

Invitation / Announcement

Organiser: Tauchsportclub Rostock 1957 e.V.
Date: 07th - 8th November 2014
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, 07th November 2014

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

Second Session

Saturday, 08th November 2014

| | | | |
|---------------|------------------------|-------|--|
| 12:00 - 12:50 | Warm up | | |
| 12:30 | Team leader meeting | | |
| 13:00 | 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 | |
| | 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, 08th November 2014

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)



48th International Finswimming Cup of Rostock - Germany -

07th /08th November 2013



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) and 400m IM men (Detlef-Meyer-Memorial Cup).

Youth Categorioe

- The best result for girls and boys (born 1997 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 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 07th 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 **26th of October 2014** at the following email address: tscrostock1957@t-online.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 **10,00 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

Dirk Viereg
Chairmen of TSC Rostock 1957 e.V.