



POZnań
International
Swimming Cup 2016
regulations



POZnań
International
Swimming Cup

19th - 21st of February 2016

Organizers: UKS CITYZEN_ Swim and Sports Club
www.ukscityzen.pl

Website: www.pisc.pl

Place: Malta Thermal Pools (Kompleks Sportowo – Rekreacyjny TERMY MALTAŃSKIE)
ul. Termalna 1
61-028 POZNAŃ – Poland

Pool: Length 25 m, 10 lanes, depth 2,00 m, water temperatur 27 degrees

Program:	<u>Friday 19th Feb. 2016</u>	<u>Saturday 20th Feb. 2016</u>	<u>Sunday 21st Feb. 2016</u>
	1st Session 13:30 Warm up 15:00 Beginning of events	2nd Session 7:30 Warm up 8:30 Beginning of events	4th Session 7:30 Warm up 8:30 Beginning of events
		3rd Session 1 hour break after 2 nd Session	5th Session 1 hour break after 4 th Session

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Day 1

1st session

Friday, 19th of February 2016 – start of the event at 15:00:

Nr	Event	Time standards					
		2000 & older	2001-2002	2003-2004	2005	2006	2007-2008
1.	400 m Freestyle Masters Women				20 – 99 years		
2.	400 m Freestyle Masters Men				20 – 99 years		
3.	100 m Freestyle Women	1:14	1:18	1:28	1:40	2:00	2:07
4.	100 m Freestyle Men	1:12	1:16	1:28	1:40	2:00	2:07
5.	50 m Butterfly Women - preliminaries	0:41	0:43	0:50	0:54	1:00	1:10
6.	50 m Butterfly Men - preliminaries	0:40	0:42	0:50	0:54	1:00	1:10
7.	100 m Butterfly Masters Women				20 – 99 years		
8.	100 m Butterfly Masters Men				20 – 99 years		
9.	100 m Backstroke Women	1:25	1:30	1:42	1:45	2:00	--
10.	100 m Backstroke Men	1:22	1:28	1:42	1:45	2:00	--
11.	800 m Freestyle Women	11:30	12:10	13:00	--	--	--
12.	1500 m Freestyle Men	20:00	20:30	21:30	--	--	--

Day 2

2nd session

Saturday, 20th of February 2016 – start of the event at 8:30:

Nr	Event	Time Standards					
		2000 & older	2001-2002	2003-2004	2005	2006	2007-2008
13.	200 m Breaststroke Women	3:06	3:10	3:30	3:45	--	--
14.	200 m Breaststroke Men	2:58	3:02	3:30	3:45	--	--
15.	50 m Backstroke Women - preliminaries	0:44	0:48	0:55	0:58	1:00	1:10
16.	50 m Backstroke Men - preliminaries	0:42	0:45	0:55	0:58	1:00	1:10
17.	200 m Freestyle Women	2:40	2:45	3:10	3:25	--	--
18.	200 m Freestyle Men	2:33	2:40	3:10	3:25	--	--
19.	100 m Freestyle Masters Women				20 – 99 years		
20.	100 m Freestyle Masters Men				20 – 99 years		
21.	100 m Individual Medley Women	1:25	1:35	1:52	1:55	2:00	2:20
22.	100 m Individual Medley Men	1:22	1:32	1:52	1:55	2:00	2:20
23.	200 m Butterfly Women	2:59	3:08	3:30	--	--	--
24.	200 m Butterfly Men	2:52	3:00	3:30	--	--	--
25.	100 m Backstroke Masters Women				20 – 99 years		
26.	100 m Backstroke Masters Men				20 – 99 years		
27.	4x 50 m Freestyle Relay Women				No limits		
28.	4x 50 m Freestyle Relay Men				No limits		

1-HOUR LUNCH BREAK / WARM-UP SESSION

Final session

All final races are separately for each age groups.

Nr	Event	Time standards					
		2000 & older	2001-2002	2003-2004	2005	2006	2007-2008
5.	50 m Butterfly Women -final		10 best swimmers from preliminaries – in each age groups				
6.	50 m Butterfly Men -final		10 best swimmers from preliminaries – in each age groups				
15.	50 m Backstroke Women - final		10 best swimmers from preliminaries – in each age groups				
16.	50 m Backstroke Men - final		10 best swimmers from preliminaries – in each age groups				

3rd session

Saturday, 20th of February 2016 – 30 minutes after final session

Nr	Event	Time standards					
		2000 & older	2001-2002	2003-2004	2005	2006	2007-2008
29.	200 m Individual Medley Masters Women			20 – 99 years			
30.	200 m Individual Medley Masters Men			20 – 99 years			
31.	200 m Individual Medley Women	2:58	3:10	3:25	3:40	--	--
32.	200 m Individual Medley Men	2:54	3:05	3:25	3:40	--	--
33.	100 m Breaststroke Women	1:40	1:45	1:54	2:00	2:08	--
34.	100 m Breaststroke Men	1:36	1:41	1:54	2:00	2:08	--
35.	100 m Breaststroke Masters Women			20 – 99 years			
36.	100 m Breaststroke Masters Men			20 – 99 years			
37.	150 m Freestyle Women - preliminaries		No limits		--	--	--
38.	150 m Freestyle Men - preliminaries		No limits		--	--	--

Day 3

4th session

Sunday, 21st of February 2016 – start of the event at 8:30:

Nr	Event	Time standards					
		2000 & older	2001-2002	2003-2004	2005	2006	2007-2008
39.	50 m Freestyle Women - preliminaries	0:34	0:35	0:45	0:50	0:58	1:00
40.	50 m Freestyle Men - preliminaries	0:33	0:34	0:44	0:50	0:58	1:00
41.	50 m Breaststroke Women - preliminaries	0:47	0:50	0:58	1:00	1:06	1:10
42.	50 m Breaststroke Men - preliminaries	0:45	0:49	0:58	1:00	1:06	1:10
43.	400 m Freestyle Women	5:45	6:05	6:45	7:00	--	--
44.	400 m Freestyle Men	5:42	6:00	6:45	7:00	--	--
45.	4x 50 m Medley Relay Women			No limits			
46.	4x 50 m Medley Relay Men			No limits			

1-HOUR LUNCH BREAK / WARM-UP SESSION

Final session

All final races are separately for each age groups. There is no age groups for 150 Freestyle final.

Nr	Konkurencja	Limity czasowe					
		2000 i starsi	2001-2002	2003-2004	2005	2006	2007-2008
37.	150 m Freestyle Women - final	10 best swimmers from preliminaries			--	--	--
38.	150 m Freestyle Men - final	10 best swimmers from preliminaries			--	--	--
39.	50 m Freestyle Women -final	10 best swimmers from preliminaries – in each age groups					
40.	50 m Freestyle Men -final	10 best swimmers from preliminaries – in each age groups					
41.	50 m Breaststroke Women -final	10 best swimmers from preliminaries – in each age groups					
42.	50 m Breaststroke Men - final	10 best swimmers from preliminaries – in each age groups					

5th session

Sunday, 21st of February 2016 – 30 minutes after final session

Nr	Event	Time standards					
		2000 & older	2001-2002	2003-2004	2005	2006	2007-2008
47.	100 m Butterfly Women	1:30	1:35	1:55	2:00	2:10	--
48.	100 m Butterfly Men	1:28	1:32	1:55	2:00	2:10	--
49.	200 m Backstroke Women	2:59	3:05	3:10	3:20	--	--
50.	200 m Backstroke Men	2:57	3:02	3:10	3:20	--	--
51.	400 m Individual Medley Women	6:15	6:25	6:50	--	--	--
52.	400 m Individual Medley Men	6:08	6:20	6:50	--	--	--

END OF THE EVENT

REGULATIONS 2016:

I. REGISTRATION AND COMPETITION REQUIREMENTS

All participants to have the right to compete must be registered members of clubs and teams belonging to the FINA through membership in their own federation.

The competition will be staged in accordance with the rules of the Polish Swimming Federation. The only exception will be the starting procedure held in English.

According to the Polish Swimming Federation, swimmers are allowed to wear knee long trousers and knee long swim suits above the age of 13 – at this swim meet swimmers must be born in year 2003 or older. For further information on FINA approved swimwear, please visit www.polswim.pl

The swimming pool at Malta Thermal has 10 lanes with dividing lines. The pool is 25 meters long, 25 meters wide and 2.00 meters deep. The water temperature is about 27°C. The lanes are divided with water-breakable lines to suppress waves. The warm up for all swimmers is allowed up to 10 minutes prior to each session starts. A second 25 meter pool with 10 lanes can be used throughout the event for warm-up and cool down.

During the registration process, participants may get asked to present current medical certificate, stating that they have been checked and judged fit to participate in a swimming competition. Masters swimmers are obliged to provide such certificate or signed statement upon registering for the event. Coaches are responsible for providing current medical certificates for members of their teams. If no sport health record certificate can be presented, the swimmer or Master won't be able to start during this competition. For further questions of above, please contact us directly.

2. TIMING AND START REQUIREMENTS:

The swim meet will have electronic timing, in case the electronic timing does not work, additionally hand timing will take place too. Each race will be started according to the one-start-rule. (in case of a false start, the race continues and won't be repeated.)

Starter, judges and referees are provided by the Organizer.

All Heats will be arranged by entry times, without regarding the age of the swimmers. During the 50m qualifying heats, the heats are arranged so that faster swimmers won't swim in the same heats. The fastest 10 swimmers in each age group will be announced to go through to the 50m Finals, plus 2 substitute swimmers for eventual drop outs.

Finals will be held on Saturday and Sunday afternoon. Please note that during the competition races No. 1, 2, 11, 12, 43, 44 – 400m, 800m and 1500m Freestyle, we might have to limit the number of entries and consider starting 2 swimmers per lane. In this case the faster heat will start before the slower heat. In case the electronic time does not work, the hand time will be taken.

The 150m Freestyle Benefit Special Distance – Open Age Category (for swimmers born in 2004 and earlier): the preliminaries (150m freestyle, heats no. 37 and 38) will take place on Saturday in the 3rd Session. The Finals are scheduled for Sunday afternoon in the final session. Ten swimmers with the best results at preliminaries will be qualified to the finals.

All Masters races are set based on entry times and not by age groups.

3. SCORING AND AWARDS

Masters age categories:

0: age 20 to age 24,	A: age 25 to age 29,	B: age 30 to age 34,	C: age 35 to age 39,	D: age 40 to age 44,
E: age 45 to age 49,	F: age 50 to age 54,	G: age 55 to age 59,	H: age 60 to age 64,	I: age 65 to age 69,
J: age 70 to age 74,	K: age 75 to age 79,	L: age 80 to age 84,	M: age 85 to age 89,	N: age 90 to age 94 and
O: age 95 to age 99.				

Masters scoring: If a swimmer decided to join the Masters classification he or she cannot be counted into the 2000 age group and older category. Switching age groups between the Masters Competition and swim session events is not possible.

Participants classification will be held according to the following age groups: 2000 and older, 2001/2002, 2003/2004, 2005, 2006, 2007/2008. Ten swimmers with the best results at 50m preliminaries will be qualified to the finals. The finals will be held according to the age groups as

stated above.

The UKS CITYZEN Cup relay races, will be divided into the following age categories: girls 2003 - 2008, girls 2002 and older, boys 2003 - 2008, boys 2002 and older. The 150m freestyle distance is meant for participants born in 2004 and older and the is only the open category.

Awards: Places 1 to 3 in each age group and in each event will receive medals. The first six participants in each event and in each age group will receive certificates. All participants of the 50 m finals will receive certificates. Award ceremonies are an integral part of the event and take place during the competitions. All Relay teams from places 1 to 3 will receive medals and certificates.

Benefit Special Award (150 m Freestyle): Places 1 to 3 female and male in final session will get money prizes.

The victory ceremony of the 150m distances will follow the Final races on Sunday afternoon. The three best participants set directly on the podium.

All other victory ceremonies are held throughout the competition.

Name of the sponsor: for the best Female and Male swimmer. Combine FINA points table for the individual person who will swim all 4 x 100-meter distances (Comp No. 17/18 - Backstroke, 38/39 - Breaststroke, 48/49 – Freestyle and 65/66 - Butterfly). Disqualification or not finishing the race in one or more distances will result that the swimmer is no longer eligible for this Trophy. Excluded age groups are 2007, 2008 and Masters Swimmers

Sheraton Poznan Hotel Award: Additionally, we will be giving an Award for the best Female and Male swimmer. The Award is measured for the single highest points achieved from the FINA points table for a single swam distance. Nagrodą są vouchery na weekendowy pobyt dla 2 osób (3 dni, 2 noclegi) w dwóch z hoteli należących do sieci Starwood Hotels & Resorts.

Masters Awards. All Masters will receive medals and certificates for places 1 to 3. Victory Medal ceremonies for Masters are done throughout the event.

All the prizes, medals and certificates must be picked up by the participants or clubs before the end of the competition. In case a club would like to have the awards delivered at a later time, please contact the organizer.

During the award ceremony, participants are given medals. Certificates can be received later at the competition office.

4. REGISTRATION AND PAYMENT

Registration is possible between Tuesday, 1st December 2015 until Friday, 12th February 2016, at 23:00 hrs. No registration, cancelation or return of money will be possible after the deadline. The registration will be confirmed by e-mail. For these reasons please give the e-mail address and the name of the responsible person, as well as the Club ID No.

The entries are to be sent to (please be aware of norm times!) zgloszenia@pisc.pl

Registrations are only accepted electronically via splash format. The registration file and instructions on how to use it can be found on www.pisc.pl. We are anticipating a large number of entries. Therefore we reserve the right to refuse entries. For any questions regarding the registration process, please contact us directly. We will confirm the participation of the swimmers in the competition. The start list will be posted www.pisc.pl and www.megatiming.pl website prior to the event.

Contact persons:

Adrian Roszak (+48) 722 396 322

Przemysław Lutomski (+48) 604 199 124

zawody@pisc.pl

Sport or swimming clubs with their participants can receive a discount for individual and relay start fee, if we receive the registration entry between 1st December 2015 and 31st January 2016.

The discounted registration fees are as following:

€ 4.00 or 16 PLN per single start and € 5.00 or 20 PLN per Relay entry. In order to take advantage of the early bird fee, please transfer the money via bank transfer by 31st January 2016.

Regular registration fee applies from 1st February 2016 until 12th February 2016.

The registration fee is € 5,00 or 20 PLN per single start and € 7 or 28 PLN per entry for relays. The payment has to be done by 12th February 2016 to:

**UKSCITYZEN_ Bank account: 92 2490 0005 0000 4500 5803 3240
(IBAN – PL 92 2490 0005 0000 4500 5803 3240; BIC – ALBPPLPW)**

WE WILL DONATE 1 PLN PER SINGLE START FROM EVERY REGISTERED SWIMMER TO UNICEF ROAD TO AWARENESS

Attention: It is not possible to register anybody on the day of the competition. Changes are NOT possible.

5. OTHER IMPORTANT INFORMATION:

Lockers: The pool offers a large number of lockers available during the event. During the registration at the event bureau, clubs will receive keys to the lockers for their registered swimmers. The pool area may only be entered in bath shoes, flip flops or barefoot. Spectators in street clothes may sit in the spectators stand.

Results: Will be available live on www.megatiming.pl and in addition posted inside the pool. After the event the complete list of results will be distributed via email (PDF file format) or can be found on www.pisc.pl and www.megatiming.pl. The results will also be published on the multilingual swimming rankings website www.swimrankings.net.

The organizer is not responsible for any injuries, losses or damages.

The organizer keeps the rights to make any changes to the event and limit the number of swimmers, if there are too many registrations in some distances or heats. We will email each club/person of any changes we may conduct.

Please be aware of flashlights, cameras taking pictures and filming during the event. Anybody who attends the event as a spectator or registered swimmer agrees that his/ her image may be published in connection with the International Sheraton Swim & Masters Meet called "POZnan International Swimming Cup".

6. ACCOMMODATION:

Accommodation in Sheraton Poznan Hotel:

- 195 PLN (approx. 45 EUR) per Single room
- 230 PLN (approx. 53 EUR) per Double room

per night inclusive of a Breakfast Buffet and 8% VAT

Get to know the hotel:

www.sheraton.pl/poznan/en

For reservation, please contact : reservation.poznan@sheraton.com

Booking code: Swimming Cup

or book online: <https://www.starwoodmeeting.com/events/start.action?id=1511185378&key=24934C6>

(offer is valid from Thursday 18th February until Sunday 21th February 2016)

7. TRANSPORTATION, PARKING AND OTHER INFORMATION:

Free Shuttle Bus: A complimentary shuttle bus will be transporting swimmers and guests from Sheraton Poznan Hotel to the pool and back. Detailed information about the bus itinerary will be available on www.pisc.pl prior to the event.

Parking: Around the Malta Thermal Pools pool is available for a daily charge. (starting at 2 PLN).

Public Transportation: Trams and Buses are available directly in front of the Sheraton Poznan Hotel and near the Malta Themy pool. Take Tram line Nr. 6 or 8 (Board the Tram at Bałtyk station and exit at Termy station).

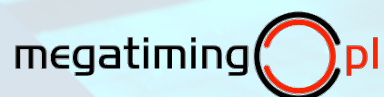
**WE HOPE WE WILL WELCOME MANY NATIONAL
AND INTERNATIONAL SWIM CLUBS.**

SEE YOU ALL IN POZNAŃ!

SPONSORS & PARTNERS:



MEDIA PARTNERS:



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