disqualification.

Penalty for false start: additional 3 seconds.

The organiser has the right to change the order of the events.

Contestants' and relay race contestants' start cards, and health condition statements should be delivered to the Competition Office via e-mail or no later than on the day of the receipt of the start card.

The organiser reserves the right to change the order of the events and the start times.

**Start fee: 60- PLN/person or 15 E**

**40- PLN/person – further starts or 10 E**

**40 PLN/person – relay race or 10 E**

**100 PLN/person – party or 25 E**

Payment to the following bank account No. 691160 2202 0000 0002 8263 3603  
w PLN Bank Millenium Polska / Fundacja Morsów

Foreign guests should pay in EURO to the following account in Bank Millennium  
No. PL 57 1160 2202 0000 0002 8825 5260 SWIFT: BIG BP LPW

IMPORTANT: When paying, please provide the contestant(s) first and last name(s), event and whether they will participate in the party...YES/NO and in the transfer description

Awards:

Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.

Cups for 1<sup>st</sup> place in the relay races.

Diplomas for winners and all the contestants.

**Accommodation:**

**Hotel „Gryf”**

tel. +48/58/ 300 01 30

e-mail: [recepcja@gryfgdansk.pl](mailto:recepcja@gryfgdansk.pl)

The hotel is located next to the Solidarity Museum (former Shipyard area) in Gdańsk.

Booking with a discount with promo code: “MORSY”.

**Hotel „ARTUS”**

tel. +48/58/ 320 96 10

e-mail: [recepcja@ArtusHotel.com.pl](mailto:recepcja@ArtusHotel.com.pl)

Gdańsk ul. Piwna 36-39 near the Fountain of Neptune.

Booking with a discount with promo code: „MORSY”.

**Hotel “LOGOS”** tel. 48/58/3419116

e-mail: [rezerwacje@hotellogos-gdansk.pl](mailto:rezerwacje@hotellogos-gdansk.pl)

Gdańsk –Wrzeszcz ul. Uphagena 28.

Booking with a discount with promo code: „MORSY”.

**Attachments:**

Application Form

Relay race start card

Statement about health condition

Competition director:

Lech Bednarek tel. +48 501 550 040

President of the Polish Lech-Mors Foundation

# COMPETITION PROGRAMME

**7/8 December 2019**

|                                     |   |
|-------------------------------------|---|
| <b>Registration of contestants:</b> | 7 December 2019 at 8:00 do 9:30, Reception at the marina authorities (Bosmanat) Gdańsk ul. Szafarnia St. 6 U/4 – Old Town |
|-------------------------------------|---|

**Official opening:** 7 December 2019 at 10:00, Dwór Artusa (Artus Court) Gdańsk Old Town next to the Fountain of Neptune, Gdańsk ul. Długa St.  
Welcoming of the contestants by the Mayor of Gdańsk and parade with national flags to the competition water area.

|                           |  |
|---------------------------|--|
| <b>Competition start:</b> | 7 December 2019 at <b>11:00</b> , Old Town ul. Szafarnia St. 6 U/4<br>- Marina |
|---------------------------|--|

## Events on 7 December 2019 from 11:30

|                   |                |
|-------------------|----------------|
| 1/ Women's /Men's | 50 m freestyle |
| 2/ Women's/Men's  | 25 m butterfly |

- 3/ Women's 100 m freestyle
- 4/ Men's 100 m freestyle
- 5/ Women's 50 m breaststroke
- 6/ Men's 50 m breaststroke
- 7/ Women's 400 m freestyle
- 8/ Men's 400 m freestyle

## Events on 8 December 2019 from 10:00

- 1. Women's/Men's 200 m freestyle
- 2. Women's/Men's 25 m breaststroke
- 3. Women's/Men's 25 freestyle
- 4. 4x25 m Relay race 4 x 25 m
- 5. 4 x 25 m MEN Relay race Freestyle

**End of competition:** 8 December 2019 at 15:00

Awarding of medals, diplomas and cups on the 8th of December at. 16:00, will be held at the City Hall in the WETA hall on ul. Długa 46/47 next to the Artus Court and the statue of Neptune.

**Party:** 7 December 2019 at 19:00, dinner with music at the historic Piwnica Rajców (Town Councillors) restaurant in Gdańsk ul. Długa St. next to the Fountain of Neptune

**NOTE: On 8 December 2019 (Sunday), after the competition, trip can be organised to Kaszubia or Malbork. Applications accepted until 20 November 2019**

# EUROPEAN Championships in Winter Swimming Gdańsk, 7-8 December 2019

## **PARTICIPANT Application**

.....  
first and last name and TELEPHONE NUMBER

.....  
date and place of birth (age category)

.....  
postal code, city

.....  
address and CLUB

.....  
ID series / number

Distances and styles:

Participation in the party YES, how many persons, or NO:

## **STATEMENT**

I hereby state that I am familiar with the regulations and undertake to abide by them.

If I enter the 100m, 200m or 400m race, I will provide a doctor's permission for my start and my EKG results.

I, the undersigned, voluntarily state that I will take part in the championships exclusively at my own risk. Furthermore, I hereby state that my health condition permits me to start (participate) in the EUROPEAN Championships in Winter Swimming and I will not pursue any legal and/or financial claims against the organisers.

In keeping with the Act of 29/8/1997 on the Protection of Personal Data, I hereby give permission for the processing of the personal data provided in my application and this statement.

.....  
Legible signature of the participant/contestan **NOTE: The competition agenda and details at [www.lechmors.pl](http://www.lechmors.pl) or on the Facebook profile**