



# 24 HOUR SWIMMING MARATHON

JUNE 18-19 2011 CSONGRÁD, HU

## MIHÁLY ZARNÓCZ MEMORIAL COMPETITION

**Organizer:** Senior Swimming & Leisure Sport Club of Csongrád

**Location:** The 50m, 7 lane, outdoor pool of the Csongrád Spa,  
6640 Csongrád, Dob utca 3-5. (3-5 Drum St. Csongrad, Hungary)

**Date:** 18-19 June 2011

From: 12:00 noon Saturday 18th

Through: 12:00 noon Sunday 19th

**Purpose:** To popularize long distance swimming, start a tradition, strengthen domestic and international sports friendship; Health maintenance, disease prevention through regular swimming

### **Rules:**

**1, Only a limited number of teams may compete. The registration of the first 13 teams will be accepted.**

2, Only long-distance- and senior clubs (domestic or international) may register

3, Contestants may compete in individual category as well, see rule 6.

4, **A team consists of 12 or more swimmers**, all of whom must be over 25 except for at most two swimmers between 18 and 25 years of age. Women and men must be roughly equal in numbers.

5, Team members may swim at any time, even at multiple times, but each member must swim at least once and for at least 30 minutes continuously each time. A team must swim 24 hours on end. Two teams per lane.

6, Individual competition:

To participate, a swimmer must

- be a certifiable member in one of the competing swimming clubs
- announce in advance their intention (the first continuously executed 2 hours will be considered)

**Individual contenders will be rated by the following formula:**

**score = distance\*(100+age)/1000**

### **Prizes:**

I. Team competition: based on total distance covered in 24 hours

- the first three teams receive cups

II. Individual competition: based on the scores computed from the two-hour

results, separately for men and women, the three best swimmers receive medals

III. Individual competition: based on the longest accumulated distance covered, separately for men and women

- the winner will receive a medal

Special Awards will also be handed out. Let this be a surprise!!!

**Entry fee:** Team competition 1000 HUF/swimmer

Individual competition 1000 HUF/swimmer

**Entry deadline: Midnight 11 May 2011**

**Send your registration to [allegro@csongrad.hu](mailto:allegro@csongrad.hu)**

For the registration to be valid, the entry fee for 12 or more swimmers must be received on the account below!

**On the site of the contest we may only accept the expansions of teams!**

Account info: Szegvár és Vidéke Takarékszövetkezet Csongrádi fiókja  
57200048-10035261

**Miscellaneous:**

**To compete, each swimmer must have a clean bill of health!!!**

/ On site 24 hour medical supervision is provided! /

We offer campsites for sleeping and relaxing.

A large community tent with buffet will also be available.

Competitors will have round-the-clock access to apples, tea and lard bread, free of charge.

Stew pot cooking, campfire, barbecue and grilling opportunity.

**Information, registration:** Ms. Ildikó GERGELY +36 30 5069728 e-mail: [allegro@csongrad.hu](mailto:allegro@csongrad.hu)

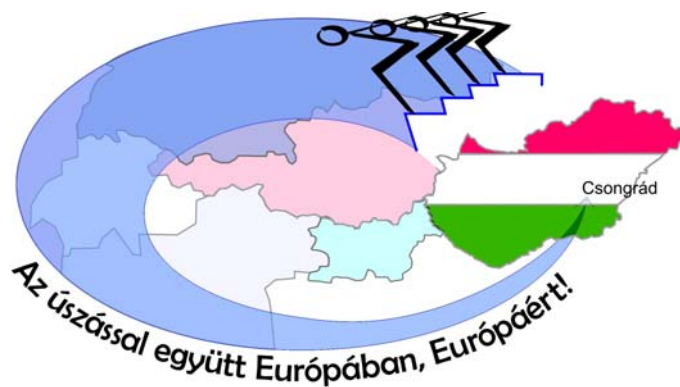
The competition will be realised as part of the

**THROUGH SWIMMING, TOGETHER, FOR OUR HEALTH!!!**

program series, within the framework of the

**SWIMMING TOGETHER IN and FOR EUROPE!**

project



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