

IV. CONSOLIS ASA INTERNATIONAL SENIOR SWIMMING COMPETITION

Purpose of the competition: To promote swimming. Preparing for the Summer Masters European Championship in Belgrade, as well as providing the opportunity to perform at the highest level under competition conditions similar to the EC venue. Health preservation, support of leisure activities of disabled and able-bodied athletes, maintenance of motivation.

Competition time:

- April 13, 2024 11:45 (11:00-11:30 warm-up)
- April 14, 2024 08:30 (08:00-08:25 warm-up)

Competition location: 6800 Hódmezővásárhely, Ady Endre street. 1. Gyarmati Dezső Sports Pool.
50-meter, 10-lane, heated pool, water temperature 26-28 °C .

Competition director: Hód-Triathlon and Öttusa SE and Hódfürdő Kft.

Timing: Omega Aquatics electric timing

Registration: You can register online at <https://meet.kvsc.info> until midnight on April 5, 2024. On-site entry is possible in justified cases, if there is an empty field. Online results on the following interface: <https://results.markoca.hu/>

Entry fee:

- In individual competition: HUF 1,500/start.
- Relay entry fees: HUF 2,400/relay.
- **Freestyle-Breastroke „DUEL”** - HUF 4,000 per pair.

The entry fee can be paid on site in cash or by bank transfer: ACCOUNT NUMBER: 10700158-02038702-51100005; Bank name: CIB Bank Hódmezővásárhely, Association name: Hód-Triathlon és Öttusa SE. We cannot refund entry fees or transfer them to other competitors. We would like to draw the attention of the teams to indicate their need for an invoice in advance, and we issue 1 - 1 bank transfer and cash invoice per association. In the case of bank transfer, please provide the exact billing name, address, and tax number for association payments, especially if association payments are made from a private account. Individual payers receive an invoice in the case of a bank transfer (name and address are required for this), and a receipt in the case of a cash payment.

Participants: Anyone over the age of 25 can compete. The processing of time results into the official ranking list is subject to MSZUOSZ registration.

Start: The "one start" rule applies during the race. We reserve the right to start it.

Other information about the competition can be requested at the following contact details:

✉ E-mail: hodszenior@gmail.com

📘 Facebook: Hód-Triathlon-, Öttusa és Szenior Úszók (www.facebook.com/szenioruszas)

📞 Phone: 06-20-231-2042 (Dávid Köteles, main organizer)

Age groups:

Egyéni számok:				Váltók:			
Korcsoportok	Sz. év	Korcsoportok	Sz. év	Kcs	Össz év	Kcs	Össz év
I. 25-29	1995-1999	VIII. 60-64	1960-1964	I. 100-119 év		II. 120-159 év	
II. 30-34	1990-1994	IX. 65-69	1955-1959	III. 160-199 év		IV. 200-239 év	
III. 35-39	1985-1989	X. 70-74	1950-1954	V. 240-279 év		VI. 280-319 év	
IV. 40-44	1980-1984	XI. 75-79	1945-1949			VII. 320-359 év	
V. 45-49	1975-1979	XII. 80-84	1940-1944				
VI. 50-54	1970-1974	XIII. 85-89	1935-1939				
VII. 55-59	1965-1969	XIV. 90-94	1930-1934				
		XV. 95-99	1925-1929				

Race numbers:

Saturday 13.04.

11:40 (warm up 11:00-11:30)

1. 400m MAN Medley
2. 400m WOMAN Medley
3. 100 M. Freestyle
4. 100 W. Freestyle
5. 200m M. Breastroke
6. 200m W. Breastroke
7. 100m M. Backstroke
8. 100m W. Backstroke
9. 200m M. Butterfly
10. 200m W. Butterfly
11. 50m M. Breastroke
12. 50m W. Breastroke
13. 200m M. Freestyle
14. 200m W. Freestyle
15. 50m M. Butterfly
16. 50m W. Butterfly
17. 200 M. Medley
18. 200 W. Medley
19. 4x100 MIXED Freestyle Relay
20. 2x50 Freestyle-Breastroke „DUEL”

Sunday 14.04.

8:30 (warm up 8:00-8:30)

21. 400m MAN Freestyle
22. 400m WOMAN Freestyle
23. 100m M. Breastroke
24. 100m W. Breastroke
25. 200m M. Backstroke
26. 200m W. Backstroke
27. 50m M. Freestyle
28. 50m W. Freestyle
29. 100m M. Butterfly
30. 100m W. Butterfly
31. 50m M. Backstroke
32. 50m W. Backstroke
33. 4x50 M. Medley Relay
34. 4x50 W. Medley Relay
35. 4x50 MIXED Freestyle Relay

" **Fast-Breast Duel**": It is held in 2 races up to 99 years of age and over 100 years of age . A team consists of 2 people, 1 male and 1 female competitor. The first member (male) completes the first 50 meters in freestyle swimming and replaces the other member of the pair (female competitor), who completes the competition distance in breaststroke. Those who finish in breaststroke start the next one in freestyle swimming after a 1-minute rest, the time of which starts when the last pair arrives. The slowest team is eliminated. The rules of the MÚSZ/LEN govern the ethical and rule-level requirements of swimming.

Relays: Only the times in which teams field members of the relay from the same association are included in the ranking list.

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Awards: Rankings are decided on the basis of time trials. The I-III. winners receive medals by age group and gender.

- Based on the individual time trial rankings, **the female and male competitor who collects the most points will receive a prize.** In the event of equality of total points, the average of the percentage performance counts. 8 points for first place, 2 points for seventh place. The competitor receives 1 point for each successfully completed event.

- **The most successful team of** the competition will be announced. The most successful team wins a traveling cup, which the winning association can claim as its own for a whole year. The order of the team competition is calculated from the individual and relay positions achieved by the competitors of the associations based on the point system described above. The scoring of relays has the same value as the scoring system for individual numbers.

- **The most successful male and female competitor** will be announced. Based on the average of the percentage results based on the 5 best swimming races, the male and female competitors who achieved the highest percentage, with the support of POLAR Hungary, will each receive a Polar Verity They win a Sence optical heart rate monitor.

- **We will draw a** lottery among those who complete at least one race another Polar Verity Sence device.

- **Zoltán Mátrai memorial award** will receive for the competitor with the best percentage time result in the men's 50 m butterfly.

The individual prizes will be awarded/drawn at the end of the competition program on Sunday.

Other:

- Races with lower entry times swim first.
- Parking: **there is a fee in the entire parking lot of the swimming pool, even on weekends,** but parking is free in other parts of the city.
- The rules of the MÚSZ govern the competition.
- A sports doctor's license is not mandatory, but a preliminary **health assessment is recommended.** Everyone can participate in the competition at their own risk, which they acknowledge and fully accept when sending the entry.
- We ask everyone to comply with the current epidemiological regulations.
- It is possible to warm up during the competition in the outdoor 50-meter pool, as well as on the free lines of the teaching pool in the swimming pool.
- We reserve the right to hold the competition based on the number of entries received. Please, if possible, submit your intention to enter as soon as possible.
- Entry to the swimming pool is free for competitors. When entering the race, please also indicate the competitor who only swims relay. **Entry to the competition can be accessed through the glass door entrance across the parking lot. An accompanying ticket** can be purchased at the swimming pool entrance for HUF 900.
- **Online results on the following interface: <https://results.markoca.hu/>**

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Dinner:

A pleasant 5-minute walk from the swimming pool, we organize a buffet dinner for the athletes and guests at a price of 3,900 HUF/person, which can be paid in cash only along with the entry fee on the Saturday of the competition. It is important to send the planned dinner number to hodszenior@gmail.com in accordance with the entry deadline.

Accomodation:

A renewed Camping awaits its guests at the Török Sándor Strandfürdő és Gyarmati Dezső Sportuszoda facility: www.hodfurdo.hu/kemping-9/

**Our partners:**

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