



HANSESTADT ROSTOCK

53rd International Finswimming Cup of Rostock - Germany -

08th /09th November 2019



Invitation / Announcement

Organizer: Tauchsportclub Rostock 1957 e.V.
Date: 08th /09th November 2019
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, 08th November 2019

16:00 - 16:50 Warm up
16:30 Team leader meeting
17:00 Opening ceremony
17:15 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
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. 20:00 estimated end of first session



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Second Session

Saturday, 09th November 2019

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
15	400m SF	Men
16	400m SF	Women
17	100m IM	Men
18	100m IM	Women
19	50m SF	Men
20	50m SF	Women
21	Relay 4 x 50m SF	Mixed !Oldie-Goldie-Race!
	Break / Award ceremony	
22	Relay 4 x 100m SF	Women
23	Relay 4 x 100m SF	Men

ca. 17:00 estimated end of second session

Third Session

Saturday, 09th November 2019

Closing ceremony with banquet and party

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

18:30 Entrance
19:15 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 2,5 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).

Youth Categorie

- The best result for girls and boys (born 2002 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 their team.
- Points are given according CMAS-Points-Table. In relays the CMAS-Points will be duplicated. The **Oldie-Race** is not included in the ranking.
- The team with the most points at the end of the competition receives a challenge cup.

5. Entry fee

- The **inscription fee** is **40,00 Euro** for each club, **5,00 Euro** for each **individual race** and **8,00 Euro** for each **relay**. The participation in the Oldie-Race is free of charge.



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- Paid fees 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 03rd of November. In exception it is will be possible to pay in cash at the organisation office (only Euro are accepted).

IBAN: DE70 1305 0000 0440 0006 96
SWIFT-BIC: NOLADE21ROS

6. Final enrolment

The organizer requests a confirmation of participation via mail (not final enrolment!) till **20th of October 2019**.

The final enrolment must be received before **31st of October 2019** at the following email address: pokal2019@tsc-rostock.de

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

Please inform us about the participants (complete name) of the Oldie-Race via mail. According to the first implementation of this spezial race the enrolment will be done by the organizer.

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.

Please confirm your participation at the closing party via mail till **20th of October 2019**.

We are looking forward to welcome you in Rostock.

With best regards

Uwe Etzien
Chairmen of TSC Rostock 1957 e.V.