



NORTH CUP OLECKO LEGA 2019

FINSWIMMING NORTH-EASTERN EUROPEAN CHEMPIONSHIPS

PARTICULAR REGULATION

The Olecko's Diving Association "Amfiprion" invite all interested Federations and Clubs to participate on the NORTH CUP - OLECKO LEGA 2019 organized in the period from 27th do 29th of September 2019 in Olecko (POLAND).

There will be the general classification for individual and CLUBS.

2. PARTICIPATION RULES AND RACES

The competition is governed by the Finswimming international Rules of CMAS that every athlete affirms to know and to follow.

Races and categories are the following:

	<i>BF</i>	<i>SF</i>	<i>AP & IM</i>
1.	50 m (A, B, C, D, E, E0)	50 m (A, B, C, D, E, E0)	25 m (D, E, E0)
2.	100 m (A, B, C, D, E, E0)	100 m (A, B, C, D, E, E0)	50 m (A, B, C)
3.	200 m (A, B, C, D, E)	200 m (A, B, C, D, E)	100 m (A, B, C, D)
4.	400 m (A, B, C, D, E)	400 m (A, B, C, D, E)	
5.		800 m (A, B, C, D)	

<i>Relay</i>	
1.	4x50m SF mixed (two (2) boys+two (2) girls) - OPEN, Junior
2.	4x100m SF mixed (two (2) boys+two (2) girls) - OPEN, Junior
3.	SPECIAL CRAZY RELAY (1x25m AP /E, E0 cat./ - B/G; 1x25m BF /E,E0 cat./ - B/G; 1x50m BF /D cat./ -G.; 1x50m BF /D cat./ - B.; 1x50m AP /C, B cat./ - G.; 1x50m AP /C,B cat./ B.; 1x50 SF /OPEN/ -G.; 1x50m SF /OPEN/ B.; 1x100m IM /OPEN/ B/G.



IMPORTANT!

1. All athletes have to have PZPiP or other sports federation associated in CMAS licenses together with current medical examinations (attachment No. 2. Trainer / guardian declaration).
2. Each competitor can take part in a maximum of six (6) individual races (maximum two (2) races in each part of competition) and two (3) relays.
3. In SF, Apnea and IM competitions, the style is strictly defined by the CMAS Regulations and competitors cannot swim in BF style.
4. The competition will be played if a minimum of 4 players apply. In order for the competition to take place, at least 4 players must start (regardless of the age group). In this case, the medals and points are awarded according to the age group.
5. "Mixed Open" relay races - 2. girls and 2. boys from any age group. "Mixed Junior" relay races - two girls and two boys (2. of relay members are from the age group E and 2. from the age group D).
6. Women are not allowed to take part in men's relays and vice versa.
7. In competitions (especially 800 m SF) it's acceptable to combine age groups and start: women and men. Men and women will be classified separately.

3. COMPETITION PLACE:

The competition will take place in the LEGA Swimming Pool in Olecko. The swimming pool has a length of 25m, a width of six lanes a depth of 1,80m - 1,35m. The temperature of the water is 28°C ($\pm 1^\circ$ C). Address Park 1, 19-400 Olecko, Poland.





4. ENROLMENT

The deadline for submitting applications is September 23, 2019.

Applications should be sent to the e-mail address of Elżbieta Chodyna
elachodyna@poczta.fm

**Applications should be submitted only in *Entry Edytor Splash*
name: *olecko_club_trainer.lxf***

Invitation can be downloaded from: <http://www.megatiming.pl>

Publication of announcements, start lists and live results on the website:
<http://www.megatiming.pl>

The starting lists will be published on 25/09/2019. Submission of amendments by 26/09/2019 8.00pm.

In the application, we provide personal details of the competitor, category, license number, competition, time gain in the last 12 months.

Documents confirming the identity - current sports license, and medical examinations - will be checked on the day of the competition.

5. INSCRIPTION FEE:

Entry fee for participation in competitions - 15€ per competitor. Entry Fee paid will not be reimbursed. Payment should be made by direct bank transfer to:

Name of the Bank: Bank PKO BP - Kod BIC (SWIFT) BPKOPLPW
Beneficiary: Oleckie Stowarzyszenie Nurkowe "Amfiprion"
ul. Kolejowa 13/2
19-400 Olecko /Poland/
Bank account no: **68 1020 4724 0000 3402 0067 6593**

Information to transfer the entry fee - the name of the Club, North Cup - Olecko 2019, number of competitors /amount of competition and relay.

6. EQUIPMENT AND BOTTLE REFILLS

The judges are authorized to control swimmers equipment at any time during the competitions. All cylinders used must have passed a hydrostatic test less than 2 years before the competition, or even less if it is required by the local legislation.

7. TIMER:

Electronic. Omega system.



8. CLASSIFICATIONS:

Classifications will be based on times registered by the timekeepers, results will be compiled according to CMAS score.

Individual classification: Points are counted from the top three (3) results according to the table 1000 points achieved in individual starts.

Clubs classifications: Points are counted from the top 3 results from all competitors (A, B, C, D, E) girls and boys. The team result consists of three best results from different age groups.

Group E, E0: 3 best girls 'results + 3 best boys' results

Group D: 3 best girls 'results + 3 best boys' results

Group C: 3 best girls 'results + 3 best boys' results

Group B: 3 best girls 'results + 3 best boys' results

Group A: 3 best women's results + 3 best men's results

Total:30 individual results.

Team rankings include points for the best relay mixed in the categories OPEN and Junior / boys and girls / played in competitions by 1000 points CMAS.

9. PRIZES

Individual prizes: medals will be given to the first three classified athletes in every individual race and every relay. Cups for the best woman and man athletes of the general classification.

Teams prizes: cups for best three clubs.

Awarding ceremonies will take place during the competition. During ceremonies awarded athletes must wear official uniforms of their teams.

10. RESPONSIBILITY:

The organizer is not responsible for accidents and losses involving players during the journey to the competition venue, in the place of accommodation as well as in the swimming pool and during return to their places of residence

11. PROTESTS:

Protests can be submitted up to 20 minutes after the results are announced on the board. The deposit for the protest is PLN 200.00. If the protest is accepted, the deposit will be refunded. If the protest isn't accepted, the deposit will be transferred to the organizer.

The organizer reserves the right to definitively interpret these competition rules.



12. ACCOMMODATION

Organizers offer accommodation possibility during the competition with enrolment deadline of **20 September 2019**

(Enclosure 1- Preliminary Entry Form):

Full board accommodation is offered:
(from Friday 27 September – dinner, until Sunday 29 September – lunch)

in Hotel SKARPA, Sembrzyckiego Str. 20, 19-400 Olecko,

28-30.09 - 180 PLN / person (rooms with 2,3,4 beds / , vel 42 EURO.

PROGRAM

Friday 27th September 2019

14.00 - 19:00 - arriving of teams, accommodation,
19.00 - 21.00 - training time

Saturday 28th September 2019

Part 1. /MORNING/

8:30 – 9:00 - meeting of team leaders
9:00 – 9:30 – warming up I group of clubs
9:30 – 10:00 – warming up II group of clubs
10:10 - 10:25 – OPENING CEREMONY
10:30 - 25 m AP / E0, E, D cat./ - B/G.
 50 m AP / C, B, A cat. / - B/G
 100 m IM / D, C, B, A cat. / - B/G
 50 m BF / E0, E, D, C, B, A cat./ - B/G
 800 m SF / D, C, B, A cat. / - B/G

Realy 4x50m BF mixed JUNIOR - B/G.

Realy 4x50m BF mixed OPEN - B/G.

Saturday 28th September 2019

Part 2. /AFTERNOON/

15:00 – 15:30 - warming up II group of clubs
15:30 - 16:00 warming up I group of clubs
16:00 – 19:00
 200 m SF / E, D, C, B, A cat. / - B/G
 100 m BF / E0, E, D, C, B, A cat. / - B/G
 50 m SF / E0, E, D, C, B, A cat./ - B/G
 400 m BF / E, D, C, B, A cat./ - B/G

Realy 4x100m SF mixed JUNIOR - B/G.

Realy 4x100m SF mixed OPEN - B/G.



Sunday 29th September 2019

Part. 3 /MORNING/

8:30 – 9:00 – warming up I group of clubs

9:00 – 9:30 – warming up II group of clubs

9:40 – 14:00

100 m SF /E0, E, D, C, B, A cat./ - B/G

200 m BF / E, D, C, B, A cat./ - B/G

400 m SF /E, D, C, B, A cat./- B/G

SPECIAL CRAZY RELAY (1x25m AP /E, E0 cat./ - B/G; 1x25m BF /E,E0 cat./ - B/G; 1x50m BF /D cat./ -G.; 1x50m BF /D cat./ - B.; 1x50m AP /C, B cat./ - G.; 1x50m AP /C,B cat./ B.; 1x50 SF /OPEN/ -G.; 1x50m SF /OPEN/ B.; 1x100m IM /OPEN/ B/G.