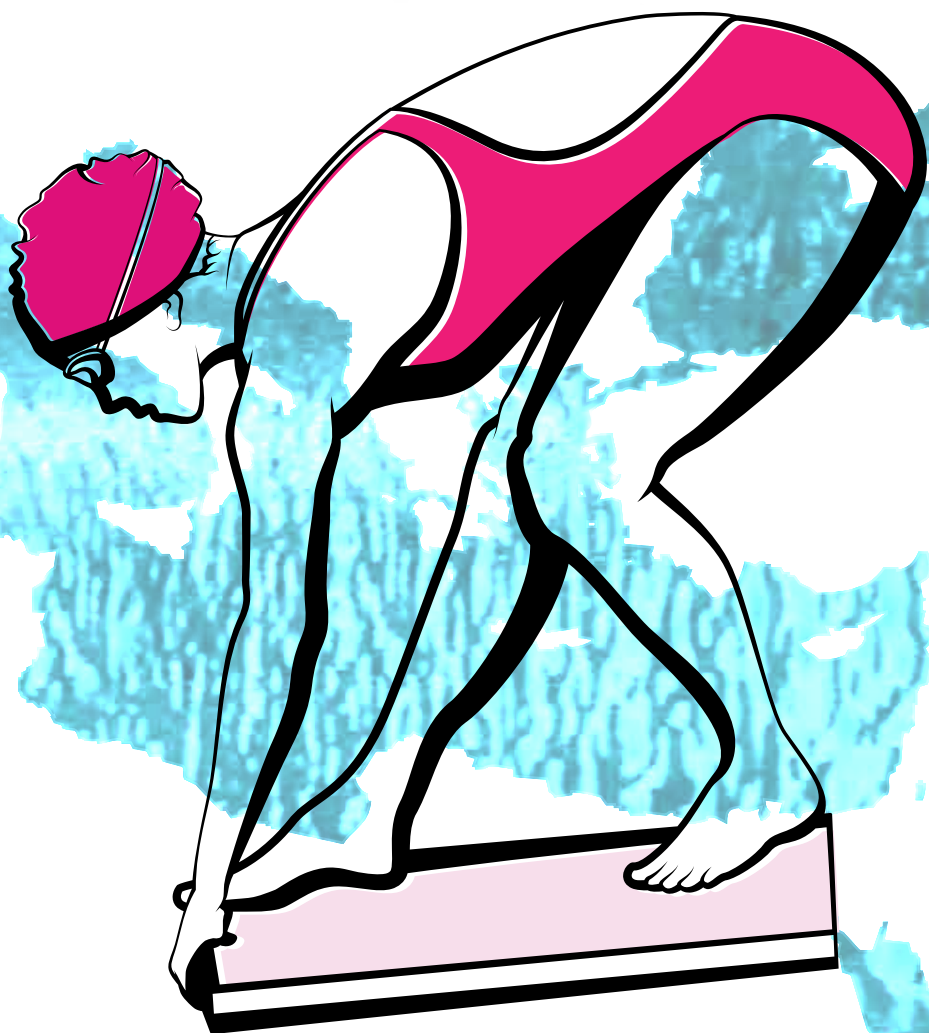




XXX Mediterranean Swimming Cup



28-29.6.2014, Netanya, Israel



WELCOME



Swimmers of the COMEN, the Israeli swimming family, honorable guests!

Welcome to the XXX COMEN Swimming Cup.

The Israel Swimming Association coordinates the aquatic activities of swimming, synchronized swimming, open water swimming and masters swimming in Israel with great enthusiasm.

I would like to thank my friends of the COMEN bureau and members of the general assembly, who had confidence in us and gave us the opportunity to host the swimming COMEN cup.

The Israel Swimming Association has made enormous efforts to make sure that the event would be organized and managed at the highest level.

We are very proud to host the competition in the new swimming pool that was opened on July 2013. The Israel Swimming Association had insisted that the pool depth would be 3 m' throughout the whole pool length. As a result, we have this great fast pool that we can enjoy at the COMEN cup. This facility is at the highest European level as proper for the level we expect from the swimmers at the COMEN Cup.

All the professional details have been checked carefully by The Israel Swimming Association: the newest starting platforms, movable bridge, electronic system and score board of Omega.

The auxiliary rooms were also planned carefully: special call room, doping control rooms, comfortable passageways, and not less important an Olympic pool for warm up.

To our guest swimmers I wish not only to swim fast, I wish you to enjoy your stay in Israel, experience at least some of the magic of Israel and may your stay here be an unforgettable experience.

I wish you all the best of luck, may you all have a great accomplishments at the competition.

Respectfully yours,

Adv. Noam Zwi
President
Israel Swimming Association
Vice President
COMEN



MEDITERRANEAN CUP • ISRAEL 2014





Dear Visitors,

I am pleased to invite you to visit our beautiful city – Netanya, “The Riviera of Israel.”

Netanya offers an impressive coastline with beautiful cultivated beaches, a slew of promenades and inviting green parks, four rare nature reserves, advanced quality sports facilities, the most prominent of which is our new Olympic swimming pool, which ranks highly amongst the most beautiful facilities in the Europe, various performances and cultural events, entertainment and fashion centers, a unique interactive city square that is known as a leading tourist attraction, and lively restaurants and cafes.

In addition, you can enjoy touring the historical city and heritage sites, admire the fascinating human diversity, made up of the residents who have moved to the city from all over the world and create a warm, unique and diverse society.

Over the last decade, Netanya has become one of the most favored cities for residence, business and entertainment and has the great pleasure of hosting sporting events and international festivals. Fortunately, the results of these efforts are evident and Netanya is moving forward in every area. I hope that you will come to visit the City of the Future and continue to enjoy all that it has to offer.

Wish you all an enjoyable stay in our city.

Miriam Fierberg-Ikar
Mayor of Netanya



MEDITERRANEAN CUP • ISRAEL 2014





The Israeli Sport Authority at the Ministry of Culture and Sport has defined an overriding strategic goal spanning the years to come – namely to strengthen Israel's international position through Sports. As a result, The Israeli Sport Authority is encouraging its national sport governing bodies to host international competitions in state-of-the-art sport facilities built over the past 5 years.

On June 2013 the new National Olympic Swimming pool at the Wingate National Sport Institute was inaugurated. The foundation of the pool is enabling elite Israeli swimmers to train and compete at world standards conditions and to host international swimming competitions at the highest level in Israel.

As a former swimmer who also trained, taught and served as the C.E.O of the Wingate Institute, I see it as a great privilege for the Institute, the Israel Swimming Association (ISA), and for the State of Israel to host the prestigious COMEN Mediterranean Cup Competitions.

The fact that swimmers from different Pan-Mediterranean countries come to compete under the banner of sport in our beautiful country is a major success to all the parties involved.

I would like to thank the COMEN Directorate for having chosen Israel as the host country and the Israel Swimming Association for organizing this prominent competition. I know the swimmers will enjoy the wonderful conditions that the new pool has to offer and wish you all a successful meet.

Have a wonderful week of unforgettable experiences for a lifetime to remember.
Sincerely yours,

Dr. Uri Schaefer
Director, Israel Sport Authority



MEDITERRANEAN CUP • ISRAEL 2014



Welcome to the Mediterranean Cup in Israel.

The Mediterranean Cup is considered the most important and prestigious competition in the world for Cadets.

There are no competitions in the World or in European at this ages and therefore the world of swimming attaches great importance to these competitions, in which Europe's future generation of swimmers are discovered.

The fact that Israel hosts the Mediterranean Cup, shows Israel recognition and appreciation to the Israeli world of swimming.

This is the first international competition to be held in the new Olympic pool at Wingate Institute. We all wish the Israel Swimming Association, which hosts the competition, all the success and luck in organizing this competition and hope that it would pave the way to host additional international enterprises in the future.

We welcome all swimmers, head of delegations coaches, team stuff, judges and families who came to us from abroad, as well as the Israeli swimmers and team staff.

I wish you all a fair competition, new records and achievements, a complete enjoyment of your visit to Israel!

Igal Carmi
President, The Olympic Committee of Israel



MEDITERRANEAN CUP • ISRAEL 2014



Netanya



We invite you to visit one of the most beautiful cities in Israel, the lively sparkling city of Netanya. Here you will find beautiful beaches, amazing never-ending promenades, wild cliffs, rare nature reserves and green parks.

You will find In Netanya plenty of entertainment, culture and leisure centers: coffee shops, a variety of restaurants, shopping centers, a lively market, movie theatres, art galleries, as well as various outdoor open to the public events and festivals that are held during the summer.



[Link to Website](#)

MEDITERRANEAN CUP • ISRAEL 2014



Wingate Institute



Wingate Institute is Israel's National Center for Physical Education and Sport. The most advanced sport facilities are to be found here, including: swimming pools, sport and gymnastic halls, fitness gymnasium, fitness and recuperation center and more. Many sport events and contests are held in Wingate Institute throughout the year.



[Link to Website](#)

MEDITERRANEAN CUP • ISRAEL 2014



XXX Mediterranean Swimming Cup COMEN Swimming Competition Netanya, Israel 28-29 June 2014



To All COMEN Member Federations.

Dear Friends,

We have the pleasure to invite you to participate at the **XXX Mediterranean Swimming Cup**
Which would be held at the **Wingate Institute, Netanya** on the **28-29 June 2014**.

General Information

• Organizer:

ISRAEL SWIMMING ASSOCIATION

Address: Wingate Institute, Netanya 42902 - Israel

Phone: +972-9-8851970, +972-9-8639464

Fax: +972-9-8851969

E-mail: iswima@bezeqint.net

Web site: www.isa.one.co.il

Contact person: Mrs. Einat Lifchitz

• Dates

28 & 29 June 2014

• Venue

The competition would be held at the Olympic Swimming Pool in Wingate Institute, Netanya, indoor
50 m' pool - 10 lanes. Full electronic equipment (OMEGA). Warm up 8 lanes pool
Distance from hotel to the Swimming Pool about 9-10 km

• Age Groups

The eligible ages for participation are:

Boys born on 1998-1999, Girls born on 2000-2001

• Official Airport

The official airport is the International Airport of Israel - "Ben Gurion" Airport, located about 40 km
from the city of Netanya.

• Transportation

Free transportation from the official airport- hotel airport and hotel-pool- hotel will be provided free of
charge to all teams and guests booking accommodation through the Organizing Committee.
Each Federation will be responsible for their own travel and accommodation expenses.

• Accreditation

Please add a Portrait photo to each member team on the Final Entry Forms 1-2, 4 no later than 10th
June 2014 (JPG format)

• Hotel Accommodation for the teams

Official Hotel: Hotel Galil (Link to Website) and Hotel Blue Bay (Link to Website) (4****)

The rates are per person per night on full board

Single room 125 Euro

Double/Twin room 100 Euro

Triple room 85 Euro (Limited quantity)

Check in - 15:00 pm, check out - 11:00 am, FB from lunch on arrival date until breakfast on departure date.

The hotels are located about 20 minute drives from the pool.

• Hotel Accommodation for families and Guest

The Israel Swimming Association offers to host swimmers guests at the following rates.

Single room 125 Euro

Double/Twin room 100 Euro

Triple room 85 Euro (Limited quantity)

The rate would be on the best of HB. FB rate would be an addition 20 Euro pp per day.

MEDITERRANEAN CUP • ISRAEL 2014



XXX Mediterranean Swimming Cup COMEN Swimming Competition Netanya, Israel 28-29 June 2014



• Hotel reservation policy

50% of accommodation cost must be paid by money transfer no later than 15.3.14.

For federation who do not pay on time, we cannot guarantee accommodation at the official hotels nor the published room rates.

Final payment of the remaining 50% must be made before the 1.6.14.

Bank Transfer fees of 24 Euros will be added to each transfer.

50% cancellation fee will be charged from the 15.6.14

100% cancellation fee will be charged from the 22.6.14.

• Deadlines

15/3/2014	Preliminary entry form Preliminary hotel booking forms 1-2 50% Prepayment for official booking
15/5/2014	Travel forms 1-2
1/6/2014	Final travel, Jerusalem tour booking, hotel booking & Rooming list forms 1-2 Final hotel payment
10/6/14	Final entry forms 1-4

• Trip to Jerusalem

The Israel Swimming Association offers all delegation members a trip to the holy city of Jerusalem on the 30.6.2014 at the rate of 55 Euro per person including lunch.

• Rules

The competition will be conducted in accordance to FINA Age group-rules.

• Contest Rules

The meeting will be held according to the COMEN tournament Rules (copy is attached).

• Bank Details

Payment should be sent to:

Account Holder: Israel Swimming Association

Bank Hamizrachi

Address: Semilanski St. No.4 Netanya

Bank code: 20

Branch No.: 422

Account No.: 673385

Swift code: mizbilit

IBAN: IL-50-020-422-0000-00067-3385

Subject: COMEN CUP 2014

Payment of 50% by 15th March 2014

Balanced (50%) by 15th June 2014

• Technical Meeting

Thursday, 26/6/2014 at 19:00 .The meeting will take place at Blue-bay Hotel

Best Regards,

Mr. Aharon Issers

Executive Director

Israel Swimming Association

Mrs. Rika Finkler

Member of the COMEN

Technical Committee

MEDITERRANEAN CUP • ISRAEL 2014



Contest Rules



1. Definition

a) Participating Countries

All COMEN Member Federations and Associated and Federations requesting to participate in writing and admitted

b) Competition Age Groups

Boys 16 & 15 years old. Born on 1998-1999

Girls 14 & 13 years old. Born on 2000-2001

THE MEDITERRANEAN CUP (COMEN) swimming competition is also open to countries nonmembers of COMEN. A Federation wishing to participate, must send a request to the Secretariat at least three (3) months before the date of the Competition who has the right to accept or reject it.

If the number of participating countries is greater than the number of lanes in the competition pool, two heats shall be swum in each event.

2. Eligibility

Eligible to participate, are Boys of 15 & 16 years of age and Girls of 13 & 14 years of age (as per FINA rules).

Passports, identity cards or certificates of birth of all swimmers, must be handed to the Jury of Appeal for age-check. This check must be completed prior to the meeting of the technical committee.

3. FINA Rules

The competition shall be held under FINA Rules. The starting commands shall be in English.

4. Location of the Cup

The organizing Federation, the date and the place where the Cup shall be Held, shall be decided by the COMEN Bureau and circulated to the members of COMEN by the Secretariat.

The competition will take place if possible, the 3rd week-end of June.

5. Subscription

- Confirmation at the COMEN Meeting, which will take place during the LEN Congress of the year before.
- The countries willing to organize the competition have to bring to the Official Meeting at the LEN Congress of the year before the necessary information about Hotels: standard, costs of room & board and also a possible offer of a small cultural program.
- The organizing countries may ask for a preliminary subscription concerning the number of swimmers, delegates, etc.
- The final subscription must reach the organizing countries 10 days before names of swimmers for each event (except relays) with the year of birth;
- A list of records (national and age group);
- Names of the coaches and officials.
- Change of swimmers can be made until 1 hour before the beginning of each session.
- The names and the order of the relay swimmers must be handed before the beginning of each session.

6. Travel and Lodging

Each country shall pay its own travel and lodging expenses. The organizing countries shall provide to the other countries assistance for the booking of accommodation.

MEDITERRANEAN CUP • ISRAEL 2014



Contest Rules



7. Program (See Annex 1)

There will be 15 minutes rest immediately after the end of the last event before the start of the relay events

Two participants per event and one relay team shall represent each country. Each country may enter 16 boys and 16 girls maximum.

All events shall be held in final heat where the classification shall be decided according to times achieved.

Vacant lanes may be filled up by general consent of the technical meeting. Time trials may be held if the majority of the delegates agree.

8. Starting Time of the Competition

The first event of each day shall not start before 09:00 AM.

The hosting country shall decide the timing of the competition, but between the two sessions of each day there shall be a rest of at least four hours.

9. Lanes

The placement of the swimmers in the lanes shall be decided according to the times announced by the Federations. These times have to be swum in a 50 m' pool in the period which starts from the precedent COMEN Swimming Cup and they have to figure in the LEN Statistics. If not, the Delegate of the Team has to prove the times by presenting the results of the meeting where the times have been swum.

10. Swimming Pool

The swimming pool must be 50 meters in length.

The competition pool must be available to the participating countries for two training sessions the day before the tournament.

11. Automatic Electronic Timekeeping

The competition shall be controlled by an official electronic timekeeping, which is recognized by FINA.

12. Opening Ceremony

The opening ceremony shall be held on the first day before the start of the afternoon events. Only the National Anthem of the organizing country will be played.

13. Victory Ceremony

The victory ceremony shall involve the first, second and third swimmer of each event and shall take place after the following event (victory ceremony for boys event after the girls event, etc.)

14. Awards

The first three swimmers of each event shall receive a medal. Gifts are allowed. The boys winning team shall receive a cup, the same for girls; the first country in the overall ranking shall receive the COMEN Trophy.

15. COMEN Trophy

The organizers shall present the COMEN Trophy after the last victory ceremony for the winning team of boys and girls.

16. Award of Points

For individual events:

- 1st place 9 points
- 2nd place 7 points
- 3rd place 6 points
- 4th place..... 8th place 5points1 point

MEDITERRANEAN CUP • ISRAEL 2014



Contest Rules



For relays:

- The relays score is double.
- In case of disqualification no points.
- In case of dead heat in the overall points, the winner shall be decided according to the number of first places. If a dead heat still remains, the winner shall be decided according to the number of second places, and so on.

17. Jury

The organizing country shall be responsible for the officials. If any of the participating countries brings an official, he should be a qualified one in order to officiate.

Member countries must inform in advance of the participation of qualified officials.

One member of each country should compose the jury of appeal. The chairman of this jury will be the member of the organizing country and shall have casting vote in case of equal voting.

18. Doping Control

Doping control is possible; it has to be announced at the Technical Meeting prior to the competition.

19. Changing Of Rules

This can only be done by the official delegates of the participating countries at the COMEN Cup Meeting, which is always held during the LEN Congress.

20. Social Event

The organizers must organize and offer a free social event (dinner) for the Officials and Coaches of the participating teams.

21. Obligations of the Host Federation

The organizing Federation shall provide whatever is included, described and specified in the Art.18 of the Rules of Procedure.

The transportation facilities are not applicable for the countries that arrange their hotel reservation directly (not through the organizers), even if this is done in hotels recommended by the organizers.

Any item not covered by these Regulations, shall be examined by the Bureau, or, in urgent cases, by the Delegate assisted by the Technical Committee.

MEDITERRANEAN CUP • ISRAEL 2014



Swimming Competition Program (Annex 1)



Day 1

Saturday June 28th 2014

Morning

Warm up 08:30

Opening Ceremony 09:45

Competition 10:00

1. 100 m' Freestyle Girls
2. 100 m' Freestyle Boys

Victory Ceremony

3. 200 m' Backstroke Girls
4. 200 m' Backstroke Boys

Victory Ceremony

5. 400 m' Ind. Medley Girls
6. 400 m' Ind. Medley Boys

Victory Ceremony

Break 15 minutes

7. 4X100 m' Medley Relay Girls
8. 4X100 m' Medley Relay Boys

Victory Ceremony

Afternoon

Warm up 16:30

Competition 18:00

9. 400 m' Freestyle Girls
10. 400 m' Freestyle Boys

Victory Ceremony

11. 100 m' Breaststroke Girls
12. 100 m' Breaststroke Boys

Victory Ceremony

13. 100 m' Butterfly Girls
14. 100 m' Butterfly Boys

Victory Ceremony

Break 15 minutes

15. 4X200 m' Freestyle Relay Girls
16. 4X100 m' Freestyle Relay Boys

Victory Ceremony

Day 2

Sunday 29th June 2014

Morning

Warm up 08:30

Competition 10:00

17. 800 m' Freestyle Girls
18. 200 m' Breaststroke Boys
19. 200 m' Breaststroke Girls

Victory Ceremony

20. 100 m' Backstroke Boys
21. 100 m' Backstroke Girls
22. 1500 m' Freestyle Boys

Victory Ceremony

Afternoon

Warm up 16:30

Competition 18:00

23. 200 m' Freestyle Girls
24. 200 m' Freestyle Boys

Victory Ceremony

25. 200 m' Butterfly Girls
26. 200 m' Butterfly Boys

Victory Ceremony

27. 200 m' Ind. Medley Girls
28. 200 m' Ind. Medley Boys

Victory Ceremony

Break 15 minutes

29. 4X100 m' Freestyle Relay Girls
30. 4X200 m' Freestyle Relay Boys

COMEN Cup Trophy Ceremony

MEDITERRANEAN CUP • ISRAEL 2014



Preliminary Entry Form



Federation:

Contact Name:

E mail:

Fax Number:

Phone:

Mobile:

We intend to take part in THE XXX MEDITERRANEAN SWIMMING CUP

☐ YES, we will participate

☐ NO, sorry we can't participate

Expected number of swimmers:

Expected number of officials:

Number of nights:

Would like to participate the tour to Jerusalem: ☐ YES ☐ NO

Expected number of Participants in the Tour:

Date:

Signature and Stamp: _____

Please type in the form and e-mail it by 15th March 2014 to:

Israel Swimming Association

iswima@bezeqint.net

Fax: +972-9-8851969 Tel: +972-9-8851970

MEDITERRANEAN CUP • ISRAEL 2014



Preliminary Hotel Booking Form 1/2 Team



Federation:

Contact Name:

E mail:

Fax Number:

Phone:

Mobile:

Hotel Blue Bay/Galil

Room	Number of rooms	Check-in date	Check-out date
Single			
Twin			
Double			
Triple			

Date: Signature and stamp: _____

Please type in the form and e-mail it by 15th March 2014 to:

Israel Swimming Association

iswima@bezeqint.net

Fax: +972-9-8851969 Tel: +972-9-8851970

50% prepayment for official booking is required

MEDITERRANEAN CUP • ISRAEL 2014



Preliminary Hotel Booking Form 2/2 Guests



Federation:

Contact Name:

E mail:

Fax Number:

Phone:

Mobile:

Hotel Blue Bay/Galil

Room	Number of rooms	Check-in date	Check-out date
Single			
Twin			
Double			
Triple			

Date: Signature and stamp: _____

Please type in the form and e-mail it by 15th March 2014 to:

Israel Swimming Association

iswima@bezeqint.net

Fax: +972-9-8851969 Tel: +972-9-8851970

50% prepayment for official booking is required

MEDITERRANEAN CUP • ISRAEL 2014



Teams Travel Form 1/2



Federation:

Contact Name:

E mail:

Fax Number:

Phone:

Mobile:

Arrival at Ben-Gurion Airport

Date: Airline: Flight No.:

Landing Time: No. of People:

Departures from Ben-Gurion Airport

Date: Airline: Flight No.:

Landing Time: No. of People:

Date: Signature and stamp: _____

Please type in the form and e-mail it by 15th May 2014 to:

Israel Swimming Association

iswima@bezeqint.net

Fax: +972-9-8851969 Tel: +972-9-8851970

MEDITERRANEAN CUP • ISRAEL 2014



Guests Travel Form 2/2



Federation:

Contact Name:

E mail:

Fax Number:

Phone:

Mobile:

Arrival at Ben-Gurion Airport

Date: Airline: Flight No.:

Landing Time: No. of People:

Departures from Ben-Gurion Airport

Date: Airline: Flight No.:

Landing Time: No. of People:

Date: Signature and stamp: _____

Please type in the form and e-mail it by 15th May 2014 to:

Israel Swimming Association

iswima@bezeqint.net

Fax: +972-9-8851969 Tel: +972-9-8851970

MEDITERRANEAN CUP • ISRAEL 2014



Final travel, Jerusalem tour booking, Hotel booking & Rooming list from 1/2

.....

Country:

Code:

Date:

Signature and Stamp:

**Please type in the form and e-mail it
no later than 1st June 2014
to the following address:**

Israel Swimming Association
iswima@bezeqint.net

Fax: +972-9-8851969 Tel: +972-9-8851970

Final payment due date 1st June 2014

Room No	Type (single, twin/ double, triple)	Arrival			Departure			Person Name, Surname	Jerusalem Tour Y/N
		Date	Time	Flight No.	Date	Time	Flight No.		
								1.	
								2.	
								3.	
								1.	
								2.	
								3.	
								1.	
								2.	
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								3.	
								1.	
								2.	

Guest Final travel, Jerusalem tour booking, Hotel booking & Rooming list from 2/2

.....

Country:

Code:

Date:

Signature and Stamp:

**Please type in the form and e-mail it
no later than 1st June 2014
to the following address:**

Israel Swimming Association
iswima@bezeqint.net

Fax: +972-9-8851969 Tel: +972-9-8851970

Final payment due date 1st June 2014

Room No	Type (single, twin/ double, triple)	Arrival			Departure			Person Name, Surname	Jerusalem Tour Y/N
		Date	Time	Flight No.	Date	Time	Flight No.		
								1.	
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								1.	
								2.	

MEDITERRANEAN CUP • ISRAEL 2014



Final Entry Form Boys 1/4



Federation:

Contact Name:

E mail:

Fax Number:

Date:

Signature and Stamp:

Please add a portrait photo for each Swimmer (JPG format + name).

Please type in the form and e-mail it by 10th June 2014 to:

Israel Swimming Association: iswima@bezeqint.net
Fax: +972-9-8851969 Tel: +972-9-8851970

Event No	Event Name	Name, Surname	Year of birth Write 4 digits for year of birth	Entry time Enter only unsigned numbers 00:21.34 or 01:25.05
2	100 m' Free	1.		
		2.		
4	200 m' Back	1.		
		2.		
6	400 m' IM	1.		
		2.		
10	400 m' Free	1.		
		2.		
12	100 m' Breast	1.		
		2.		
14	100 m' Fly	1.		
		2.		
18	200 m' Breast	1.		
		2.		
20	100 m' Back	1.		
		2.		
22	1500 m' Free	1.		
		2.		
24	200 m' Free	1.		
		2.		
26	200 m' Fly	1.		
		2.		
28	200 m' IM	1.		
		2.		

MEDITERRANEAN CUP • ISRAEL 2014



Final Entry Form Girls 2/4



Federation:

Contact Name:

E mail:

Fax Number:

Date:

Signature and Stamp:

Please add a portrait photo for each Swimmer (JPG format + name).

Please type in the form and e-mail it by 10th June 2014 to:

Israel Swimming Association: iswima@bezeqint.net
Fax: +972-9-8851969 Tel: +972-9-8851970

Event No	Event Name	Name, Surname	Year of birth Write 4 digits for year of birth	Entry time Enter only unsigned numbers 00:21.34 or 01:25.05
1	100 m' Free	1.		
		2.		
3	200 m' Back	1.		
		2.		
5	400 m' IM	1.		
		2.		
9	400 m' Free	1.		
		2.		
11	100 m' Breast	1.		
		2.		
13	100 m' Fly	1.		
		2.		
17	800 m' Free	1.		
		2.		
19	200 m' Breast	1.		
		2.		
21	100 m' Back	1.		
		2.		
23	200 m' Free	1.		
		2.		
25	200 m' Fly	1.		
		2.		
27	200 m' IM	1.		
		2.		

Final Entry Form Relays events 3/4



Federation:

Contact Name:

E mail:

Fax Number:

Date:

Signature and Stamp:

**Please type in the form and e-mail it
by 10th June 2014 to:**

Israel Swimming Association

iswima@bezeqint.net

Fax: +972-9-8851969 Tel: +972-9-8851970

Event No	Event Name	Team Enter 3 characters for nationality (ISR)	Entry time Enter only unsigned numbers 00:21.34 or 01:25.05
7	4 x 100 m' Medley Girls		
15	4 X 200 m' Freestyle Girls		
29	4 x 100 m' Freestyle Girls		

Event No	Event Name	Team Enter 3 characters for nationality (ISR)	Entry time Enter only unsigned numbers 00:21.34 or 01:25.05
8	4 x 100 m' Boys		
16	4 X 200 m' Freestyle Boys		
30	4 x 100 m' Freestyle Boys		

MEDITERRANEAN CUP • ISRAEL 2014



● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

Please add a portrait photo for each Team Staff (JPG format + name).

**Please type in the form and e-mail it
by 10th June 2014 to:**

Israel Swimming Association: iswima@bezeqint.net
Fax: +972-9-8851969 Tel: +972-9-8851970

[illegible]