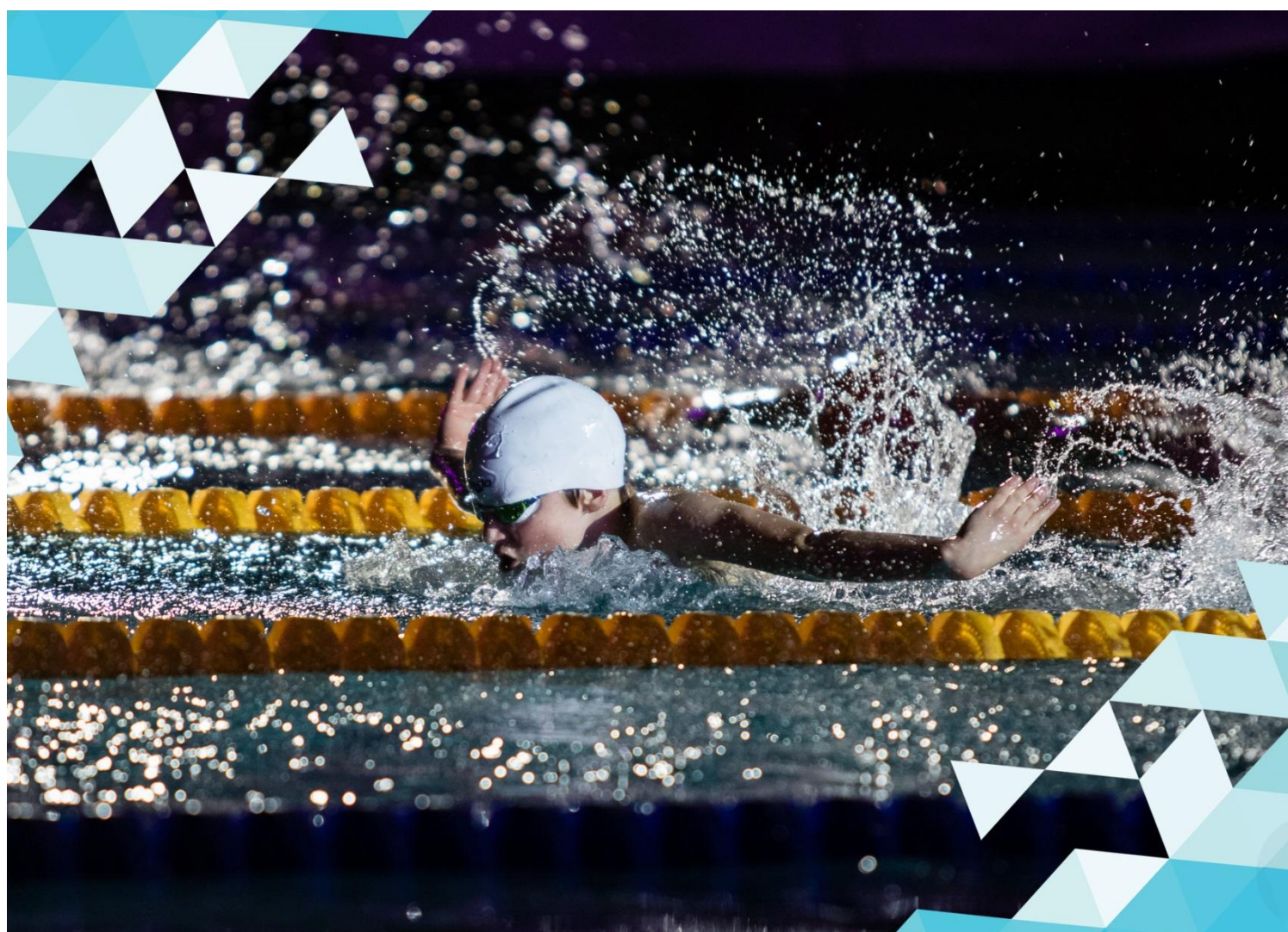


International Swimming Cup POZnań 2017



REGULATIONS

21-23.04.2017



**International
Swimming Cup
POZnań 2017**

Organizers: Uczniowski Klub Sportowy
CITYZEN Poznań
www.ukscityzen.pl

Website: www.iscp.pl

Place: Malta Thermal Pool (Kompleks Sportowo-Rekreacyjny TERMY MALTAŃSKIE)
Ul. Termalna 1, 61-028 Poznań

Pool: Length 50 m, 10 lanes, depth 2,00 m, water temperature 27 degrees

Programme:

<u>Friday, 21st April 2017</u>	<u>Saturday, 22nd April 2017</u>	<u>Sunday, 23rd April 2017</u>
1st Session 7:30 warm up 8:30 beginning of event	3rd Session 7:30 warm up 8:30 beginning of event	5th Session 7:30 warm up 8:30 beginning of event
2nd Session 45 minutes break after 1st session	4th Session 45 minutes break after 3rd session	6th Session 45 minutes break after 5th session
Final Session 45 minutes break after 2nd session	Final Session 45 minutes break after 4th session	Final Session 45 minutes break after 6th session

Day 1

1st session

Friday, 21st April 2017 – start of the event at 8:30

Nr	Event	Time standard					
		2001 and older	2002-2003	2004-2005	2006	2007	2008-2009
1.	1500 m Freestyle Men – slower series	19:30	20:00	20:30	--	--	--
2.	400 m Freestyle Women	6:15	6:25	6:50	--	--	--
3.	50 m Freestyle Men	0:30	0:33	0:42	0:50	0:55	1:00
4.	100 m Freestyle Women	1:12	1:15	1:25	1:38	1:55	2:05
5.	100 m Butterfly Men	1:22	1:27	1:50	1:58	2:10	--
6.	200 m Backstroke Women	2:50	2:56	3:00	3:10	--	--
7.	4x 50 m Individual Medley Women	No limit					

2nd Session

Friday, 21st April 2017 – start of the event: 45 min break after 1st session

Nr	Event	Time Limits					
		2001 older	2002-2003	2004-2005	2006	2007	2008-2009
8.	800 m Freestyle Women – slower series	11:10	11:50	13:00	--	--	--
9.	50 m Breaststroke Men	0:40	0:44	0:55	0:58	1:05	1:10
10.	100 m Butterfly Women	1:25	1:30	1:50	1:58	2:05	--
11.	200 m Freestyle Men	2:30	2:34	3:05	3:25	--	--
12.	50 m Breaststroke Women	0:40	0:44	0:55	0:58	1:05	1:10
13.	200 m BackStroke Men	2:52	2:57	3:08	3:15	--	--

Final Session

Friday, 21st April 2017 – start of the event: 45 min break after 2nd session

Nr	Event	Time Limits					
		2001 and older	2002-2003	2004-2005	2006	2007	2008-2009
F1.	100 m Freestyle Women	10 best swimmers – open preliminaries					
F2.	50 m Freestyle Men	10 best swimmers – preliminaries in each age groups					
F3.	400 m Individual Medley Women	10 best swimmers – open preliminaries					
F4.	100 m Butterfly Men	10 best swimmers – open preliminaries					
F5.	200 m Backstroke Women	10 best swimmers – open preliminaries					
F6.	50 m Breastroke Men	10 best swimmers – preliminaries in each age groups					
F8.	50 m Breastroke Women	10 best swimmers – preliminaries in each age groups					
F9.	1500 m Freestyle Men – fastest heat	10 best swimmers – go to event					
F10.	100 m Butterfly Women	10 best swimmers – open preliminaries					
F11.	200 m Backstroke Men	10 best swimmers – open preliminaries					
F12.	800 m Freestyle Women – fastest heat	10 best swimmers – go to event					
F13.	200 m Freestyle Men	10 best swimmers – open preliminaries					

Day 2

3rd Session

Saturday, 22nd April 2017 – start of the event at 8:30

Nr	Event	Time Limits					2008-2009
		2001 and older	2002-2003	2004-2005	2006	2007	
14.	150 m Freestyle Men	No Limits			--	--	--
15.	150 m Freestyle Women	No Limits			--	--	--
16.	50 m Butterfly Men	0:35	0:40	0:49	0:54	1:00	1:05
17.	200 m Freestyle Women	2:53	3:00	3:22	3:40	--	--
18.	100 m Backstroke Men	1:18	1:24	1:38	1:45	2:00	--
19.	50 m Backstroke Women	0:40	0:45	0:53	0:57	1:00	1:06
20.	4x 50 m Freestyle Men	No limits					
21.	4x 50 m Freestyle Women	No limits					

4th Session

Saturday, 22nd April 2017 – start of the event: 45 minutes break after 3rd session

Nr	Event	Time Limits					2008-2009
		2001 and older	2002-2003	2004-2005	2006	2007	
22.	200 m Breaststroke Men	2:53	2:58	3:24	3:44	--	--
23.	100 m Breaststroke Women	1:37	1:42	1:53	1:59	2:07	--
24.	200 m Individual Medley Men	2:49	3:00	3:21	3:40	--	--
25.	400 m Freestyle Women	5:35	5:55	6:35	7:00	--	--
26.	400 m Freestyle Men	5:20	5:40	6:30	7:00	--	--
27.	200 m Butterfly Women	2:55	3:03	3:20	--	--	--

Final Session

Saturday, 22nd April 2017 – start of the event: 45 minutes break after 4th session

Nr	Event	Time Limits					
		2001 and older	2002-2003	2004-2005	2006	2007	2008-2009
F14.	150 m Freestyle Women	10 best swimmers – open preliminaries					
F15.	150 m Freestyle Men	10 best swimmers – open preliminaries					
F16.	50 m Butterfly Men	10 best swimmers – preliminaries in each age groups					
F17.	200 m Individual Medley Women	10 best swimmers – open preliminaries					
F18.	100 m Backstroke Men	10 best swimmers - open preliminaries					
F19.	50 m Back stroke Women	10 best swimmers – preliminaries in each age groups					
F22.	200 m Breaststroke Men	10 best swimmers – open preliminaries					
F23.	100 m Breaststroke Women	10 best swimmers – open preliminaries					
F24.	200 m Individual Medley Men	10 best swimmers – open preliminaries					
F25.	400 m Freestyle Women	10 best swimmers – open preliminaries					
F26.	400 m Freestyle Men	10 best swimmers – open preliminaries					
F27.	200 m Butterfly Women	10 best swimmers – open preliminaries					

Day 3

5th Session

Sunday, 23rd April 2017 – start of the event at 8:30

Nr	Event	Time Limits					
		2001 and older	2002-2003	2004-2005	2006	2007	2008-2009
28.	1500 m Freestyle Women – slower series	No limits			--	--	--
29.	400 m Individual Medley Men	6:00	6:10	6:45	--	--	--
30.	50 m Freestyle Women	0:30	0:33	0:42	0:50	0:55	1:00
31.	100 m Freestyle Men	1:08	1:13	1:25	1:38	2:00	2:07
32.	100 m Backstroke Women	1:22	1:27	1:40	1:45	2:00	--
33.	50 m Backstroke Men	0:38	0:43	0:53	0:57	1:00	1:06
34.	4x 50 m Backstroke Men	No limits					

6th Session

Sunday 23rd April 2017 – start of the event: 45 minutes break after 5th session

Nr	Event	Time Limits					
		2001 and older	2002-2003	2004-2005	2006	2007	2008-2009
35.	800 m Freestyle Men– slower series	10:50	11:30	12:30	--	--	--
36.	200 m Breaststroke Women	3:02	3:06	3:25	3:42	--	--
37.	200 m Butterfly Men	2:47	2:55	3:25	--	--	--
38.	50 m Butterfly Women	0:35	0:40	0:49	0:54	1:00	1:05
39.	100 m Breaststroke Men	1:30	1:35	1:50	1:59	2:08	--
40.	200 m Freestyle Women	2:37	2:41	3:05	3:20	--	--

Final Session

Sunday, 23rd April 2017 – start of the event: 45 minutes break after 6th session

Nr	Event	Time Limits					
		2001 i starsi	2002-2003	2004-2005	2006	2007	2008-2009
F28.	400 m Individual Medley Men	10 best swimmers– open preliminaries					
F29.	50 m Freestyle Women	10 best swimmers– preliminaries in each age groups					
F30.	100 m Freestyle Men	10 best swimmers– open preliminaries					
F31.	100 m Backstroke Women	10 best swimmers– open preliminaries					
F32.	50 m Backstroke Men	10 best swimmers– preliminaries in each age groups					
F33.	1500 m Freestyle Women – fastest heat	10 best swimmers– entry for the event					
F35.	200 m breastroke Women	10 best swimmers – entry for the event					
F36.	200 m Butterfly Men	10 best swimmers– open preliminaries					
F37.	50 m Butterfly Women	10 best swimmers– preliminaries in each age groups					
F38.	100 m Breastroke Men	10 best swimmers– open preliminaries					
F39.	200 m Freestyle Women	10 best swimmers– open preliminaries					
F40.	800 m Freestyle Men – fastest heat	10 best swimmers– entry for the event					

End of the Event



EVENT HIGHSORE TABLE

Event	Women	Time	Date	Men	Time	Date
50 m Freestyle	Sokołowska Diana	0:25,96	21.02.2016	Ludwiczak Piotr	0:22,89	21.02.2016
100 m Freestyle	Sokołowska Diana	0:55,93	19.02.2016	Majchrzak Kacper	0:48,99	19.01.2016
150 m Freestyle	Sokołowska Diana	1:26,39	21.02.2016	Majchrzak Kacper	1:17,84	21.02.2016
200 m Freestyle	Sokołowska Diana	2:00,55	20.02.2016	Goździk Damian	1:50,88	7.02.2015
400 m Freestyle	Zachoszcz Joanna	4:20,15	18.01.2014	Urbaniak Jan	3:59,16	18.01.2014
800 m Freestyle	Wójtowicz Gabriela	8:56,60	19.02.2016	Osses Arkadiusz	8:16,71	19.01.2014
1500 m Freestyle	-	-	-	Osses Arkadiusz	15:41,18	6.02.2015
50 m Breaststroke	Chaika Kseniya	0:32,73	18.01.2014	Kusto Rafał	0:28,77	21.02.2016
100 m Breaststroke	Kit Zuzanna	1:11,28	20.02.2016	Kusto Rafał	1:02,25	20.02.2016
200 m Breaststroke	Podmajstrzy Joanna	2:37,04	8.02.2015	Kusto Rafał	2:13,24	20.02.2016
50 m Backstroke	Urbańczyk-Olejarczyk Aleksandra	0:27,24	19.01.2014	Ludwiczak Piotr	0:25,25	20.02.2016
100 m Backstroke	Baranowska Katarzyna	1:00,94	12.02.2016	Ludwiczak Piotr	0:55,07	19.02.2016
200 m Backstroke	Cieślak Joanna	2:17,00	7.02.2015	Cecere Marco	2:05,66	21.02.2016
50 m Butterfly	Foelske Jade	0:28,64	6.02.2015	Goździk Damian	0:24,54	19.02.2016
100 m Butterfly	Cieślak Joanna	1:02,08	21.02.2016	Chudy Michał	0:53,29	21.02.2016
200 m Butterfly	Cieślak Joanna	2:16,89	20.02.2016	Osses Arkadiusz	2:03,05	20.02.2016
100 m Individual Medley	Baranowska Katarzyna	1:02,99	20.02.2016	Chudy Michał	0:56,21	20.02.2016
200 m Individual Medley	Baranowska Katarzyna	2:17,21	20.02.2016	Chudy Michał	2:04,11	8.02.2015
400 m Individual Medley	Cieślak Joanna	4:52,46	6.02.2015	Urbaniak Jan	4:27,49	19.01.2014
4x50 m Freestyle	UKS Shark Rudna	1:50,45	20.02.2016	Skify Mosciu - Russia	1:36,56	19.01.2014
4x50 m Individual Medley	Region Minsk - Belarus	2:01,73	18.01.2014	Skify Mosciu - Russia	1:46,85	18.01.2014

REGULATIONS INTERNATIONAL SWIMMING CUP POZNAŃ 2017

1. 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 http://polswim.pl/sites/default/files/pzp_2014-2017_1.pdf. 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 2004 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 50 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. There will be 6 lanes available for swimmers.

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. 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 in each series.. Timescores will be set by European Ranking (swimrankings.pl) from last 12 months before the competition. During the qualifying heats, the heats are arranged so that faster swimmers won't swim in the same heats.

The fastest 10 swimmers go through the finals in each event. The 50 m distance (competitions races nr 3, 9, 12, 16, 19, 30, 33, 38) finals are set by each age group. Rest of them are set in open age category. Finals are scheduled every day in the evening.

Swimmers could withdraw from the finals, only after 30 min from the announcement of the qualification results.

Please note that during the competition races No. 1, 8, 25, 26, 28, 35 – 400m, 800m and 1500m Freestyle, we might have to consider starting 2 swimmers per lane. In case of that swimmers could start in the other parts of the pool. In case the electronic time does not work, the hand time will be taken.

The 150m Freestyle Special Distance – Open Age Category (for swimmers born in 2005 and earlier): the preliminaries (150m freestyle, heats no. 14 and 15) will take place on Saturday in the 3rd Session. The Finals are qualified to the finals.

3. SCORING AND AWARDS

Participants classification will be held according to the following age groups: 2001 and older, 2002/2003, 2004/2005, 2006, 2007, 2008/2009.

The 50 m distance 10 competitors in each age groups, with the best results at preliminaries will be qualified to the finals. Finals will be set by beginning of the youngest participants (2008/2009). The 50 m final classification (competition races nr 3. 8. 11. 13. 18. 27. 30. 34.) will take place after the finals.

Other distances (not included relay or 150 m distance) final classification will be set after qualification. The 10 best competitors with best OPEN timescores qualify to the OPEN final. Final scores will not affect the final classification in each age group. OPEN finals will reward separately, and competitors will hold awards, without regard of age group. The 800 and 1500 m Freestyle distance (competition races nr 1. 7. 25. 31.) will be set by series on time, final qualification will take place after the fastest series in final sessions.

The 150 m Freestyle distance (competition races nr 14. 15.) will take place only in OPEN category after finals. 10 competitors with best timescores will go through the finals.

Relay races will be set by system of series on time. Participants classification will be held according to the following age groups: 2004 - 2009 and 2003 and older.

Award ceremonies are an integral part of the event and take place during the competitions. 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. All other victory ceremonies are held throughout the competition. During the award ceremony, participants are given medals. Certificates can be received later at the competition office.

MORE INFORMATIONS ABOUT THE AWARDS YOU COULD FIND IN NR 1 ATTACHMENT IN THE END OF THIS DOCUMENT.

4. REGISTRATION AND PAYMENT

Registration is possible between Tuesday, **10th January 2017** until Monday, **10th April 2017, at 23:59 hrs**. No registration, cancellation or return of money will be possible after the deadline. The registration will be confirmed by e-mail by 3 days after registered. For these reasons please give the e-mail address and the name of the responsible person, as well as the Club ID No.

COMPETITOR COULD ONLY START IN MAXIMUM 6 INDIVIDUAL EVENTS.

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

Registrations are only accepted electronically via splash format. The registration file and instructions on how to use it can be found on www.iscp.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.iscp.pl and www.megatiming.pl website prior to the event.

Start Lists will be published on Monday 17th April 2017.

Contact:

Adrian Roszak (+48) 722 396 322

zawody@iscp.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 10th January 2017 and 21st March 2017.

The registration fee are as following by:

€ 4.00 lub 16 PLN for every individual start. In order to take advantage of the early bird fee, please register transfer the money via bank transfer by 21st March 2017.

Register beetwen 22nd March 2017 and 10 th April 2017:

€ 5.00 or 20 PLN per single start. In order to take advantage of the early bird fee, please transfer the money via bank transfer by 10th April 2017.

€ 6.00 or 24 PLN per relay entry, payment between 10th January 2017 and 1th April 2017.

Changes are possible (extra registration, change the event) after 10th April 2017, after transfer € 25 lor 100 zł per individual start or relay start.

If you want to quit the event after 10 th April 2017, orgnizers do not refund a fee. You can only relocate it on the other competitor, but competitor could start only in the same event,

Number of bank account UKS CITYZEN:

92 2490 0005 0000 4500 5803 3240

(IBAN – PL 92 2490 0005 0000 4500 5803 3240; BIC – ALBPPLPW)

Title: surname and participatnts club

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. Lockers Keys can be hold for competitors throughout the event. **Lockers can be open automatically in the night. We recommend do not put clothes in the lockers for the night.**

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. (during 10 days after event finished)

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 called International Swimming Cup Poznań 2017.

6. ACCOMODATION

More informations about the accommodation You can find in attachment nr 2 or on our website www.iscp.pl.

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

SEE YOU ALL IN POZNAŃ!



AWARDS INTERNATIONAL SWIMMING CUP POZnań 2017

At International Swimming Cup POZnań 2017 best competitors will receive awards and some gifts.

MEDALS

Medals will receive:

1. Competitors in individual starts in each age group, who will take place: first, second and third.
2. Competitors in OPEN finals, who will take place: first, second and third
3. Relay Teams in each age group, who will take place: first, second and third will receive set of medals, medal for each competitor, attends in relay race.

DIPLOMAS

Diplomas will receive:

1. Competitors in individual starts in each age group, who will take place: first, second, third, fourth, fifth and sixth.
2. All of the final participants in 50 m distances, 150 m distances and other events
3. Relay Teams in each age group, who will take place: first, second and third, team will receive a diploma.

STATUETTES

Statuettes will receive:

1. Teams in relay events, who will take first place in each age group

MONEY PRIZES

Money prize will receive:

1. In 150 m Freestyle (competition races nr : 14. i 15.), competitors, who will take place: first, second, third, fourth - tenth. Money Prize pool: € 2500 and will divide in women and men classification.
 - a. 1st place - € 500,
 - b. 2nd place - € 250,
 - c. 3rd place - € 150,
 - d. 4th-10th place - €50

150 m distance award ceremony will take place after final session. First three competitors will take place on a podium.

OTHER PRIZES

Material prizes will receive: competitors, who will take place: first, second, third in 50 m final sessions in each age group.

FINA BEST SCORES

Competitor, who will achieve the best score (FINA performance status) in each age group will receive special prizes sponsored by in each category:

1. Best Woman/Man Competitor (2001 and older)
2. Best Woman/Man Competitor (2002-2003)
3. Best Woman/Man Competitor (2004-2005)
4. Best Woman/Man Competitor (2006)
5. Best Woman/Man Competitor (2007)
6. Best Woman/Man Competitor (2008-2009)

You can find details before the Inauguration of the event.

