



## **FINSWIMMING EUROPEAN JUNIOR CUP**

**9 - 11 November 2018**

**GLIWICE - POLAND**

The Polish Underwater Federation PZPn invite all interested Federations and Clubs to participate in Finswimming European Junior Cup organized from 9<sup>th</sup> to 11<sup>th</sup> of November 2018 in Gliwice.

### **Particular Regulation**

#### **1. Races and rules:**

Races and categories are the following:

##### **Junior (Cat. "C" – 2003 - 2004) BOYS/GIRLS**

50 m ap,  
50 m sf, 100 m sf, 200 m sf, 400 m sf, 800 m sf  
50 m bf, 100 m bf, 200 m bf  
RELAY: 4 x 100 m sf

##### **Junior (Cat. "D" – 2005 - 2006) BOYS/GIRLS**

50 m sf, 100 m sf, 200 m sf, 400 m sf, 800 m sf  
50 m bf, 100 m bf, 200 m bf  
RELAY: 4 x 100 m sf

##### **Junior (Cat. "E" – 2007 - 2008) BOYS/GIRLS**

50 m sf, 100 m sf, 200 m sf, 400 m sf, 800 m sf  
50 m bf, 100 m bf, 200 m bf  
RELAY: 4 x 100 m sf

##### **Extra distance:**

400 m bf OPEN  
4 x 100 m bf mikst OPEN\*

\*relay mikst OPEN = two (2) boys + two (2) girls from all categories

## IMPORTANT:

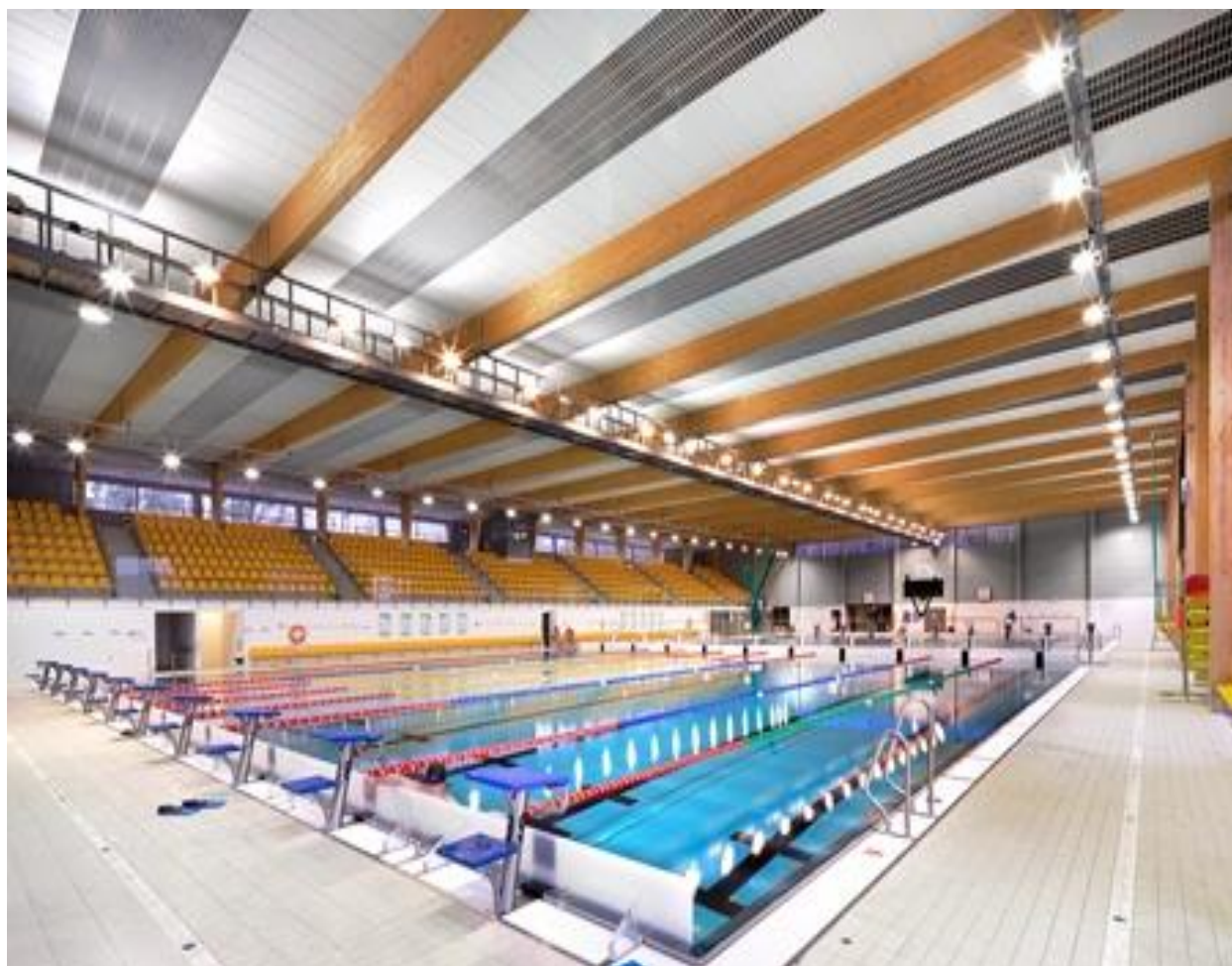
- The competition will base on general rules of CMAS.
- Each competitor can take part in any number of individual races and relays.
- Each team can enroll any number of finswimmers for each individual race.
- Finswimmers category E have to swim in “small” monofins, maximum size: 625mm x 690 mm without **any** modifications (side wings etc.).
- Technical judges may check equipment all time during all the competition.
- There will be classification for individual athletes (CMAS WC table 50) - in case of the same number of points in the general classification, the highest score in the “Table 1000” will decide on the final individual classification.
- The general Club classification will be done by the total amount of the individual point (Boys C, D, E & Girls C, D, E).
- Like in previous editions, the competitions will be also open for swimmers from group A and B for a test start on 50m swimming pool (out of classification).

## 2. *Competition place :*

**T**he competition will take place in the “OLIMPIJCZYK Swimming Pool” in Gliwice.

The swimming pool has a length of 50m, a width of 10 lanes and a depth of 2m. The temperature of the water is 26°C ( ± 1°C).

**Address: ul. Oriona 120, 44-100 Gliwice.**



### 3. *Enrollments :*

1. **Preliminary entry** - must be filled and sent before **22. October 2018** to email address: [biuro@pzp-n.pl](mailto:biuro@pzp-n.pl) ( **Enclosure 1\_preliminary entry**)
2. **Final entry** with distances and times of athletes has to be complete in the **SPLASH program** before **5. November 2018**  
The instructions about Splash final entry will be provided after receiving the preliminary entry.

### 4. *Payment :*

**The inscription fee for each club : 20 EURO (includes all relays fees).**  
**The athletes' accommodation fee includes all starting fees.**

#### ACCOMMODATION

❶ Organizers offer accommodation possibility during the competition with enrolment deadline of **22 October 2018** ( **Enclosure 2\_Booking Form**):

This price includes starting fee.

1. Full board accommodation is offered:  
(from Friday 9. November – dinner, until Sunday 11. November – lunch)  
  
Hotel \*\*\* 130 EURO / person (rooms with 1-2-3 beds)
2. Single room – extra fee - 25 EURO/ person /day
3. Extra day - 50 EURO / person /day

Those participants who do not accept one of the accommodations offered by the Organizing Committee - but arrange their accommodation by themselves are supposed to pay 40€/person as organizing fee and 30€/athlete as a starting fee.

Payment should be made by direct bank transfer or in cash on Friday 9. November in competition office on swimming pool:

**Name of the Bank :** BANK ZACHODNI WBK SA

I ODDZIAL GDYNIA

**Address:** UL. 10 LUTEGO 11  
81-366 GDYNIA

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

**Bank account no:** SWIFT (BIC CODE) : **WBKPPLPP**  
IBAN: PL93109011020000000115588285

**Enrollments will only be accepted when accompanied by bank transfer receipts.**

## TRANSFER

**T**ransfer Katowice-Pyrzowice Airport – Gliwice 40 € / person / in group up to 4 person  
Katowice-Pyrzowice Airport – Gliwice 30 € / person / in group 5 to 15 person  
Katowice-Pyrzowice Airport – Gliwice 20 € / person / in group 15+ person

Price include arrival and departure and all transfers hotel – swimming pool – hotel.  
Please contact us if you need any transfer (Krakow or Wroclaw)

## 5. *Registration procedures :*

**T**he registration to the competitions will be possible on 09.11.2018 from 13.00 to 19.00 at the swimming pool OLIMPIJCZYK, Oriona 120 Street, Gliwice.

## 6. *Timer :*

Electronic: Omega system.

## **7. Classifications :**

Classifications will be based on times registered by omega system or by the timekeepers, results will be compiled according to CMAS score. No finals for distance races. In case of the same number of points in general classification will decide the best result in "Table 1000" system to junior records.

## **8. Prizes :**

### **Individual prizes**

- medals will be given to the first three classified athletes in every individual race and every relay.
- cups for the best competition in each group C, D, E

### **Teams prizes**

- cups for best three clubs

Awarding ceremonies will take place during the competition, so the involved athletes have to be at organizing staff's disposal at the right time. During ceremonies awarded athletes must wear official uniforms of their teams.

## **11. Antidoping :**

WADA – World Antidoping Agency  
CMAS – Antidoping Rules  
POLADA – Polish Antidoping Agency

Athletes accept these rules as a condition of participation.

## **12. 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.

## **13. Special Notes :**

The program of the World Cup can be modified according to the needs of the organizer's judgment. Participating teams will get all information about the changes in time. Swimmers must be available for the Start Judge with their equipment complete at least 10 minutes before the race starts.

# PROGRAM

## Friday 9<sup>th</sup> November 2018

13.00 -19.00	Arriving of teams, checking of documents, payment of participant fee and accommodation fee in Competitions Office at the swimming pool. Check of bottles
19.00 – 21.00	Training time
19.30	<b>Technical meeting</b> at the swimming pool OLIMPIJCZYK

## Saturday morning 10<sup>th</sup> November 2018

8.00 – 8.55	Warming up
9.00	50 m ap B/G C cat. 800 m sf B/G C, D, E cat. <b>400 m bf OPEN</b>

## Saturday afternoon 10<sup>th</sup> November 2018

14.00 – 14.50	Warming up
15.00	<b>Opening Ceremony</b>
15.30	50 m bf B/G C, D, E cat. 200 m sf B/G C, D, E cat. <b>4 x 100 m bf mikst OPEN</b>

## Sunday morning 11<sup>th</sup> November 2018

8.00 – 8.55	Warming up
9.00	50 m bf Extra Race 100 m bf B/G C, D, E cat. 100 m sf B/G C, D, E cat. 400 m sf B/G C, D, E cat.

## Sunday afternoon 11<sup>th</sup> November 2018

14.00 – 14.55	Warming up
15.00	50 m sf B/G C, D, E cat. 200 m bf B/G C, D, E cat. 4 x 100 m sf relay C, D, E cat.