

**“Grand Prix Macedonia Open 2021”**

**27-28.03.2021 Skopje**





**Organizer:**National Swimming Federation of North Macedonia  
**Date and place of competition:**27-28.03.2021 Skopje,Macedonia

**Race pool:**Olympic Swimming Pool,8 lane

Blvd.Krushevska Republika Skopje

**Water temperature:** 26c

**Time keeping :** Electronic time

keeping Vracar Electronics

**Categories:**

Cat	Male	Female
A	ABSOLUT	ABSOLUT
B	2003 – 2004	2003 – 2004
C	2005 – 2006	2005 – 2006
D	2007 – 2008	2007 – 2008
E	2009 and younger	2009 and younger



**Propozition:**

- The competition will be held according to the rules of FINA, LEN and NPF
- Every swimmer has the right to an unlimited number of races
- In the disciplines 800 and 1500m freestyle the organizer reserves the right to limit the number of swimmers to one group according to the reported times.
- The best 3 swimmers in each discipline and category will be awarded with medals
- The best swimmers in the category will be awarded with a trophy
- The best swimmers in Men and Women are announced according to the sum of FINA points from 4 races in their category.

There are cash prizes for the winners of the Skins race in the men's and women's categories

**Entry fee**

Entry fee is 5 euros for foreign competitors and 300 denars per start for domestic competitors

**Application**

Application deadline 24.03.2021, applications to be sent in Lenex document to the following addresses: nacionalnaplivackafederacija@yahoo.com; aleksandar@yahoo.com; After that deadline and the application that is not released in the Lenex file, the startup is doubled after the start

The technical meeting is scheduled to be held on March 26, 2021 at 20:00 at the Olympic pool.

**Accommodation:**

we recommend hotel accommodation from 25 to 35 euros full board Contact person: Mariana Kočovska phone +389 71 269 660

Due to the situation with the Coronavirus, the audience will not be allowed to enter the pool, each club is obliged to submit a list of coaches / delegates to the match and they will be released according to the following:

- Up to 10 swimmers 1 delegate + 1 coach
- From 11-20 swimmers 1 delegate +2 coach
- Over 21 swimmers 1 delegate + 3 coaches

Delegates must have a first and last name proposed by the club, all others not on the list and not associated with the swimmer will not enter the pool.

### **Competition program:**

Saturday morning (8:30 start of competition; warm up 07:30)	Saturday evening (16:00 start of competition, warm up 15:00)
I part	II part
50m free M/F - all	100m backstroke M/F – all
50m breastroke M/F –all	200m free M/F – A,B,C,D
1500m free M/F– A,B	200m breastroke M/F –A,B,C,D
100m buterfly M/F – all	200 m individual medley M/F-A,B,C,D
400 individual medly M/F – A,B,C	
Sunday morning (8:30 start of competition; warm up 7:30)	Sunday evening (16:00start of competition; warm up 15:00
III part	IV part
50m backstroke M/F – all	800m free M/F– A,B
50m butterfly M/F – all	200m backstroke M/F – A,B,C,D
400m free – A,B,C	100m free M/F - all
100m breastroke – All	200m buterfly – A,B,C,D
	3x50M free – SKINS RACE

#### **SKINS RACE RULES:**

It starts only on one side of the pool, after the race the winners return to the spot at the start of the "Skins race".

The best 8 swimmers according to the time swimming in the 50 discipline will freely qualify for the skin race that will take place at the end of the Fourth part of the final races.

There are three 50m freestyle races with a 4 minute break between races.

The first race is started by 8 swimmers, the second race is started by the 4 fastest swimmers from the first race, in the last race the 2 fastest swimmers from the previous race start.

**IMPORTANT NOTICE:**

**The competition is held according to the rules of FINA, LEN and NPF, according to the protocols for protection from the corona virus of the Government of the Republic of Northern Macedonia and the National Swimming Federation of Northern Macedonia.**

**All competitors who want to take part in the competition should be mentally and physically healthy**

**By registering their swimmers, the clubs bear full responsibility for their health condition**

**The organizer does not bear any responsibility during the match.**

With respect

Mr. Aleksandar Filipchev  
President of the National Swimming Federation of North Macedonia

