
GRAND PRIX OF POLAND



IN FINSWIMMING WITH INTERNATIONAL
GUESTS

Jastrzębie Zdrój 15.11.2014



REGULATIONS

1. Purpose:

- Popularization the sports discipline of finswimming
- Integration of people associated with sport

2. Date and place:

Competition will take place in the swimming pool "Laguna" in Jastrzębie Zdrój at Warszawska Street 1. The pool is 25 m long with depth from 0,9 m to 3,5 m – 6 lanes.

3. Organization:

- Klub Sportowy Nautilus Jastrzębie - Zdrój
- UM Jastrzębie- Zdrój
- MOSiR Jastrzębie - Zdrój

3. Management:

- Krzysztof Radomski – mobile number: 501210370 (email: nautilusik@wp.pl)
- Elżbieta Górską
- Ewa Radomska – (contact in English), mobile number: 509820433

4. Rules of participation:

Competition will be held due to the CMAS regulations.

Juniors from categories E,D,C,B and seniors from category A are allowed to start there .

Categories :

- Category E – age group 2003 and younger.
- Category D – age group 2002 and 2001
- Category C – age group 2000 and 1999
- Category B – age group 1998 and 1997
- Category A – age group 1996 and older.

Competitors must have certain national licences and valid medical check-ups.

5. Organiser provides:

Time measurement – both electronic and manual.
Judges' service.
Medical care.
Insurance of the competition (competitors).



6. Accommodation and nourishment .

Organiser may provide both accommodation and food.
Their cost will be determined with particular clubs after collecting preliminary entries.
There is a possibility of accommodation in various hotels.

7. Team's crew.

1. Competitors will be qualified in the grounds of preliminary lists (they ought to be filled with the best result of this year).
2. Competition will be held on the basis of eliminations and finals.
Eliminations are consisted of three races. 6 best competitors of every category will be qualified to the final (on the grounds of the points gained in the eliminations.)
3. There will be a team classification held on the basis of the points gained in the finals (1000-point table.)

8. Competitions.

1. The following races will be held as part of the Grand Prix of Poland:

ELIMINATIONS :

- 50 m apnea (categories A, B, C,)
- 25 m apnea (categories D, E)
- 100 m Bi-fins (categories A, B, C, D, E,)
- 200 m surface (categories A,B,C,D,E)

FINALS :

- 100 m surface (categories A, B, C, D, E)

9. Classification.

1. Points for the particular races will be counted due to the 1000-point table of CMAS.
2. Points for final classification of every competitor are the sum of every individual race (from eliminations).

3. Points in team classification will be counted only on the grounds of points gained in the final races.



10. Prizes.

1. Cups for the teams for the first, second and third team in team classification.
2. Medals and diplomas for competitors for first, second and third place in every category in individual races (both eliminations and finals).
3. Valuable prizes for the first, second and third place for competitors in the final race (100 m surface).

11 . Fees.

1. The team fee –10 EURO, and the competitor fee - 10 EURO

Paid at the team's account - until the day of 30.10.2014

Team's address :

STOWARZYSZENIE KLUB SPORTOWY NAUTILUS - JASTRZĘBIE

44-335 JASTRZĘBIE ZDRÓJ

HARCERSKA 14B

ACCOUNT NUMBER: 05847000012001002656010001

12. Registration.

Registrations :

- Krzysztof Radomski – mobile number: 501210370 (email: nautilusik@wp.pl)
- Wojciech Szulc e-mail: W.Szulcik@interia.pl
- Ewa Radomska – mobile number: 509820433

The final date of sending registrations expires **30.10.2014** We plead to keep the deadline).

We would like registrations to be sent on handed print as the Attachment 1 .

Documents proving of identity – valid sport license, valid medical check-ups

The results will be published on a regular basis on the Internet at

www.megatiming.pl

13. Protests.

Protests may be reported to 30 minutes after putting the results on the board. The bail for the protest amounts to 25 EURO

The bail is returned in case of approving the protest. When the protest is rejected, the bail devolves to the organiser

14. Final enrolment

Organiser will not take responsibility for damages caused by competitors neither at the place of accommodation nor at the swimming pool. Cases, which have not been touched with upper regulations will be discussed at the technical meeting.



PROGRAM

Friday 14.11.2014. Arrival of the teams to 17.00 (to pointed hotels)

Training from 18.00 to 20.00

Technical meeting with the team leaders on 14.11.2014 – Hotel “Dąbrówka”, 20.00
(organiser provides transport from the place of accommodation)

Saturday 15.11.2014

Eliminations – swimming pool “Laguna” at Warszawska Street 1

- 9.00 to 10.00 – warming up
- 10.00 – opening of the competition
- 10.15 to 13.00 - holding the eliminations

200 m surface (categories A, B, C, D, E,)

100 m bi-fins (categories A, B, C, D, E,)

50 m apnea (categories A, B, C)

25 m apnea (categories D, E)

Lunch break from 13.00 to 15.00

Finals – swimming pool “Laguna” at Warszawska Street 1.

15.00 to 15.30 – warming-up.

15.40 - presentation of the finalists.

16.00 – 18.00 – holding the finals

100 m surface (categories E, D, C, B, A boys and girls)

18.15 Ending of the competition

After competition we are going to prepare a disco for teenagers and a meeting for team leaders at 20.00

Sunday 16.11.2014 – Breakfast and department of the teams.

Everyone is welcome



With sport regards,

Organiser of Grand Prix of Poland

Sponsors :



Competition cofinanced by the Town Hall of Jastrzębie Zdrój