



**54th International
Finswimming Cup of
Rostock
- Germany -**

06th /07th November 2020



Invitation / Announcement

Organizer: Tauchsportclub Rostock 1957 e.V.
Date: 06th/07th November 2020
Competition Venue: Neptunschwimmhalle Rostock;
Kopernikusstraße 17, 18057 Rostock
Germany

0. Requirements and measures in times of the corona pandemic

According to the recommendations of the German olympic sports confederation (DOSB), the regional sport confederation of Mecklenburg-Vorpommern (LSB M-V), the city of Rostock and the German diving federation (VDST) the organizer Tauchsportclub Rostock 1957 e. V. implements the following fundamental guidelines:

- **Creation of a hygiene and safety concept with implementing the regulations for minimum distance and guidance systems for passage ways**
- **Recording of all athletes, officials, judges, volunteers and guest/spectators in an attendance list**
- **Limiting the amount of participants to a maximum of 200 (indoor events). This includes athletes, officials, judges, volunteers, swimming pool staff and guest/spectators.**
- **Mask requirement for all participants who are not directly preparing for their start or who are swimming in the water**

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, 06th November 2020

16:00 - 16:50	Warm up
16:20	Team leader meeting
17:00	Opening ceremony
17:15	Beginning



HANSESTADT ROSTOCK

**54th International
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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

Second Session

Saturday, 07th November 2020

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 100m SF	Women
22	Relay 4 x 100m SF	Men

ca. 17:00 estimated end of second session



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Third Session

Saturday, 07th November 2020

Closing ceremony with banquet and party

Due to the requirements and restrictions caused by the coronavirus the closing ceremony cannot take place this year.

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 2003 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.



HANSESTADT ROSTOCK

54th International Finswimming Cup of Rostock - Germany -

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- 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.

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.
- 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 **30th of October 2020**. 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

Due to the limited number of participants at indoor events during the corona pandemic the number of athletes will be limited to 120 athletes!

Considering this requirement the confirmations of participation (not final enrolment) will be processed according to the entry (date and time). All clubs receive a response to their confirmation in form of an acceptance or capacity-related rejection. Therefore we ask for quick entries of the asked confirmation.

The organizer requests the confirmation of participation (not final enrolment) via mail **as well as the notification of the total number of the team members (athletes, supervisors and coaches)** till **18th of October 2020**.

The final enrolment must be received before **25th of October 2020** at the following email address: pokal2019@tsc-rostock.de

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



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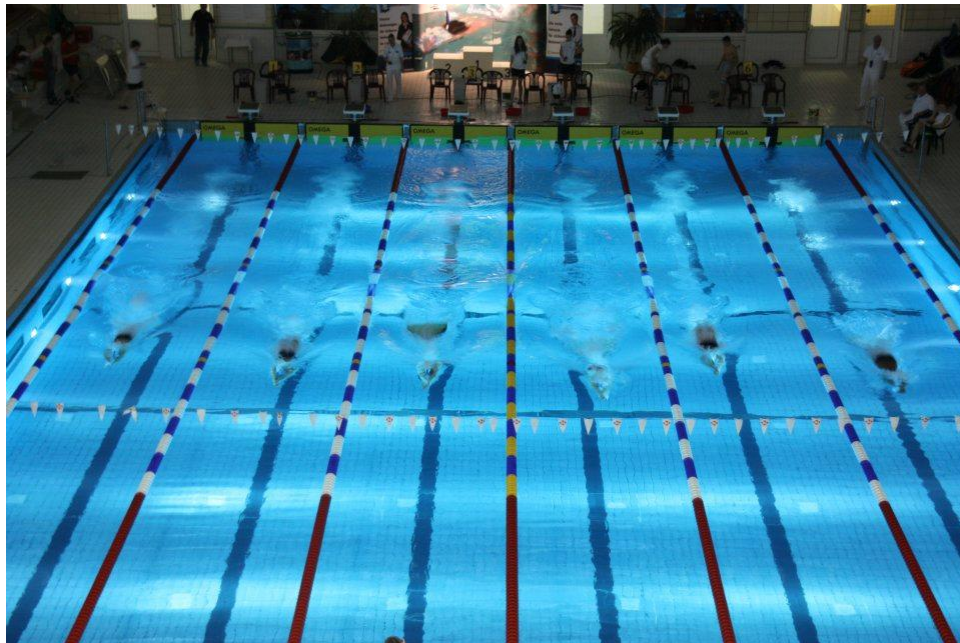
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7. Accommodation

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



We are looking forward to welcome you in Rostock.

With best regards

Uwe Etzien
Chairmen of TSC Rostock 1957 e.V.