



III OPEN BALTIC FINSWIMMING CHAMPIONSHIP



24th - 26th January 2020

The Polish Underwater Federation PZPn invite all interested Federations and Clubs to participate on the **III OPEN Baltic Finswimming Championship** for categories A, B, C, D, E organized in the period from 24th to 26th of January 2020 in Olsztyn.

Categories and races:

The competition is governed by the Finswimming International Rules, that every athlete affirms to know and to follow.

Categories are the following:

category A – 2002 and older

category B – 2003 - 2004

category C – 2005 - 2006

category D – 2007 - 2008

category E – 2009 and younger

CATEGORY: A, B, C

50 m ap

100 m im, 400 m im

50 m sf, 100 m sf, 200 m sf, 400 m sf, 800 m sf, 1500 m sf

50 m bf, 100 m bf, 200 m bf, 400 m bf

CATEGORY: D

100 m im

50 m sf, 100 m sf, 200 m sf, 400 m sf, 800 m sf, 1500 m sf

50 m bf, 100 m bf, 200 m bf, 400 m bf

CATEGORY: E

50 m sf, 100 m sf, 200 m sf, 400 m sf

50 m bf, 100 m bf, 200 m bf, 400 m bf

Relays:

4 x 100 m BF mikst Junior (E,E,D,D) and OPEN (all categories)

4 x 100 m SF mikst Junior (E,E,D,D) and OPEN (all categories)

IMPORTANT:

1. In mikst relay must swim 2 boys and 2 girls.
2. In relay JUNIOR can swim athletes younger than 2007 – only configuration is E,E,D,D
3. In relay OPEN can swim athletes from all categories.
4. An athlete can swim in 2 individual races in each block, that means an athlete can swim max. 6 individual races and 2 relays.
5. Points will be given according to World Records (Table 1000 points)
6. The general classification for clubs: the best points for 3 races in each category boys and girls, that means points for 30 individual races:
 - Category E: 3 best races girls + 3 best races boys
 - Category D: 3 best races girls + 3 best races boys
 - Category C: 3 best races girls + 3 best races boys
 - Category B: 3 best races girls + 3 best races boys
 - Category A: 3 best races girls + 3 best races boysAnd points for 3 best relays (points x 3).
7. There is no limit for athletes from one club on each distance.
8. There are limits for distance 1500 SF: 16 min in boys and 18 min in girls. Other way an athlete will be disqualified.
9. The start lists will be according to the reported times – category E and D apart from C,B,A. We will start from girls the youngest categories.
10. There will be electronic timer system – Omega.
11. Finswimmers category E have to swim in “small” monofins, maximum size: 625mm x 690 mm without **any** modifications (side wings etc.)

Swimming pool:

The competition will take place in the “AQUASFERA Swimming Pool” in Olsztyn. The pool has a length of 50m, a width of ten lanes and a depth of 2m. The temperature of the water is 26°C (± 1°C).
Address: Aleja Piłsudskiego 69b – Olsztyn.



Preliminary and registration procedures:

1. **Preliminary entry** - application must be filled and sent before **12. January 2020** to email address: biuro@pzp-n.pl (Enclosure 1)
2. **Final entry** has to be completed in the Splash program before **19. January 2020**
The instructions about Splash final entry will be provided after receiving the preliminary entry. All information on www.megatiming.pl

<http://www.megatiming.pl/contest/855d0f40-4371-4888-ad72-d45d57233570>

3. **Competition Office** will be open on 24th January 2020 from 16.00 to 20.00 at the swimming pool Aquasfera, address: Aleja Piłsudskiego 69 b in Olsztyn.

Checking equipment and bottles:

The judges are authorized to control swimmers' equipment at any time during the competitions. All bottles must have passed a hydrostatic test less than 2 years before the competition or even less if it is required by the local legislation. Filling bottles will be able before and during competition.

Prizes:

Individual prizes:

- medals will be given to the first 3 athletes in every individual race in all category A, B, C, D and E
- if there is less than 4 athletes in one category, medals are given OPEN
- there will be 2 categories in relays – JUNIOR /ED/ and OPEN /all categories/

Teams prizes:

- cups for the best three clubs

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

Responsibility:

The Polish Underwater Federation PZPn, CMAS, the Competition Director, Competition Officers and the Chief Judge are not responsible for accidents or damage caused to people and personal effects before, during or after the competition.

Accommodation and fee:

Organizers offer accommodation possibility during the competition with enrolment deadline of **12th January 2020 (Enclosure 2_Booking Form)**:

130 euro/person for full accommodation in hotel***

from Friday 24th - dinner till Sunday 26th - breakfast

The price include all individual starting fees !

- Club fee **20 euro**
- Extra day **40 euro /day /person**
- Single room **25euro /day /person**
- If you don't want an accommodation from us, we will not take any fee, but then the starting cost is **50 euro/athlete**.

Payment in cash will be able in Competition Office on 24.01.2020
or by bank transfer:

Name of the Bank : Santander Consumer Bank

Beneficiary: Polski Związek Płetwonurkowania
ul. Hallera 2
83-400 Kościerzyna, Poland

Bank account no: SWIFT (BIC CODE) : **WPKPPLPP**
IBAN: PL9310901102000000115588285

Transport:

If You need any transport please inform us by e-mail.



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PROGRAM

Friday 24th January 2020

16.00 – 20.00	Arriving of teams, checking of documents, payment of participant fee and accommodation fee in the Competition Office
18.00 - 20.00	Training time
19.30	Technical meeting at the swimming pool Aquasfera

Saturday 25th January 2020

8.00 – 8.45	Warm up
9.00	50 m ap W/M cat. C B A
	50 m bf W/M cat. E, D, C B A
	800 m sf W/M cat. D C B A
	400 m bf W/M cat. E D C B A
	400 m im W/M cat. C, B, A

14.00 – 14.50	Warm up
15.00	Opening Ceremony
15.30	100 m im W/M cat. D C B A
	50 m sf W/M cat. E D C B A
	200 m bf W/ M cat. E D C B A
	200 m sf W/ M cat. E D C B A
	4 x 100 m bf mikst relay Junior
	4 x 100 m bf mikst relay Open

Sunday 26th January 2020

8.00 – 8.45	Warm up
9.00	400 m sf W/M cat. E D C B A
	100 m bf W/M cat. E D C B A
	100 m sf W/M cat. E D C B A
	1500 m sf W/M cat. D, C, B, A
	4 x 100 m sf mikst relay Junior
	4 x 100 m sf mikst relay Open
	Awarding Ceremony