



Sofinancira:  
Mestna občina  
Ljubljana



37

CUP  
2026



JEZEK

## An INVITATION to an international swimming competition of the youngest swimmers

March 21rd and 22th 2026 in Ilirija Sports Center, Ljubljana

The competition is for the young swimmers who want to improve their personal bests in the 25m indoor swimming pool. The competition for the youngest is intended to be an adventure, meeting and gathering with the same age swimmers from Slovenia and other nearby countries.

Entries (first and last names of the swimmers) should be submitted by Wednesday, 18th of March 2025 to:

**PLAVALNI KLUB LJUBLJANA**

Celovška 3, 1000 Ljubljana, Slovenija

(+386) 41 743 218

E-mail: [pk1@siol.net](mailto:pk1@siol.net)

Entry fee for each entered start for category A, B, C, D, E amounts of 7 € and has to be paid prior to the competition.

Groups in category A, B and C in 50 m and 100 m disciplines will be formed according to the submitted results in each category. Groups in category D in E will be formed for free style, backstroke, and breaststroke according to the submitted results in 25m freestyle, groups for 25m butterfly will be formed according to the submitted results in 25m butterfly. Coaches are kindly asked to register their swimmers in category D and E with the year of birth.

You can order T-shirts with the Cup logo for your competitors no later than Monday, March 16, 2026.  
The price of a T-shirt is 12 €.

Competitors participate at their own risk.

Contact:(+386) 41 743 218 / Gregor Aleš, from Monday to Friday from 9.00 to 11.00

**We are looking forward to your participation in 36th Ježek Cup!**  
**The organisational committee of 36th Ježek Cup.**

# PROPOSITIONS



**Name of the competition:** 37th JEŽEK CUP

**Organizer:** Swimming club Ljubljana

**Date of the competition:** Saturday 22nd and Sunday 23rd of March 2025

**Location:** Ilirija Sports Center, Ljubljana / 25m indoor swimming pool, 10 lanes

**Warm up:** Saturday 12.30 pm boys / 1.00 pm girls

Sunday 8.30 am boys / 9.00 am girls

**Competition:** Saturday 13.30, Sunday 9.30

**Timing:** Timing Ljubljana

## Age groups:

**boys and girls**

**A** – born in 2012 / 2013

**B** – born in 2014

**C** – born in 2015

**D** – born in 2016

**E** – born in 2017 and younger

## Disciplines:

**Saturday 21nd March 2025**

**Category A, B swimmers can compete in 4 disciplines, i.e. 2x 50m disciplines and 2x 100m disciplines. Category C can compete only in 50m disciplines..**

- 50 freestyle, 100 backstroke

- 50 breaststroke, 100 medley

- relays 4x25m freestyle mix (2 girls and 2 boys C category /max. two relays from each club)

Prize ceremony (50 freestyle, 100 backstroke, 50 breaststroke, 100 medley, relays 4x25 freestyle mix)

- 100 breaststroke, 50 backstroke

- 100 freestyle, 50 butterfly

- relays 4x25m freestyle mix (2 girls in 2 boys / 2014 and younger / max. two relays from each club)

Prize ceremony (50 backstroke, 100 breaststroke, 50 butterfly, 100 freestyle, relays 4x50 medley mix)

**Sunday 22rd of March 2025**

**Category D, E swimmers can compete in 25 m disciplines.**

- 25 breaststroke, 25 backstroke

- 25 butterfly, 25 freestyle

- relays 4x25m freestyle mix (2 girls in 2 boys / 2014 and younger / max. two relays from each club)

Each swimmer in categories A, B, C can compete in 4 disciplines.

## Prizes:

The best three swimmers in each discipline in each category are awarded medals. The best three swimmers in each category are awarded cups and practical prizes. The best three clubs in relays are awarded Cups of the Swimming club Ljubljana.

## The cup winner in the category:

**A** – swimmer with the highest number of points in 4 disciplines.

**B** – swimmer with the highest number of points in 4 disciplines.

**C** – swimmer with the highest number of points in 4 disciplines.

**D** – swimmer with the lowest sum of times in all 4 disciplines.

**E** – swimmer with the lowest sum of times in all 4 disciplines.

**The team winner: the sum of two relays from the first and second part in category C, D and E.**

Each club can enter max two relays in each part of competition.