

dobrodošli, welcome, willkommen, benvenuti, welkom, bienvenue

ODPRTO DRŽAVNO PRVENSTVO SLOVENIJE V PLAVANJU ZA VETERANE IN PARAPLAVALCE 2019

Open National Swimming Championship for
Masters and Para Swimming Athletes People 2019

BLISK
CASTING

17. november 2019

**PLAVALNI KLUB
KRANJ**

50m Olimpijski bazen Kranj / 50m Indoor Olympic pool Kranj

HOTEL
MARINŠEK
NAKLO

KONICA MINOLTA

MEBOR



PLAVALNA ZVEZA SLOVENIJE



Organizator tekmovanja / Organizer of the competition:

PLAVALNI KLUB KRANJ

Trg Rivoli 3
4000 Kranj, Slovenija
T: +386 (0)40 467 853 in +386 (0)40 467 854
e-mail: pk.kranj@gmail.com
web: www.pk-kranj.si
FB: <https://www.facebook.com/pkkranj/>

Kraj / Venue:

Naziv / Name: Pokriti olimpijski bazen Kranj / In-door Olympic pool Kranj,

Naslov / Address: Partizanska cesta 37, 4000 Kranj, Slovenija

Tehni ni podatki / Technical data:

Olimpijski bazen, 50m, 10 prog, globina bazena 2,2m temperatura vode 26,5°C/
Swimming pool 50m, 10 lanes, depth 2.2m, temperature 26.5°C

Merjenje / Timing:

Elektronsko, OMEGA / "Omega Electronic"

Program tekmovanja / Competition Program

ogrevanje / warm up	8:00 - 8:45
otvoritev državnega prvenstva / opening of the national championship	8:45 - 9:00
1. DEL tekmovanja / 1st PART competition	9:00 - 11:00
*ODMOR med 1. in 2. delom: 60 min / *Break between the first and second part: 60min	11:00-12:00
2. DEL tekmovanja / 2st PART competition	12:00-15:00

* Organizator si pridržuje pravico do spremembe urnika (ve je število prijav).

* The organizer reserves the right to change the schedule.

Kategorije / Category

veterani, letnik 1994 in starejši ter kategorija A+ (18-24 let) / masters, year 1994 and older, and category A+ (18-24)

A+ 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 – 84	M 85 – 89	N 90 +



Plavalni program / Swimming Program:

PLAVALNI PROGRAM PO DISCIPLINAH (VETERANI / PARAPLAVALCI) Swimming Program by disciplines (MASTERS / PARASWIMMERS)

EVENT	Discipl.	Stil / Stile	PRAVICO NASTOPA / THE RIGHT OF APPEARANCE
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1. DEL tekmovanja / 1st PART competition

1.	50 m	prosto / freestyle	PARAPLAVALCI / PARASWIMMERS
2.	50 m	prosto / freestyle	VETERANI / MASTERS
3.	100 m	hrbtno / backstroke	PARAPLAVALCI / PARASWIMMERS
4.	100 m	hrbtno / backstroke	VETERANI / MASTERS
5.	400 m	prosto / freestyle & mešano / medley	VETERANI / MASTERS
6.	100 m	prsno / breaststroke	PARAPLAVALCI / PARASWIMMERS
7.	100 m	delfin / butterfly	PARAPLAVALCI / PARASWIMMERS
8.	100 m	delfin / butterfly	VETERANI / MASTERS
9.	50 m	delfin / butterfly	PARAPLAVALCI / PARASWIMMERS
10.	200 m	mešano / medley	VETERANI / MASTERS
11.	50 m	prsno / breaststroke	PARAPLAVALCI / PARASWIMMERS
	200 m	prsno / breaststroke	VETERANI / MASTERS
13.	50 m	hrbtno / backstroke	PARAPLAVALCI / PARASWIMMERS
14.	50 m	hrbtno / backstroke	VETERANI / MASTERS
15.	4x50m	mešano štafeta / medley relay	VETERANI / MASTERS
16.	100 m	prosto / freestyle	PARAPLAVALCI / PARASWIMMERS
17.	800 m	prosto / freestyle	VETERANI / MASTERS
18.	1500 m	prosto / freestyle	VETERANI / MASTERS

2. DEL tekmovanja / 2st PART competition

19.	100 m	prsno / breaststroke	VETERANI / MASTERS
20.	50 m	delfin / butterfly	VETERANI / MASTERS
21.	200 m	prosto / freestyle	VETERANI / MASTERS
22.	50 m	prsno / breaststroke	VETERANI / MASTERS
23.	200 m	delfin / butterfly	VETERANI / MASTERS
24.	200 m	hrbtno / backstroke	VETERANI / MASTERS
25.	100 m	prosto / freestyle	VETERANI / MASTERS
26.	4x50m	prosto štafeta / freestyle relay	VETERANI / MASTERS

VETERANI / MASTERS

Plavalni program / Swimming Program:

I.DEL / I.PART

EVENT	Discipl.	Stil / Stile
2.	50 m	prosto / freestyle
4.	100 m	hrbno / backstroke
5.	400 m	prosto / freestyle & mešano / medley
8.	100 m	delfin / butterfly
10.	200 m	mešano / medley
12.	200 m	prsno / breaststroke
14.	50 m	hrbno / backstroke
15.	4x50m	mešano štafeta / medley relay
17.	800 m	prosto / freestyle
18.	1500 m	prosto / freestyle

II.DEL / II.PART

EVENT	Discipl.	Stil / Stile
19.	100 m	prsno / breaststroke
20.	50 m	delfin / butterfly
21.	200 m	prosto / freestyle
22.	50 m	prsno / breaststroke
23.	200 m	delfin / butterfly
24.	200 m	hrbno / backstroke
25.	100 m	prosto / freestyle
26.	4x50m	prosto štafeta / freestyle relay

*400 mešano bo poteklo znotraj 400 prosto.
*800 prosto in 1500 prosto bomo izvedli v primeru prijave vsaj 4 tekmovalcev . Prijave na 800 prosto in 1500 prosto sta števil no omejeni in sicer po 16 najbolje prijavljenih po asu na disciplino (tekmovalci bodo razporejeni po dva na progo), zato morajo tekmovalci ob prijavi navesti as plavanja. Limit za 800 prosto 20:00,00, za 1500 prosto 30:00,00. Po prete enem asovnem limitu bo vrhovni sodnik s signalom zaklju il disciplino. Tekmovalci, ki ne bodo odplavali limita bodo diskvalificirani.

PARAPLAVALCI/ PARASWIMMING ATHLETES

Starostne kategorije / Age Group:

Plavalni program / Swimming Program:

I.DEL / I.PART

EVENT	Discipl.	Stil / Stile
1.	50 m	prosto / freestyle
3.	100 m	hrbno / backstroke
6.	100 m	prsno / breaststroke
7.	100 m	delfin / butterfly
9.	50 m	delfin / butterfly
11.	50 m	prsno / breaststroke
13.	50 m	hrbno / backstroke
16.	100 m	prosto / freestyle

Discipline v katerih lahko nastopajo paraplavanci. / **Disciplines which Para Swimming athletes may compete.**

Vsak paraplavalec je lahko na državnem prvenstvu prijavljen v največ dve plavalni disciplini. / **Para Swimming athletes may compete only in two discipline.**

⊗ Na državnem prvenstvu lahko nastopijo vsi pravočasno in pravilno prijavljeni paraplavanci, ki po svoji stopnji invalidnosti sodijo v enega izmed razpisanih razredov in imajo 19 let in več. / **At the national championship, all timely and properly registered paraswimmers who, after their degree of disability, can be placed in one of the offered classes and have 19 years and more.**

Paraolimpijske kategorije in klasifikacije /Paralympic swimming categories and classification:

FUNKCIONALNE OKVARE: Razredi od S1 – S10 (hrbno, prosto in delfin) in SB1 – SB9 (prsno) (odgovarjajo mednarodnim razredom prosto, hrbno, delfin S1 – S10, prsno SB1 – SB9). Dodane skupine na državnem nivoju: Nac – razred nacionalno, PMS – razred multipla skleroza

SLEPI IN SLABOVIDNI: Razredi od PB1-PB3 (odgovarjajo mednarodnim razredom S11-S13 v vseh štirih disciplinah)

Opomba: Tekmovalci razreda B4 tekmujejo v razredu NAC.

GLUHI: Razred PG

Opomba: Naglušni tekmovalci, ki po dolo ilih ICSD ne spadajo v razred gluhih, tekmujejo v razredu NAC.



MOTNJE V DUŠEVNEM RAZVOJU: SB14 (odgovarja mednarodnemu razredu S14 v vseh štirih disciplinah)

Skrajšani opisi značilnosti posameznih kategorijah invalidnosti so v prilogi Tehni nega pravilnika za organizacijo in izvajanje tekmovanj v plavanju.

Sport Classes The sport class names in Swimming consist of a prefix “S”, “SM”, or “SB” and a number. The prefixes stand for the event and the number indicates the sport class the athlete competes in the respective event. The prefixes are: ♣ S: Freestyle, Butterfly and Backstroke events ♣ SB: Breaststroke ♣ SM: Individual Medley

The numbers are: ♣ Physical impairment: 1 – 10 ♣ Visual impairment: 11 – 13 ♣ Intellectual impairment: 14

Pravila tekmovanja / Competition regulations:

Tekmovanje bo potekalo v skladu s pravili Plavalne zveze Slovenije, ki so usklajeni s pravili evropske (LEN) in svetovne plavalne zveze (FINA), dopolnjenih s pravili **IPC** Plavalna pravila in predpisi za plavanje invalidov, IPC pravilih za klasifikacijo plavalcev. Pravico nastopa imajo plavalci iz Slovenije in tujine. Po prijavljenih asih bodo razdeljeni v skupine. / **Championship will be held according to PZS, LEN and FINA regulations, IPC Swimming Rules and Regulations for Paraswimmers. Right to participate on competition have Swimmers from Slovenia and abroad. After the reported times they will be divided into groups.**

Izjava / statement:

S prijavo na Odprto državno prvenstvo za veterane in invalide, vsak udeleženec potrjuje, da so podatki, ki jih je zapisal oz. podal na/pri prijavi, resni ni. S tem izjavlja, da je zdrav, vsestransko pripravljen za aktivno udeležbo in zdravniško pregledan. Upošteval bo vsa navodila organizatorja in na tekmovanju sodeloval na lastno odgovornost. Potrjuje, da pristaja na tveganja v zvezi z udeležbo pri tej aktivnosti in zato od organizatorja ne bo uveljavljal kakršnih koli odškodninskih zahtevkov. Soglaša, da lahko organizatorji prireditve objavijo njegove podatke, fotografije, posnetke in izjave v sredstvih javnega obveščanja, ne da bi od njih zahteval kakršno koli povračilo.

The organizer and other persons involved in the event are not liable for accidents, injuries or damage to a person or thing, whatever the cause. The legal guardian and the club are informed about health and other dangers and circumstances associated with the competition and expressly confirm with the registration that the participation in the event is at own risk and responsibility, and that no claims whatsoever are made against the organizer or other persons involved in the event. With the registration, the competition regulations and organizational regulations, including any changes that may have become necessary, which have been published by e-mail at the latest two working days



prior to the registration deadline, will be acknowledged. During the event, photographs and film shots may be produced in the swimming pool on behalf of SC Kranj. The participants of this public event expressly consent to the use and publication by SC Kranj by submitting the registration.

Štartnina / Entry Fee:

število nastopov / **number of performances**: maksimalno 6 štartov / **max 6 starts**

štartnina ob prijavi na TRR / **starting fee at Entries on Pay on account**: 30€

štartnina na dan tekmovanja / **starting fee race day**: 40€

⊗ SLO paraplavalci so oprošeni štartnine / **SLO paraswimmers are exempt from the entry fee**

⊗ štartnina za paraplavalce iz tujine / **Entry Fee Paraswimmers other countries**: 10€ na štart / **10€ per individual start**

*V štartnino je vključeno kosilo in spominska diploma. / **Entry Fee includes lunch and a commemorative diploma.**

Klubi / društva morajo štartnino poravnati pred pričetkom tekmovanja ali na TRR društva (SLO klubi). Štartnina se plača za vse, ki so navedeni v štartni listi in niso objavljeni do navedenega datuma objave. / The entry fees can be paid only at the administration office before the beginning of the competition.

Nakazila na TRR na številko računa / Pay on account:

PLAVALNI KLUB KRANJ, Trg Rivoli 3, 4000 Kranj. DŠ: 23775262.

Matična št.: 2331594000.

TRR: SI56 2900 0005 0437 917 odprt pri UniCredit Bank,

NAMEN: Ime in priimek + KLUB / Your name and last name + CLUB

Prijave / Entries:

Prijave do **torka, 12. 11. 2019** ([preko prijavnega obrazca na www.pk-kranj.si](http://www.pk-kranj.si)) / Entries until **Tuesday 12th November 2018** ([via the application form at www.pk-kranj.si](http://www.pk-kranj.si)).

⊗ Prijave za paraplavalce tudi preko sistema:

<https://prijava.zsis.si/Account/Login>

⊗ Za dodatne informacije pri prijavi se lahko obrnete na g. Primoža Jeralića na: primoz.jeralic@zsis.si

Odjave / Cancellations:

Do srede, 13.11.2019 do 20⁰⁰ /

Until Wednesday 13^h November 2019 until 8.00 p.m.

Nagrade / Prizes:

Prvi trije v vsaki disciplini bodo nagrajeni z medaljami (absolutno) in diplome (kategorije) po masters to kah. Najboljša posameznika, v moški in ženski kategoriji, v seštevku treh (upoštevajo Masters to ke) prejmeta pokal.

♿ Paraplavalci prejmejo odli ja po razredu invalidnosti na posamezno disciplino.

The first three (absolute) each individual event will be rewarded with medals by masters points. Best swimmer (men and woman) in absolute category will be awarded by cup. The winners will be chosen according to the sum of three best results by masters points receive the trophy.

