

# V4 OLYMPIC HOPES MEET

International Swimming Competititon

10.05 - 11.05.2025

Prague - Swimming Pool Podoli

**INDOOR POOL 50M  
8 LANES**

**BULLETIN NO. 1**

## Deadlines

- Preliminary Entry
  - **16. 2. 2025**
- Accommodation & Travel Form
  - **13. 4. 2025**
- Rooming List & T-Shirt sizes
  - **25. 4. 2025**
- Final Entries
  - **25. 4. 2025**

## Information

- Organizer
  - Czech Aquatics
  - Bohemians Prague
- Contact
  - Jakub Tesarek

[jakub.tesarek@czechswimming.cz](mailto:jakub.tesarek@czechswimming.cz)

+420 725 560 436

## INTRODUCTION

Czech Aquatics welcome teams from Hungary, Poland and Slovakia in a beautiful city of Prague, which will be the host city of the upcoming V4 Olympic Hopes swimming meet.

## TECHNICAL DETAILS

Teams:	Czech Aquatics Slovenská plavecká federácia Magyar úszó szövetség Polski Związek Pływacki
Location:	Swimming Pool Podoli; Podolska 74; 147 00 Prague 4 <a href="https://pspodoli.cz/en/">https://pspodoli.cz/en/</a>
Venue:	Indoor 50 m pool, 8 lanes
Timing:	Omega
Rules:	World Aquatics Rules & Rules for V4Olympic Hopes Meet
Sessions:	1st session - morning 10. 05. 2025 2nd session - evening 10. 05. 2025 3rd session - morning 11. 05. 2025
Warm-up:	1,5 hours before the session starts
Training:	Will be updated in Bulletin no. 2
Age group:	Girls 14 and 15 years old / 2010 - 2011 Boys 14 and 15 years old / 2010 - 2011
Entry Fee:	0 EUR
Accommodation:	Will be updated in Bulletin no. 2 Organizer's expense

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### AWARDING SYSTEM

Individual Events:	1 <sup>st</sup> place - 9 points
	2 <sup>nd</sup> place - 7 points
	3 <sup>rd</sup> place - 6 points
	4 <sup>th</sup> place - 5 points
	5 <sup>th</sup> place - 4 points
	6 <sup>th</sup> place - 3 points
	7 <sup>th</sup> place - 2 points
	8 <sup>th</sup> place - 1 point
Relay Events:	1st place - 16 points
	2nd place - 12 points
	3rd place - 8 points
	4th place - 4 points
Awards:	First three swimmers in each discipline in boys and girls will receive medals
Team Cup:	Teams will be awarded cups based on points table in individual and relay events
Competition System:	In every discipline may participate two swimmers per country. The nomination is based on participation of one younger swimmer and one older swimmer in each discipline. In relay events there may be only one relay per country.
Starts out of the Competition:	Starts are allowed. Swimmer out of competition will not be awarded points and will not get medals when achieving better times than swimmers in the competition

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### COMPETITION SCHEDULE

1st Session

Saturday, 10. 05. 2025

Warm-up: 8:30 - 9:45 / Competition start 10:00

#### Deadlines

- Preliminary Entry
  - 16. 2. 2025**
- Accommodation & Travel Form
  - 13. 4. 2025**
- Rooming List & T-Shirt sizes
  - 25. 4. 2025**
- Final Entries
  - 25. 4. 2025**

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1	50 m freestyle	Boys
2	50 m freestyle	Girls
3	200 m butterfly	Boys
4	200 m butterfly	Girls
5	100 m backstroke	Boys
6	100 m backstroke	Girls
7	1500 m freestyle	Boys
8	400 m freestyle	Girls
9	100 m breaststroke	Boys
10	100 m breaststroke	Girls
11	200 m individual medley	Boys
12	200 m individual medley	Girls
13	4 x 100 m freestyle relay	Boys
14	4 x 100 m freestyle relay	Girls

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## International Swimming Competition

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### COMPETITION SCHEDULE

2nd Session

Saturday, 10. 05. 2022

Warm-up: 15:30 - 16:45 / Competition start 17:00

#### Deadlines

- Preliminary Entry
  - 16. 2. 2025**
- Accommodation & Travel Form
  - 13. 4. 2025**
- Rooming List & T-Shirt sizes
  - 25. 4. 2025**
- Final Entries
  - 25. 4. 2025**

#### Information

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15	200 m freestyle	Boys
16	200 m freestyle	Girls
17	50 m breaststroke	Boys
18	50 m breaststroke	Girls
19	200 m backstroke	Boys
20	200 m backstroke	Girls
21	50 m butterfly	Boys
22	50 m butterfly	Girls
23	400 m individual medley	Boys
24	400 m individual medley	Girls
25	4 x 200 m freestyle relay	Boys
26	4 x 200 m freestyle relay	Girls

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## COMPETITION SCHEDULE

3rd Session

Sunday, 11. 05. 2025

Warm-up: 8:30 - 9:45 / Competition start 10:00

### Deadlines

- Preliminary Entry
  - **16. 2. 2025**
- Accommodation & Travel Form
  - **13. 4. 2025**
- Rooming List & T-Shirt sizes
  - **25. 4. 2025**
- Final Entries
  - **25. 4. 2025**

### Information

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27	100 m freestyle	Boys
28	100 m freestyle	Girls
29	50 m backstroke	Boys
30	50 m backstroke	Girls
31	200 m breaststroke	Boys
32	200 m breaststroke	Girls
33	100 m butterfly	Boys
34	100 m butterfly	Girls
35	400 m freestyle	Boys
36	800 m freestyle	Girls
37	4 x 100 m medley relay	Boys
38	4 x 100 m medley relay	Girls

## PRELIMINARY ENTRY FORM

Please return this form by email to [jakub.tesarek@czechswimming.cz](mailto:jakub.tesarek@czechswimming.cz) no later than **February 16th, 2025**

TEAM: .....

TEAM LEADER NAME: .....

TEAM LEADER EMAIL: .....

TEAM LEADER PHONE: .....

ON-SITE CONTACT: .....

ACCOMMODATION	FEMALE	MALE
SWIMMERS		
OFFICIALS		
SUB TOTAL		
TOTAL		

TRAVEL DETAILS				
TRANSPORTATION (circle)	Plane	Train	Bus	Other
ARRIVAL DATE:	9. 5. 2025			
DEPARTURE DATE:	11. 5. 2025			

DATE	
NAME AND POSITION	
SIGNATURE AND STAMP	

## FINAL ACCOMMODATION & TRAVEL FORM

Please return this form by email to [jakub.tesarek@czechswimming.cz](mailto:jakub.tesarek@czechswimming.cz) no later than **April 13th, 2025**

TEAM: .....

ACCOMMODATION	FEMALE	MALE
SWIMMERS		
OFFICIALS		
SUB TOTAL		
TOTAL		

ROOM TYPE	
No. SINGLE ROOMS	
No. DOUBLE ROOMS	

TRAVEL DETAILS		
TRANSPORTATION	ARRIVAL (9. 5. 2025)	DEPARTURE (11. 5. 2025)
FLIGHT NO. <i>(if you arrive by plane)</i>		
TRAIN NO. <i>(if you arrive by train)</i>		
TIME OF ARRIVAL <i>(fill if you arrive by bus and also if you arrive by plane or train)</i>		
NUMBER OF PEOPLE		

DATE	
NAME AND POSITION	
SIGNATURE AND STAMP	

## ROOMING LIST & T-SHIRT SIZES

Please return this form by email to [jakub.tesarek@czechswimming.cz](mailto:jakub.tesarek@czechswimming.cz) no later than **April 25th, 2025**

TEAM: .....

DOUBLE	FIRST NAME	LAST NAME	FIRST NAME	LAST NAME

T-SHIRTS	S	M	L	XL	XXL	XXXL
NUMBER						

DATE	
NAME AND POSITION	
SIGNATURE AND STAMP	



## FINAL ENTRIES

Entries has to be sent in lenex via email to [jakub.tesarek@czechswimming.cz](mailto:jakub.tesarek@czechswimming.cz) no later than **April 25th, 2025**