



# 55<sup>th</sup> International Finswimming Cup of Rostock - Germany -

11<sup>th</sup> /12<sup>th</sup> November 2022



## Invitation / Announcement

**Organizer:** Tauchsportclub Rostock 1957 e.V.  
**Date:** 11<sup>th</sup>/12<sup>th</sup> November 2022  
**Competition Venue:** Neptunschwimmhalle Rostock;  
Kopernikusstraße 17, 18057 Rostock  
Germany

### 0. Requirements and measures in times of the corona pandemic

According to the local Corona regulations of Mecklenburg-Vorpommern and the city of Rostock the the organizer Tauchsportclub Rostock 1957 e. V. implements a hygiene concept.

The following fundamental guidelines have to be implemented:

- According to the current Corona LVO M-V, there is no requirement for the implementation of the 3G regulation. From October, however, a new regulation for the winter 2022/2023 will come into force, in which this may be required again. Therefore, the organizer points out that on the Cup weekend the 3G regulation could apply again. Then only vaccinated, considered recovered or negatively tested for Sars-Cov2 persons will be allowed to access the competition site. The proofs must then correspond to the Corona regulation.
- In accordance with the German data protection regulation the personal data of all athletes, officials, judges, volunteers and guest/spectators will be recorded in an attendance list for 4 weeks. Afterwards the data will be deleted / destroyed.
- Compliance to the mask requirement and minimum distance of 1,5 m between participants
- Implementation of a direction system to reduce the possible contacts of participants

More detailed information on hygiene measures and procedures during the competition will be published on the homepage of the organizer at at the **28<sup>th</sup> of October 2022**.

### 1. Pool

25-Meter-Pool with six lanes and a constant depth of 2,10 meter. Temperature of water is 27,5°C. Electronic timekeeping.



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## 2. Program

### First Session

Friday, 11<sup>th</sup> November 2022

14:30 - 15:15	Registration with Corona-check (vaccinated, recovered, tested)		
15:30 – 16:45	<b>eventually staggered</b> warm up (2 time slots of 30 minutes)		
15:45	Team leader meeting		
16:15	Meeting of judges		
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
	<b>04</b>	<b>400m IM</b>	<b>Men ! Special Cup !</b>
	05	400m IM	Women
	06	200m SF	Men
	<b>07</b>	<b>200m SF</b>	<b>Women ! Special Cup !</b>
	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, 12<sup>th</sup> November 2022

12:00 - 13:15 **eventually staggered** warm up (2 time slots of 30 minutes)  
12:15 Team leader meeting  
12:45 Meeting of judges  
13:30 Beginning

10	Relay 4 x 50m AP	Mixed (2 women, 2 men)
<b>11</b>	<b>200m IM</b>	<b>Men</b> <b>Speed-Diving-Cup</b>
<b>12</b>	<b>200m IM</b>	<b>Women</b> <b>Speed-Diving-Cup</b>
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

## Third Session

Saturday, 12<sup>th</sup> November 2022

### Closing ceremony with banquet and party

It will take place if the hygiene concept for the banquet is approved by the local health department.

19:00 Entrance  
19:30 Beginning  
24:00 Estimated end

**Changes due to technical as well as pandemic 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 Categorioe**

- The best result for girls and boys (born 2005 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 team with the most points at the end of the competition receives a challenge cup.

**Do not forget to bring the cups of the last competition back (Cup of the Mayor of Rostock / Detlef-Meyer-Memorial Cup / the main competition cup)**



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### 5. Entry fee

- The **inscription fee** is **50,00 Euro** for each team, **6,00 Euro** for each **individual race** and **8,00 Euro** for each **relay**.
- Paid fees for not-performed races will not be reimbursed, if there is no cancellation till the 09<sup>th</sup> of November 2022.
- All payments have to be done via bank transfer until the **09<sup>th</sup> of November 2022**. Please provide **team number + club name** in the transfer text.

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

### 6. Final enrolment

For the enrolment the organizer provides an electronical program together with the invitation. Please use the ew2-program. For enrolments in text form 20,00 Euro will be charged.

The final enrolment must be received by midnight of the **04<sup>th</sup> of November 2022** at the latest. Changes are possible till the **08<sup>th</sup> of November 2022 12:00 o'clock**.

Enrolment address: [pokal@tsc-rostock.de](mailto:pokal@tsc-rostock.de)

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)** for further planning till the **28<sup>th</sup> of October 2022**.

### 7. Accommodation

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



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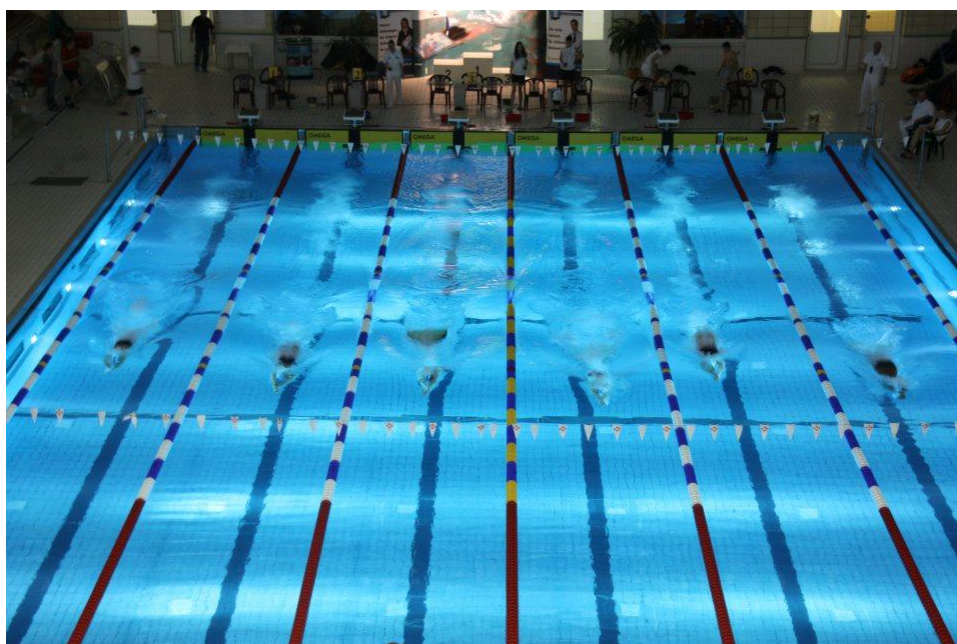
## 8. Closing ceremony with banquet and party

The closing ceremony and banquet can take in compliance with the Corona requirements and if the separate hygiene concept is approved. Till the 28<sup>th</sup> of October we will give a feedback on our homepage if the closing ceremony and banquet can take place. **Please let us know if you plan to participate till the 04<sup>th</sup> of November.**

The **banquet fee is 20,00 Euro for each participant** including the banquet and one free drink. Please transfer the fees separately providing the club name + banquet till the **09<sup>th</sup> of November 2022.**

## 9. Miscellaneous

For further questions of interest (competition, hygiene measures, etc.) contact us over:  
[Tsc-rostock1957@t-online.de](mailto:Tsc-rostock1957@t-online.de)



We are looking forward to welcome you in Rostock.

With best regards

Uwe Etzien  
Chairmen of TSC Rostock 1957 e.V.