



# 6 TH HEADQUARTERS ALLIED AIR COMMAND RAMSTEIN INTER-NATION SWIMMING CHAMPIONSHIPS



## TECHNICAL BULLETIN



*ZAKOPANE – POLAND, 18-20 April 2012r.*

**Dear guests,**

*It is a great honour for us to receive members of the friendly air forces in Poland. I would like to extend a warm welcome to all of you who are here in Zakopane on the occasion of the*

**6 th HQ AC Ramstein Inter-Nation Swimming Championships.**

*You can be sure that we will do our best to make you feel at home in Zakopane and have pleasant experience which you will remember after returning home.*

*On behalf of the Commander of the Polish Air Force, as well as mine own I wish the best success to all competitors and team representatives.*

*Keeping in mind the motto: „Friendship through Sport” I invite everybody to enjoy together the hospitality of the land and people of Zakopane.*

*I wish all of you good luck, lots of success and fair play.*

*I hope you will enjoy a pleasant competition and interesting visit to Zakopane.*



**Sławomir KAŁUZIŃSKI**

**Major - General  
Deputy Commander of the Polish  
Air Force-Chief of Training**

## **I. CHAMPIONSHIP COMMITTEE**

### **ORGANISATION COMMITTEE:**

**Chairman:** Major – General Pil. Sławomir KAŁUZIŃSKI

**Vice chairman:** Lt. Col. Ryszard MŁYNARCZYK

### **Members:**

- Lt. Col. Dariusz JARASZEK
- Maj. Tomasz BARTKOWIAK
- Maj. Czesław STUDENCKI
- Cap. Robert PONA
- Mrs. Małgorzata BRZESKA

## **II. PLACE OF COMPETITION**

Championship will be organised by the Polish Air Forces in Military Sport Training Center in Zakopane during the period 18-20 April 2012.

## **III. COMPETITION RULES**

### **1. GENERAL REGULATIONS**

A Swimming Championship is organized under the auspices of the HQ AC Ramstein (Allied Air Command Headquarters Ramstein) Sports' Board.

The name to be used to designate this championship is Allied Air Forces Swimming Championship 2012.

For any non-specified case in the present regulation refer to the latest version of the rules of the International Swimming Federation [FINA].

### **2. PARTICIPATION - COMPOSITION OF THE DELEGATION**

#### **2.1. GENERAL**

A nation can participate in the Swimming Championship with complete teams or individuals.

Once after the technical meeting, team composition can no longer be changed unless derogation is given by the championship's director.

A participating nation must request in advance any derogation to the prescribed maximum delegation size for approval by the host nation.

## 2.2. PARTICIPATION WITH COMPLETE TEAMS

A complete team in the context of this sports discipline is defined as one competitor per event plus one team for each relay race for men and women.

The table below gives the composition of the delegation when it participates with two (2) or one (1) complete team.

FUNCTION	2 COMPLETE TEAMS		1 COMPLETE TEAM	1 COMPLETE TEAM
	MEN	WOMEN	MEN	WOMEN
Chief of Delegation	1		1	1
Team Captain	1	1	1	1
Team Coach	1	1	1	1
Masseur/Physiotherapist	1		1	1
Competitors	12	6	12	6
<b>Max Total</b>	<b>24</b>		<b>16</b>	<b>10</b>

## 2.3. ADDITIONAL PERSONNEL

The national Sports Board members do not belong to the national delegations.

## 3. PROGRAMME OF STAY

The championships take place on three (3) days. The competition takes place on one day. Teams arrive the day before the race and leave the day after.

## SCHEDULE OF EVENTS

### I. 18 April 12

- to 1100 Arrive to Balice Airport in Kraków
- 1100 – 1300 Teams arrive in Zakopane by the host nation buses/Check –in at reception
- 1300 – 1400 Lunch at the lunchroom in the hotel
- 1400 – 1800 Time for teams to practise at the swimming pool (training)
- 1730 – 1900 Dinner at the lunchroom in hotel
- 1800 – 1900 Technical Meeting (Team Coaches and Team Captains) at the Pillar Conference Room
- 1800 – 1900 Sports Board Meeting (Sport Boards Members) at the Gym Conference Room
- 2000 – 2200 Sports Board and VIP Dinner

## II. 19 April 12

- 0700 – 0800 Breakfast at the hotel lunchroom.  
Box lunches will be provided to all competitors during breakfast.
- 0900 – 0930 Opening Ceremony at the sports hall of the Military Sport Centre; Remarks by Major - General Sławomir KAŁUZIŃSKI Deputy Commander of the Polish Air Force-Chief of Training  
(Lieutenant Colonel Dariusz JARASZEK – the commander of the Military Sport Centre).  
The HQ AC Ramstein VIP should then formally declare the sports event open.
- 1000 – 1430 ALLIED AIR COMMAND HQ RAMSTEIN SWIMMING CHAMPIONSHIPS (Competition).
- 1100 – 1300 Tourist trip for VIPs – cable car – Mount Kasprowy Wierch (1985).
- 1330 – 1430 Lunch at the hall in complex sports building.
- 1530 – 1600 Closing Ceremony at the sports hall of the Military Sport Centre; Remarks by Major - General Sławomir KAŁUZIŃSKI Deputy Commander of the Polish Air Force-Chief of Training  
(Lieutenant Colonel Dariusz JARASZEK – the commander of the Military Sport Centre).  
The HQ AC Ramstein VIP should then thank the host and formally declare the sports closed.
- 1730 – 1930 Awards Dinner at the hotel lunchroom (Military uniform class A / respective civilian clothing). **The host decides to present all certificates during the Awards Dinner.**
- 1930 – Evening Entertainment (Zakopane by night) – for interested guests.

## III. 20 April 12

- 0700 – 0800 Breakfast at the hotel lunchroom.
- 0800 – 1200 Delegations Departure – out of reception.

### 4. SPECIFIC COMPETITION RULES

#### 4.1. TRAINING

##### TIMETABLE TRAINING SECTION

Time	Lanes 1,2,3	Lanes 4,5,6
14:00-15:00	BAF	USAFE
15:00-16:00	GAF	RNAF
16:00-17:00	PAF	RAF
17:00-18:00	FOR ALL	FOR ALL
19:00-19:30	RAF	PAF
19:30-20:00	RNAF	GAF
20:00-20:30	USAFE	BAF

\* timetable can be changed if teams don't arrive on time to Zakopane

## 4.2. AMPLIFYING SPECIFICATIONS

The order of races is as follows:

<b>TIME TBD</b>	<b>EVENT</b>		<b>MEN/WOMEN</b>
0900-0930	<b>Opening Ceremony</b>		
0930-1012	Warm up		
1014-1022	2 x 50m	Medley	VIPs
1022-1030	2 x 50m	Medley	VIPs
1030-1035	100m	Free Style	Men
1035-1040	50m	Free Style	Women
1040-1048	200m	Breast Stroke	Men
1048-1053	50m	Breast Stroke	Women
1053-1059	100m	Back Stroke	Women
1059-1105	100m	Back Stroke	Men
1105-1110	100m	Butterfly	Men
1110-1115	50m	Butterfly	Women
1115-1205	Warm up		
1210-1220	400m	Free Style	Men
1220-1227	200m	Free Style	Women
1227-1233	100m	Breast Stroke	Men
1233-1239	100m	Breast Stroke	Women
1239-1250	4 x 100m	Medley Relay	Men
1250-1310	Warm up		
1315-1320	50m	Free Style	Men
1320-1327	200m	Free Style	Men
1327-1334	4 x 50m Medley Relay		Women
1334-1341	4 x 50m Individual Medley		Men
1341-1405	Warm up		
1410-1420	4 x 100m Free Style Relay		Women
1420-1429	4 x 100m Free Style Relay		Men
1530-1600	<b>Closing Ceremony</b>		

### 4.3. LANE SELECTION (for 6 Nations)

Prog.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Finally
1	RAF	RNLAF	GAF	USAFE	BAF	POL	
2	POL	RAF	RNLAF	GAF	USAFE	BAF	
3	BAF	POL	RAF	RNLAF	GAF	USAFE	
4	USAFE	BAF	POL	RAF	RNLAF	GAF	
5	GAF	USAFE	BAF	POL	RAF	RNLAF	
6	RNLAF	GAF	USAFE	BAF	POL	RAF	
7	RAF	RNLAF	GAF	USAFE	BAF	POL	
8	POL	RAF	RNLAF	GAF	USAFE	BAF	
9	BAF	POL	RAF	RNLAF	GAF	USAFE	
10	USAFE	BAF	POL	RAF	RNLAF	GAF	
11	GAF	USAFE	BAF	POL	RAF	RNLAF	
12	RNLAF	GAF	USAFE	BAF	POL	RAF	
13	RAF	RNLAF	GAF	USAFE	BAF	POL	
14	POL	RAF	RNLAF	GAF	USAFE	BAF	
15	BAF	POL	RAF	RNLAF	GAF	USAFE	
16	USAFE	BAF	POL	RAF	RNLAF	GAF	
17	GAF	USAFE	BAF	POL	RAF	RNLAF	
18	RNLAF	GAF	USAFE	BAF	POL	RAF	
19	RAF	RNLAF	GAF	USAFE	BAF	POL	
	POL	RAF	RNLAF	GAF	USAFE	BAF	
	BAF	POL	RAF	RNLAF	GAF	USAFE	
	USAFE	BAF	POL	RAF	RNLAF	GAF	
	GAF	USAFE	BAF	POL	RAF	RNLAF	
	RNLAF	GAF	USAFE	BAF	POL	RAF	

Lane Rotation will be as per example above or Team Captains draw a number from 1 to 6 (because first sixth is reproducible) and drawn number indicate program the start of competition.

### 4.4. COMPETITION

4.4.1. Each male competitor will be allowed to participate in a maximum of three individual events plus both relays.

4.4.2. Each female competitor will be allowed to participate in a maximum of two individual events plus both relays.

### 4.5. COURTS, EQUIPMENT AND DRESS

#### Technical information about Swimming Pool

- length 25 meters
- 6 lanes
- temperature of water 27 °C
- electronical Omega Timing System

#### Swimwear

In swimming competitions the competitor must wear only one swimsuit in one or two pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.

From January 1, 2010 swimwear for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials.

FINA Requirements for swimwear approval (from 01.01.2010).

## **5. OVERALL NATION RANKING**

Based on the results of the individual and relay races, the overall nation ranking is determined as follows:

For each of the two (2) overall championship events – men’s and women’s, a general team ranking will be established.

### **5.1. POINTS SCORING**

Points scored in the individual and relay events will be as follows:

#### Individual Events.

##### 6 Competing Teams

1 <sup>st</sup> Place	7 Points
2 <sup>nd</sup> Place	5 Points
3 <sup>rd</sup> Place	4 Points
4 <sup>th</sup> Place	3 Points
5 <sup>th</sup> Place	2 Points
6 <sup>th</sup> Place	1 Point

#### Relays.

##### 6 Competing Teams

1 <sup>st</sup> Place	12 Points
2 <sup>nd</sup> Place	10 Points
3 <sup>rd</sup> Place	8 Points
4 <sup>th</sup> Place	6 Points
5 <sup>th</sup> Place	4 Points
6 <sup>th</sup> Place	2 Points

A competitor or team not reporting to the start, not reaching the finishing line or being disqualified, will get 0 points.

If a tie occurs in any event, the competitors making the tie will be placed equal and will share the points.

### **5.2. FINAL RESULTS**

The team with the highest number of points will be declared the winner.

If two (2) teams finish the swimming contest with equal points, the team with the greater number of first places will be declared the winner. If there is still a tie, then the number of second places becomes the deciding factor and so on.

## **6. TITLES AND AWARDS**

### **6.1. TITLES GIVEN**

The following titles will be attributed:

INDIVIDUAL: Allied Air Forces Champion titles of Men’s and Women’s Swimming, described as ‘[year] Allied Air Forces SWIMMING CHAMPION [event]’.

TEAM: Allied Air Forces Champion titles of Men’s and Women’s Swimming, described as ‘[year] Allied Air Forces SWIMMING CHAMPION’.



## 6.2. AWARD COINS

The following coins will be presented:

Host Unit	4 Max
Winning Men's Team	12 Max
Winning Women's Team	6 Max
Team Captains	2 Max
Team Coaches	2 Max
Masseurs/Physiotherapists	2 Max
Delegation Chiefs	2 Max
<b>Total</b>	<b>30 Max</b>

## 6.3. INDIVIDUAL WINNER AWARDS

Winner certificates will be presented to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed athletes in each individual or relay discipline. Total requirement: 93 certificates (plus spares).

The best valuable individual man and woman time (the best male and female competitor) will be reward of beaker. The best individual time everybody events will be comparison with FINA 2011 Points Table (world record) and selection the best.

Organizer ensure occasionally gold medals for all first places in individual and relay events.

For all of male and female representation organizer ensure certificates.

**All certificates present during the Awards Dinner.**

## 7. TECHNICAL JURY

The Technical Jury is composed of one (1) President (the Referee) and at least two (2) members (Officials). This jury takes all necessary decisions concerning the technical cases and issues that might occur, according to the FINA Regulations.

Refer to Inter-Nation Sports Handbook for protest and appeal procedures.

## 8. PROCEDURE WITH REGARD TO IRREGULARITIES

**8.1.** Any occurrence or irregularity within the jurisdiction of the Director of the competition, which is brought to the knowledge of the Technical Jury, must first be referred to the Director, who will make a decision and / or will take action.

**8.2.** Any occurrence or irregularity within the jurisdiction of the Sports Board which is brought to the knowledge of the Technical Jury or to the Director of the competition must first be referred to the Sports Board, who will make a decision and / or will take action

### 8.3. PROTEST

A formal protest may be verbal and delivered to the Director of the competition in a correct manner. The Director informs the Technical Jury and makes a decision or takes measures, depending on the respective regulations / responsibilities in the specific Sports Annex.

If the athlete (or Team Captain) is not satisfied with the decision (measure), an appeal may be lodged.

#### **8.4. APPEAL**

The appeal must be handed over to the Technical Jury within half an hour after the concerned race finishes. Any appeal must be submitted in written form in English and signed by the Team Captain or the Chief of Delegation.

The appeal must be handed over to the Chairman of the Jury of Appeal (acting Executive Chairman of the Sports Board) within half an hour after the concerned measure / decision on the protest has been taken / announced.

Before a final decision is made, the Director of the competition should give his assessment of the situation to the Jury of Appeal.

#### **9. SPECIFIC SPORTS**

Details on the staging of specific championships.

- With the exception of the Delegation Chiefs, Sports Board members, other VIPs and the Team Captains, who should be in uniform with hat, all participants should be dressed in nationally unique track suits during the opening, closing ceremony. Officials may wear their respective official dress.
- During the Awards Dinner at 19 th April all participants should be in uniform.
- During the sport competition swimmers must be **5 minutes** before your start in **Checkpoint** (corridor before the swimming pool outside the swimming cloak room).

#### **10. PHONE NUMBERS (Military Training Center Phone)**

- |                         |         |
|-------------------------|---------|
| ➤ Director              | 118-001 |
| ➤ Vice Director         | 118-002 |
| ➤ Director of Logistics | 118-003 |
| ➤ Competition Director  | 118-022 |
| ➤ Secretary General     | 118-192 |
| ➤ Director of Medical   | 118-029 |
| ➤ Cultural              | 118-018 |
| ➤ Swimming Pool         | 118-199 |
| ➤ Nurses                | 118-030 |
| ➤ Officer on duty       | 118-102 |
| ➤ Reception             | 118-100 |

POLICE : 997

AMBULANCE : 999

FIRE DEPARTMENT: 998

DUTY OFFICER : 118 102

MILITARY POLICE : 137 413

ORGANISATION TEAM (MOBIL):

ORGANISATION OFFICE

+ 48 519 03 88 27    Maj. STUDENCKI Czesław

+ 48 504 13 52 26    Cap. KARPIŃSKI Łukasz

**SPORT TEAM LEADERS (MOBILE):**

BAF	+ 48 519 038 877	KRZĄSTEK Joanna
GAF	+ 48 519 038 882	ROBASZEK Jowita
RAF	+ 48 519 038 884	JAKUBOWSKI Michał
RNAF	+ 48 519 038 881	ZIEMNICKA Marta
USAFE	+ 48 519 038 883	BZDAWSKI Maciej

**PRESELECTION TO YOUR COUNTRY (COMMERCIAL PHONE):**

Belgium	00 32 xxx
Germany	00 49 xxx
Netherlands	00 31 xxx
Great Britain	00 44 xxx
USA	00 1 xxx

Generaly Secretary

Cap. Łukasz KARPİŃSKI