



HANSESTADT ROSTOCK

52nd International Finswimming Cup of Rostock - Germany -

09th /10th November 2018



Invitation / Announcement

Organiser: Tauchsportclub Rostock 1957 e.V.
Date: 09th/10th November 2018
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, 09th November 2018

17:00 - 17:50 Warm up
17:30 Team leader meeting
18:00 Opening ceremony
18:15 Beginning

| | | |
|----|------------------------|------------------------------|
| 01 | Relay 4 x 50m SF | Mixed (2 women, 2 men) |
| 02 | 100m SF | Men |
| 03 | 100m SF | Women |
| 04 | 400m IM | Men ! Special Cup ! |
| 05 | 400m IM | Women |
| | Break / Award ceremony | |
| 06 | 200m SF | Men |
| 07 | 200m SF | Women ! Special Cup ! |
| 08 | Relay 4 x 100m IM | Men |
| 09 | Relay 4 x 100m IM | Women |

ca. 21:00 estimated end of first session



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Second Session

Saturday, 10th November 2018

12:00 - 12:50 Warm up
12:30 Team leader meeting
13:00 Beginning

| | | |
|----|------------------------|---------------------------------|
| 10 | Relay 4 x 50m AP | Mixed (2 women, 2 men) |
| 11 | 200m IM | Men !Speed-Diving-Cup! |
| 12 | 200m IM | Women !Speed-Diving-Cup! |
| 13 | 50m AP | Men |
| 14 | 50m AP | Women |
| 16 | 400m SF | Men |
| 16 | 400m SF | Women |
| | Break / Award ceremony | |
| 17 | 100m IM | Men |
| 18 | 100m IM | Women |
| 19 | 50m SF | Men |
| 20 | 50m SF | Women |
| | Break / Award ceremony | |
| 21 | Relay 4 x 100m SF | Women |
| 22 | Relay 4 x 100m SF | Men |

ca. 17:00 estimated end of second session

Third Session

Saturday, 10th November 2018

Closing ceremony with banquet and party

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

18:45 Entrance
19:00 Beginning
24:00 Estimated end

(Changes due technical reasons are possible)



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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 month.
- All bottles 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 start 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), 400m IM men (Detlef-Meyer-Memorial Cup) and 200m IM (Speeddiving Cup).

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Youth Categorie

- The best result for girls and boys (born 2000 and younger) will be honored with a cup.
- The best result will be calculated according the 1000-points-table (except competitions 11 and 12).

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 and 8,00 Euro for each relay.
- Paid fee for not-performed races will not be reimbursed, if there is no valid medical certificate.
- We prefer the payment of all fees via bank transfer until the 04th of November. It is also possible to pay in cash at 10th of November in the organisation office (only Euro are accepted).

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

6. Final enrolment

The final enrolment must be received before **31st of October 2018** at the following email address: pokal2018@tsc-rostock.de

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

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 a facility in the near 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.