



MM
PINGVINČEK
KLANJ SLOVENIJA



MEDNARODNI PLAVALNI MITING
PINGVINČEK '18 SLO - Kranj
24. - 25. MAREC 2018

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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.pingvincek.si



Kraj / Place of competition:

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

Naslov / Address: Partizanska cesta 39, 4000 Kranj, Slovenija

Tehnični 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 / Timming:

Elektronsko, OMEGA PZS Timming / "Omega Electronic" PZS Timming

Starostne kategorije / Age categories:

CAT.	Moški / Male	Ženske / Female
A	2001 in starejši / and older	2002 in starejše / and older
B	2002 - 2003	2003 - 2004
C	2004 - 2005	2005 - 2006
D	2006 in mlajši / and younger	2007 in mlajše / and younger

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). / Championship will be held according to PZS, LEN and FINA regulations.

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Program tekmovanja / Competition Program:

Predtekmovanje / Heats	Finale / Final
Ogrevanje / Warm up: 8.00	Ogrevanje / Warm up: 16.00
Tekmovanje / Competition: 9.00	Tekmovanje / Competition: 17.00

1. dan / day - sobota / Saturday

Discipl.	Stil / Stile	Predtek. / Heats	Finale / Final
50 m	prsno / breaststroke	A,B,C,D	A Finale / Final B Finale / Final (absolutno/open)
50 m	prosto / freestyle	A,B,C,D	
100 m	hrbno / backstroke	A,B,C,D	
200 m	prosto / freestyle	A,B,C,D	
100 m	delfin / butterfly	A,B,C,D	
200 m	prsno / breaststroke	A,B,C,D	
200 m	mešano / medley	A,B,C,D	
4x100m	prosto štafeta / free relay (Moški / Male); (Ženske / Female)		(absolutno/open) 1 skupina /group
1500 m	prosto / freestyle (Moški / Male)	(absolutno/open) počasnejša skupina/ slower group 1 skupina /group	(absolutno/open) hitrejša sk. / faster group 1 skupina /group
800 m	prosto / freestyle (Ženske / Female)	(absolutno/open) počasnejša skupina/ slower group 1 skupina /group	(absolutno/open) hitrejša sk. / faster group 1 skupina /group

2. dan / day - nedelja / Sunday

Predtekmovanje / Heats	Finale / Final
Ogrevanje / Warm up: 8.00	Ogrevanje / Warm up: 16.00
Tekmovanje / Competition: 9.00	Tekmovanje / Competition: 17.00

Discipl.	Stil / Stile	Predtek. / Heats	Finale / Final
50 m	delfin / butterfly	A,B,C,D	A Finale / Final B Finale / Final (absolutno/open)
50 m	hrbno / backstroke	A,B,C,D	
400 m	prosto / freestyle	A,B,C,D	
200 m	delfin / butterfly	A,B,C	
100 m	prsno / breaststroke	A,B,C,D	
200 m	hrbno / backstroke	A,B,C,D	
100 m	prosto / freestyle	A,B,C,D	
400 m	mešano / medley	(absolutno/open) 1 počasnejša skupina / slower group	(absolutno/open) hitrejša sk. / faster group 1 skupina /group
4x100m	Mešano štafeta / medley relay (Moški / Male); (Ženske / Female)		(absolutno/open) 1 skupina /group

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Štartnina / Entry Fee:

5 EUR na štart / 5 EUR per individual start

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 odjavljeni do navedenega datuma odjav. / The entry fees can be paid only at the administration office before the beginning of the competition.

Prijave / Entries:

Prijave SLO klubov on-line na PZSana do **srede, 21.03.2018** /

Entries until **Wednesday 21th March 2018** to the address or email (preferred LENEX file).

Odjave / Cancellations:

Do četrta, 22.03.2018 do 20⁰⁰ / Until Thursday 22th March 2018 until 8.00 p.m.

Sistem tekmovanja:

Tekmovanje bo potekalo v dopoldanskem (predtekmovalnem) in popoldanskem delu s finali. Izvedejo se ABSOLUTNA **A** in **B** finala; v finalnih nastopih bodo nastopili plavalci v absolutni kategoriji (šestnajst (16) najhitrejših). V finalu **A** bo nastopilo osem (8) najhitrejših tekmovalcev iz dopoldanskega predtekmovanja, sledi B finale.

Izjemi sta disciplini 800 m /1500 m prosto ter 400 m mešano, kjer bodo tekmovalci razvrščeni v skupine po prijavljenih časih, zadnja - najhitrejša skupina bo nastopila v popoldanskem finalnem delu tekmovanja. Organizator si pridržuje pravico, da v primeru prevelikega števila prijavljenih tekmovalcev v disciplinah 800 m/1500 m prosto in 400 m mešano omeji nastop na 16 najhitrejših po prijavljenih časih.

Štafete: v popoldanskem finalu bo nastopilo 8 najhitrejših ekip po prijavljenih časih.

Competition system:

The championship itself includes the qualifying rounds in the morning and finals in the afternoon. In the afternoon finals will compete in Absolute Category (Open) **A** and **B** final. The final performances will be performed sixteen (16) fastest swimmers in the Absolute Category. The eight (8) best competitors of Absolute Category in the preliminary rounds will compete in the afternoon **A** finals and the other eight (8) competitors, will compete in **B** finals.

The exceptions are: the 800 m/1500 m freestyle and 400 m individual medley, where the competitors will be grouped according to the submitted time results (best 16). The last group of the above mentioned events will, however, compete in the afternoon (final) part of the competition.

In the afternoon finals in relays (Absolute category) will swim only eight (8) fastest teams, according submitted time results.



Nagrade:

Najboljši trije iz kategorije B,C,D v vsaki disciplini (z ozirom na dosežene rezultate v dopoldanskem predtekmovanju) bodo nagrajeni z medaljami. Izjeme so discipline 800 m / 1500 m prosto ter 400 m mešano, kjer se bodo podelile zgolj medalje v absolutni kategoriji.

Najboljši trije v popoldanskem absolutnem finalu bodo v vsaki disciplini nagrajeni z medaljami.

Plavalka in plavalec kategorije A,B,C in D z najvišjim seštevkom FINA točk iz štirih (4) disciplin (v dveh dneh), bodo nagrajeni s pokali.

Prve tri štafete prejmejo medalje.

Prizes:

The best three competitors from category of B,C,D in each event (with regards to the preliminary competition results) shall be awarded with medals, except in the events (800 m / 1500 m free style and 400 m medley) which are valid only for the open class. The best three competitors in an open class in the afternoon (final) part of the competition will be awarded with the medals in each event.

Best female and male competitors in category A,B,C in D, who will by FINA Score tables gain the highest sum of points in four (4) best results in both days, will be awarded.

First three relay teams will be awarded with medals.

Informacije / Information:

Meet-schedule and more details: www.pingvincek.si

All other informations, please write to pk.kranj@gmail.com

Nastopajoče države na MM Pingvinček (2013-2017) / Participants on MM Penguin (2013 – 2017) 23 Nations.



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Nočitve / Accommodations:

HOTEL ★★★
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Prenočišča
Gostišče
Pizzerija
Fitnes
Bowling

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Hotel Marinšek Naklo,

Hotel Marinšek se nahaja v bližini glavne Slovenske prometnice (exit 7 ali exit 8) le 5 km severozahodno od mesta Kranj in 12 km od letališča Jožeta Pučnika Ljubljana. Je odlična izhodiščna točka za obisk prestolnice ter turističnih biserov Slovenije, kot so Bled, Bohinj in Kranjska Gora. Gostom v mirnem podeželjskem okolju nudimo namestitev v 61 sodobno opremljenih sobah različnega tipa. Kot dodatne storitve pa ponujamo še sprostitev v Wellnesu, vadbo v fitnessu ter razvedrilo ob igranju bowlinga in biljarda. Gostom je sta voljo dve restavraciji kjer lahko okušajo tradicionalne domače jedi, mednarodne jedi ter jedi iz krušne peči. Hotel je odlična izhodiščna točka za različne športne dejavnosti (alpinizem, alpsko smučanje, kolesarjenje, ribolov..) ter za ogled naravne in kulturne dediščine. Poleg tega je primeren tudi za poslovne goste, družine in tiste, ki si po dolgi vožnji privoščijo kratek enodnevni počitek.

SOBE

V hotelu Marinšek je na razpolago 61 sob različnih tipov, ki zagotavljajo vse potrebno udobje za brezskrbno in mirno bivanje. Našim gostom ponujamo enoposteljne, dvoposteljne, triposteljne in štiriposteljne sobe ter dva udobna hotelska apartmaja. Vse sobe so klimatizirane in imajo:

- kopalnico s tuš kabino
- kabelsko TV z LCD ekranom
- direktno telefonsko linijo
- mini bar
- brezžični dostop do interneta
- večina sob ima tudi svoj balkon

Polni penzion na osebo v Hotelu Marinšek, Naklo:

- Enoposteljna soba /oseba: 44,80 €/dan
- Dvoposteljna soba /oseba: 36,75 €/dan
- 1,15 € (turistična taksa)

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English

The Hotel Marinšek Naklo is located near the main Slovenian traffic road (Exit 7 or Exit 8), only 5 kilometres north-west of the picturesque city of Kranj and 12 kilometres from the Jože Pučnik Ljubljana Airport. Our hotel is known as an excellent starting point for visits of the capital city and other tourist pearls of Slovenia, such as Bled, Bohinj and Kranjska Gora.

Our guests may choose between 61 modern furnished rooms of different type that are located in a quiet rural area. The Hotel Marinšek offers its guests various extra services, such as: relaxation in wellness oasis, workout in fitness or an entertaining game of bowling and billiards. Guests can also dine in our restaurant, where they will have a chance to taste the traditional home and international dishes and dishes from the wood-fired oven.

The Hotel Marinšek is an excellent starting point for the various sports activities (mountain climbing, alpine skiing, cycling ...) and sightseeing of natural and cultural heritage. Furthermore, it is also suitable for business travellers, families and those who wish to take a short one-day break after a longer period of driving.

ROOMS

Hotel Marinšek offers 61 rooms of different types, which provide everything you need to feel comfortable and enjoy a peaceful and carefree stay. We offer single and double rooms, as well as rooms with three or four beds and two very comfortable hotel suites. All rooms are air-conditioned and have:

- Bathrooms with showers
- Cable TV with an LCD screen
- Direct landline
- Mini bar
- Wireless internet access
- Most rooms have their own balcony

The prices for fullboard Accomodation at Hotel Marinšek, Naklo:

- person /Room, one bed: 44,80 € / day
- person /Room, two bed: 36,75 € / day
- 1.15 (tur. Tax and insurance.)

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