



HANSESTADT ROSTOCK

49th International Finswimming Cup of Rostock - Germany -

06th /07th November 2015



Invitation / Announcement

Organiser: Tauchsportclub Rostock 1957 e.V.
Date: 06th - 7th November 2015
Competition Venue: Neptunschwimmhalle Rostock;
Kopernikusstraße 17, 18057 Rostock
Germany

1. Pool

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

2. Program

First Session

Friday, 06th November 2015

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



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Second Session

Saturday, 07th November 2015

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, 07th November 2015

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

Youth Categorioe

- The best result for girls and boys (born 1998 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 06th 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 **25th of October 2015** 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, please 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.