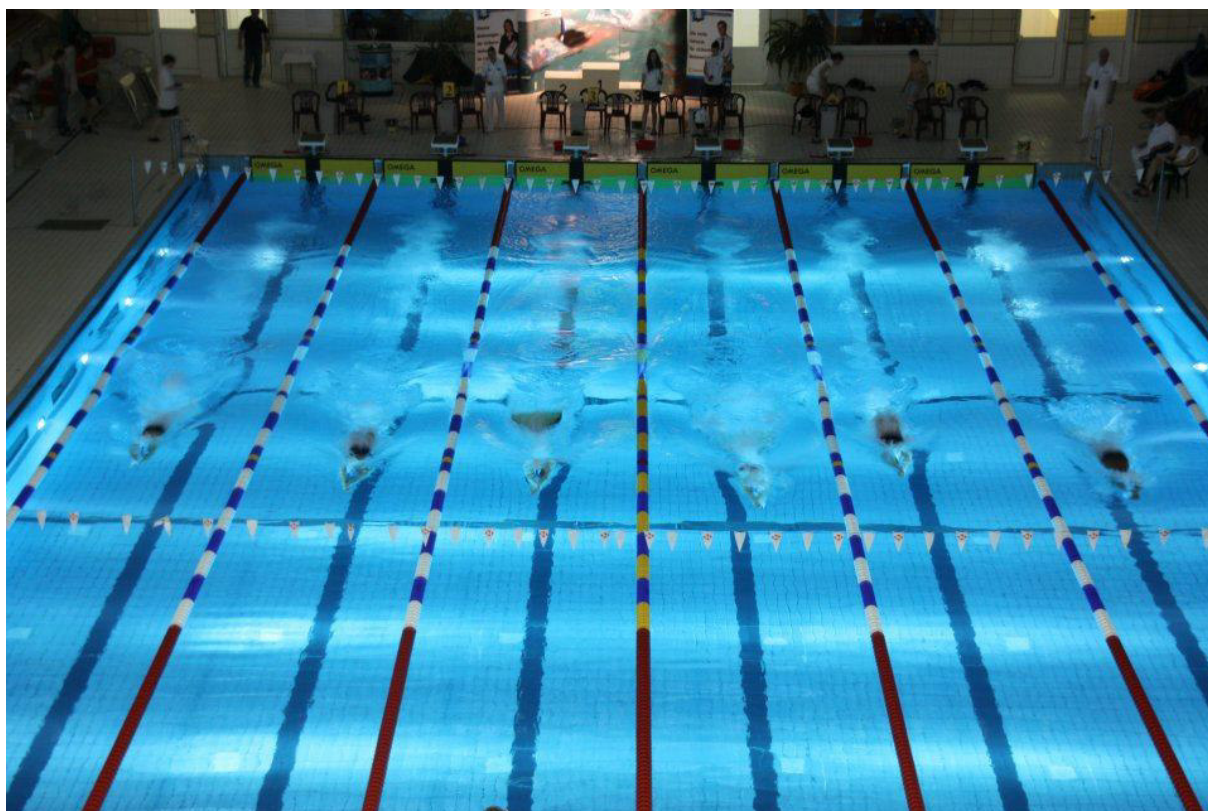




Invitation

50th International Finswimming Cup of Rostock



Dear friends of Finswimming,

for almost 50 years we celebrate our great sport with a competition that meanwhile got unique and special.

It's a great pleasure to invite you to the beautiful city of Rostock for the 50th International Finswimming Cup and celebrate this jubilee with you.

We are looking forward to welcome you in Rostock!

TSC Rostock 1957 e.V.



HANSESTADT ROSTOCK

50th International Finswimming Cup of Rostock - Germany -

04th /05th November 2016



Invitation / Announcement

Organiser: Tauchsportclub Rostock 1957 e.V.
Date: 04th - 5th November 2016
Competition Venue: Neptunschwimmhalle Rostock;
Kopernikusstraße 17, 18057 Rostock
Germany

1. Pool

25-Meter-Pool with six lanes and a constant depth of 2,10 meter. Temperature of water is 27°C. Electronic timekeeping.

2. Program

First Session

Friday, 04th November 2016

16:30 - 17:15	Warm up		
17:00	Team leader meeting		
17:20	Opening ceremony		
17:30	Beginning		
01	Relay 4 x 50m SF	Men	
02	Relay 4 x 50m SF	Women	
03	100m SF	Men	
04	100m SF	Women	
05	400m IM	Men	! Special Cup !
06	400m IM	Women	
	Break / Award ceremony		
07	200m SF	Men	
08	200m SF	Women	! Special Cup !
09	Relay 4 x 100m IM	Men	
10	Relay 4 x 100m IM	Women	

ca. 21:00 estimated end of first session



**50th International
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- Germany -**



04th /05th November 2016

Second Session

Saturday, 05th November 2016

12:00 - 12:50
12:30
13:00

Warm up
Team leader meeting
Beginning

11	Relay 4 x 50m AP	Men
12	Relay 4 x 50m AP	Women
13	200m IM	Men
14	200m IM	Women
15	50m AP	Men
16	50m AP	Women
17	400m SF	Men
18	400m SF	Women

„Speed diving cup“

„Speed diving cup“

Break / Award ceremony

19	100m IM	Men
20	100m IM	Women
21	50m SF	Men
22	50m SF	Women

Break / Award ceremony

23	Relay 4 x 100m SF	Women
24	Relay 4 x 100m SF	Men

ca. 17:00 estimated end of second session

Third Session

Saturday, 05th November 2016

Closing ceremony with banquet and party

(Including award ceremony for the best clubs and special cups)

18:45 Entrance
19:00 Beginning
01:00 Estimated end

(Changes due technical reasons are possible)



50th International Finswimming Cup of Rostock - Germany -

04th /05th November 2016



3. General regulations of the competition

- In addition to the regulations of the German Divers Federation (VDST) the international competition regulations of CMAS for finswimming are valid.
- The medical examination of every competitor has to be passed within the last 12 months.
- All tanks used in the competition area need a valid certification that is not older than 2 years. Maximum pressure is 200 bar. Refilling of bottles is possible. Please bring adapters with you, if you don't use DIN.
- One team consists of a maximum of five men and five women (max. 10 competitors per team). One club can participate with several teams.

4. Classification

Individual Races

- All competitors start in one category.
- Prizes will be given to the first, second and third competitor in every individual race.
- There are special prizes and cups for the best competitor in 200m SF women (Cup of the Mayor of Rostock) and 400m IM men (Detlef-Meyer-Memorial Cup).
- *The winners of 200m IM (Speed diving cup) receive 100 Euro prize money.*

Youth Categorie

- The best result for girls and boys (born 1999 and younger) will be honored with a cup.
- The best result will be calculated according the 1000-points-table (except competitions 13 and 14).

Overall Ranking

- The best competitor of each individual race will get into the overall ranking for his team.
- Points are given according CMAS-Points-Table. In relays the CMAS-Points will be duplicated.
- The team with the most points at the end of the competition receives a challenge cup.



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5. Entry fee

- The inscription fee is 25,00 Euro for each club, 5,00 Euro for each individual race per competitor and 8,00 Euro for each relay.
- Paid fee for not-performed races will not be reimbursed, if there is no valid medical certificate.
- All fees have to be paid in cash at 04th of November in the organisation office (only Euro are accepted) or before the competition via bank transfer. (bank transfer is the preferred way of payment)

IBAN: DE70 1305 0000 4400 00696
SWIFT-BIC: NOLADE21ROS

6. Final enrolment

The final enrolment must be received before **14th of October 2016** at the following email address: tscrostock1957@t-online.de

Contact: Tauchsportclub Rostock 1957 e.V.
Kopernikusstraße 17, 18057 Rostock, Germany
phone: +49 381/ 2013644
facebook: @tscrostock1957

7. Accommodation

Every club has to organise the accommodation and food by itself.
(If you need help, let us know!)

8. Closing party

The closing party will take place in the facility of the pool. The participation fee is **15,00 Euro per person** and includes the banquet and a drink of your choice.

We are looking forward to welcome you in Rostock.

With best regards

Uwe Etzien
Chairmen of TSC Rostock 1957 e.V.