



**45th International
Finswimming Cup of
Rostock
- Germany -
11th /12th November 2011**



Announcement

Organiser: Tauchsportclub Rostock 1957 e.V.
Date: 11th - 12th November 2011
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, 11th November 2011

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	! Carneval-Special !
02	Relay 4 x 50m SF	Women	! Carneval-Special !
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		



HANSESTADT ROSTOCK

45th International Finswimming Cup of Rostock - Germany -

11th /12th November 2011



Second Session

Saturday, 12th November 2011

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	! NEW !
14	200m IM	Women	! NEW !
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, 12th November 2011

Closing ceremony with banquet and party
(Including award ceremony for the best clubs)

18:45

Entrance

19:00

Beginning

24:00

Estimated end



45th International Finswimming Cup of Rostock - Germany -



11th /12th November 2011

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 and 400m IM men.

Youth Categoric

- The best result for girls and boys (born 1994 and younger) will be honored with a cup.
- The best result will be calculated according the 1000-points-table.

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.



**45th International
Finswimming Cup of
Rostock
- Germany -
11th /12th November 2011**



5. Entry fee

- The inscription fee is 25,00 Euro for each club, 4,00 Euro for each individual race and 6,00 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 11th of November in the organisation office (only Euro are accepted) or before the competition via bank transfer.

6. Final enrolment

The final enrolment must be received before **30th of October 2011** at the following email address: tscrostock1957@t-online.de

Contact: Tauchsportclub Rostock 1957 e.V.
Kopernikusstraße 17, 18057 Rostock, Germany
phone: +49381/ 2013644 Fax: +49381/ 2013645

7. Accommodation

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

8. Closing party

The closing party with the banquet will take place in a big hall in the facilities of the pool. The participation fee is 10,00 Euro per person and includes the banquet and a drink of your choice.

At the end of the closing party the activity goes on in a discotheque.

We are looking forward to welcome your club in Rostock.

With best regards,

Hartmut Leitzke
Chairmen of TSC Rostock 1957 e.V.