



56th International Finswimming Cup of Rostock - Germany -

10th /11th November 2023



Invitation / Announcement

Organizer: Tauchsportclub Rostock 1957 e.V.
Date: 10th /11th November 2023
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 27,5°C. Electronic timekeeping.

2. Program

First Session

Friday, 10th November 2023

15:30	Entry		
16:00 – 16:50	Warm up		
16:00	Team leader meeting		
16:30	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
	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. 21:00 estimated end of first session



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Second Session

Saturday, 11th November 2023

12:00 - 12:50 Warm up
12:00 Team leader meeting
12:30 Meeting of judges
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 50m SF	MIXED Everyone Relay
22	Relay 4 x 100m SF	Women
23	Relay 4 x 100m SF	Men

ca. 17:00 estimated end of second session

Third Session

Saturday, 11th November 2023

Closing ceremony with banquet and party

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



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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 Categorie

- The best result for girls and boys (born 2006 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 **everyone relay** is not included in the ranking.
- 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 08th of November 2023.
- All payments have to be done via bank transfer until the **08th of November 2023**. 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 **03rd of November 2023** at the latest. Changes are possible till the **07th of November 2023 12:00 o'clock**.

Enrolment address: 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 **30th of October 2023**.

7. Accommodation

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



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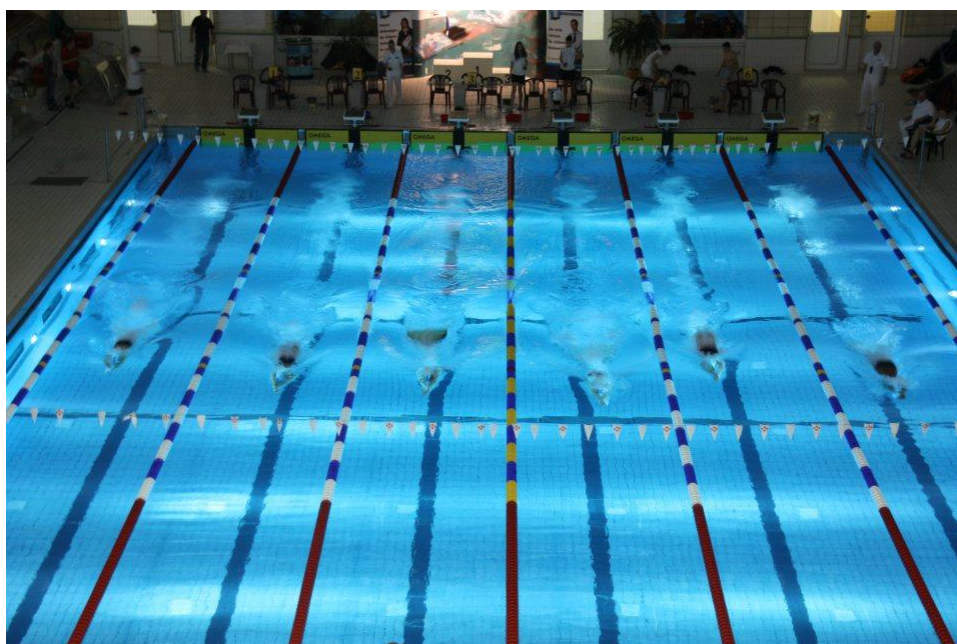
8. Closing ceremony with banquet and party

The closing ceremony and banquet will take place in the marble hall of the swimming pool facility.

The **banquet fee is 20,00 Euro for each participant** including the banquet and one free drink. Let us know if there are any intolerances (lactose, gluten, etc.) and we also ask for the notification of vegetarian participants. For these participants we would take care of an appropriate dish. Please confirm the number of participants till the **03rd of November 2023** and transfer the fees separately providing the club name + banquet till the **08th of November 2023**.

9. Miscellaneous

For further questions of interest (competition, hygiene measures, etc.) contact us over:
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.