



Notice of the

15th Int. McDonald's Multi-Stroke Cup

22nd/23rd January 2005

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

Description of pool: 25 m length, 5 lanes, wave-breaking lines; depth 1.25 m - 1.80 m;
lane width 2.50 m; water temperature 27 deg.; electronic timing by OMEGA

Saturday, Jan. 22, 2005:

Start of warm-up: 9.30 a.m.
Start of 1st competition section: 10.30 a.m.

1+2	200 m Ind. Medley prelim. female	1991/92 and 89/90	(time limit: 2:52/2:46)
3+4	200 m Ind. Medley prelim. male	1989/90 and 87/88	(time limit: 2:36/2:29)
5+6	200 m Freestyle prelim. female	1991/92 and 89/90	(time limit: 2:31/2:25)
7+8	200 m Freestyle prelim. male	1989/90 and 87/88	(time limit: 2:18/2:13)

Start of warm-up: 12.30 p.m.
Start of 2nd competition section: 14.00 p.m.

	94	93	92	91	90	89	88	Guideline timing
	+younger						(+older)(+older)	
9	100 m Backstroke female	1:38	1:34	1:28	1:25	1:21	1:19	=
10	100 m Backstroke male	1:36	1:31	1:26	1:22	1:18	1:14	1:11
11	4x50 m Freestyle open female							
12	4x50 m Freestyle open male							
13	100 m Breaststroke female	1:48	1:40	1:36	1:33	1:31	1:28	=
14	100 m Breaststroke male	1:47	1:39	1:34	1:29	1:26	1:23	1:19

following a short warm-up time (roughly 20 mins.) and

Start of 3rd competition section: (planned between) 6.30 – 7 p.m.

15	SPEEDO Final 200 Ind. Medley female	91/92	(with the 5 fastest of event 1)
16	SPEEDO Final 200 Ind. Medley male	89/90	(with the 5 fastest of event 3)
17	SPEEDO Final 200 Ind. Medley female	89/90	(with the 5 fastest of event 2)
18	SPEEDO Final 200 Ind. Medley male	87/88	(with the 5 fastest of event 4)
19	SPEEDO Final 200 Freestyle female	91/92	(with the 5 fastest of event 5)
20	SPEEDO Final 200 Freestyle male	89/90	(with the 5 fastest of event 7)
21	SPEEDO Final 200 Freestyle female	89/90	(with the 5 fastest of event 6)
22	SPEEDO Final 200 Freestyle male	85/85	(with the 5 fastest of event 8)

Sunday, Jan. 23, 2005:

Start of warm-up: 8.00 a.m.

Start of 4th competition section: 9.00 a.m.

	94 -younger	93	92	91	90	89 (+older)	88 (+older)	Guideline timing	
23	100 m Butterfly female	1:45	1:37	1:30	1:24	1:20	1:16		=
24	100 m Butterfly male	1:46	1:38	1:29	1:21	1:16	1:13		1:10
25	4x50 m Ind. Medley 91 and younger female								
26	4x50 m Ind. Medley 89 and younger male								
27	100 m Freestyle female	1:25	1:20	1:17	1:14	1:12	1:10	=	
28	100 m Freestyle male	1:25	1:19	1:15	1:11	1:07	1:04	1:01	

following Presentation of Awards and 30 minutes additional warm-up time
Start of 5th competition section:

29	McDonald's Final	100 m Ind. Medley male	1994 and younger
30	McDonald's Final	100 m Ind. Medley female	1994 and younger
31	McDonald's Final	100 m Ind. Medley male	1993
32	McDonald's Final	100 m Ind. Medley female	1993
33	McDonald's Final	100 m Ind. Medley male	1992
34	McDonald's Final	100 m Ind. Medley female	1992
35	McDonald's Final	100 m Ind. Medley male	1991
36	McDonald's Final	100 m Ind. Medley female	1991
37	McDonald's Final	100 m Ind. Medley female	1990
38	McDonald's Final	100 m Ind. Medley female	1990
39	McDonald's Final	100 m Ind. Medley male	1989
40	McDonald's Final	100 m Ind. Medley female	1989 and older
41	McDonald's Final	100 m Ind. Medley male	1988 and older

General Conditions:

The competitions will be run according to VÖS regulations and are open to all FINA clubs.

We start this year according to the one-start-rule (only one start-attempt per heat).

Lanes will be given out regardless of age according to the best times on the entry lists.

Class divisions and Scoring for all 100 m events:

Female by year of birth for years 1990 - 1993, grouped for the years *1994 and younger / 1989 and older*

Male by year of birth for years 1989 - 1993, grouped for the years *1993 and younger / 1988 and older*

Multi-Stroke Scoring:

Those swimmers starting in all 4 strokes will receive a total score, divided by **year of birth**. These points will be added together according to the 1000-point table.

The 5 best-placed male and female participants in each age-group qualify for the **McDonald's Finals** (events 29-41).

These finals cover **100 m Individual Medley**.

Credit-Rule:

If a swimmer is disqualified in a 100m-event (and only then), he/she gets only once in the whole competition the possibility, to swim again this distance before the end of the competition section. The time swum and LEN-points of this credit-100m will count only for the multi-stroke and for reaching the finals. Lanes will be given by the organization committee. One official of the team has to claim for the credit-100m immediately after publication of the single 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 (female: 91 and younger, male: 89 and younger)



200 m Ind. Medley and Freestyle:

Female grouped for the years 89 and 90 as for 91 and 92

Male grouped for the years 87 and 88 as for 89 and 90

The older age-groups are according to the European Junior Championship age-classes.

Team Scoring: The top 5 in the single 100 m events receive between for **5 -1 points** 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: between 2 and 10. Double points are given for the Freestyle-Relays (events 11, 12): between 2 and 10.

Entries should be sent by the enclosed Entry Forms. Forms can be faxed and sent by e-mail - see below. Please fill in your previous best times in the space provided. If no times are available, cross the corresponding field clearly!

☞ Swimmers entered in all 4 strokes automatically take part in the Multi-Stroke Scoring (and can only qualify for the finals in this way).

Due to the number of entries in last years, clubs are asked to enter only those swimmers who have achieved the **guidline times** in *at least 3 of the 4 disciplines*

Final entry date: **7.1.2005** (Postmark!) – **please take note of the deadline!!!**

Entry address: Norbert Brendl, Obermüllnerweg 11, 4040 Linz, @: bn0@aon.at, fax: +49 (0)732/3733-61128

Online entry: Same as last year we will to offer such an online entry – at: www.msecm.at

At any questions: please contact therefore before doing your entry: martin.heger@msecm.at (he will tell you everything about it).

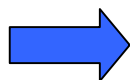
Starting money:

- is € 4,00 for each **100 m** event
- swimmers taking part in the **Multi-Stroke Scoring** pay a reduced price for all 4 disciplines of € 14,00
- For **200 m** events (IM FS) starting money is fixed at € 12,00 – if the swimmer reaches the time limit we pay back € 6,00.
- Relays cost € 7,00 each, belated entries (if accepted) 12,00

Starting Money should be paid in Cash in the Baths before the start of the competition.

Awards and Prizes:

- The best TEAM receives Invitation for 4 Actives for the year 2006!
- The 3 best-placed from each discipline and each age-group receive a medal.
- The winning relay-team receive non-cash prizes, the 3 best-placed teams receive medals.
- The classified finalists (1-5) in the *age-group finals* receive *cash prizes*:
 - General Class € 70,- / 50,- / 40,- / 20,- / 10,-
 - 15 (m, w) , 16 (men) € 60,- / 40,- / 30,- / 20,- / 10,-
 - 13 and 14 years € 50,- / 30,- / 20,- / 10,- / 5,-
 - 11 and 12 years € 40,- / 25,- / 15,- / 10,- / 5,-



Additionally the 3 fastest from all McDonald's Finals receive (male and female):

€ 400,- / 250,- / 150,-

- € 50,- will be given for the winners of the 200 m finals (as speedo voucher for the speedo shop)

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

Allg.	3.161	Hlavacova Yveta	CZE	2000	3.278	Cassol Davide	ITA	2000
16 J.	-				2.947	DiCarli Marco	D	2001
15 J.	3.065	Jukic Mirna	AUT	2001	2.567	Schmidt Sebastian	D	1999
14 J.	2.886	Jukic Mirna	CRO	2000	2.273	Kelbl Ondrej	CZE	2002
13 J.	2.715	Klinar Anja	SLO	2001	2.105	Bunda Matej	H	1997
12 J.	2.515	Katatics Ida	H	1995	1.860	Jukic Dinko	AUT	2001
11 J.	1.953	Halacova Michaela	CZE	2000	1.618	Jukic Dinko	CRO	2000

- Finally there will be given little prizes for improvement of the Meeting-Records!

For organisational questions please contact Norbert Brendl, (phone during the day +43 732 3733 1128, in the evening: +43 (0)699 155 66 288).

For accommodation requests, *Hotel Sommerhaus* will help you: phone +43 732 2457 376 (Raabstraße 10, A-4040 Linz).

A limited number of rooms are again available in the Raab-Heim.

We will be again looking after you with a buffet throughout the competition, and there will again be a sales stand. Any problems? Just give us a call and we'll be sure to help!

Further information and the results of the last three years you can get on our homepage www.adm-swim.geocomp.at under the "Mehrlagencup"-Button.

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

Union McDonald's ADM Schwimmen

Norbert Brendl
(General Manager of the MSC)

Hans-Jörg Gramlinger
(Head of Swimming Section)

Dir. Peter Müller
(Club President)