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INTERNATIONAL FINSWIMMING COMPETITION

# OPEN BALTIC CUP

OLSZTYN,  
8-9 OF MARCH 2025





## REGULATIONS

### 1. RACES AND CATEGORIES

OPEN - CAT. A AND YOUNGER

JUNIOR - CAT. B (YoB 2008 - 2009):

JUNIOR - CAT. C (YoB 2010 - 2011):

JUNIOR - CAT. D (YoB 2012 - 2013):

JUNIOR - CAT. E (YoB 2014 and younger):

RELAYS:

4 X 100 m BF MIXED (M/W/M/W) - OPEN, CATEGORY 1 (B + C) and CATEGORY 2 (D + E)

4 X 100 m SF MIXED (M/W/M/W) - OPEN, CATEGORY 1 (B + C) and CATEGORY 2 (D + E)

4 X 100 m SB MIXED (M BF, W BF, M SF, W SF) - OPEN, CATEGORY 1 (B + C) and CATEGORY 2 (D + E)

### 2. COMPETITION PLACE

The competition will take place in the swimming pool "WCRS AQUASFERA"

The swimming pool has a length of 50m, 10 lanes and a depth of 2 - 2,1m.

The temperature of the water is 27°C ( +/- 1°C). Timing system: OMEGA

Address of swimming pool: Al. Marszałka Jozefa Pilsudskiego 69B, OLSZTYN

**The Finswimming European Championships will be held in this swimming pool in July 2025.**

### 3. REGISTRATION

Final entry with distances and times of athletes has to be complete in the SPLASH program or EXCEL FILE before 2nd of March 2025

Registration: [bojard@poczta.onet.pl](mailto:bojard@poczta.onet.pl) (copy: [biuro@pzp-n.pl](mailto:biuro@pzp-n.pl))

### 4. PAYMENTS

ENTRY FEE: 20 euro from each club

START FEE: 30 euro for competitor

RELAY FEE: 8 euro per each registration

Wire transfer details will be published during next days.



## 5. ACCOMODATION AND TRANSFERS

The Polish Underwater Federation can help you find cheap accommodation and meals, as well as airport transfers.

It is possible to buy lunch at the swimming pool on Saturday and Sunday: it cost 10 euros per meal. All informations by e-mail: [biuro@pzp-n.pl](mailto:biuro@pzp-n.pl)

## 6. CLASSIFICATION

Classifications will be based on times registered by omega system or by the timekeepers, results will be complied 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".

## 7. PRIZES

Medals will be given to the first three classified athletes in every individual race and every relay,

The Open Baltic Cup is for the best competitor in each category;

Cups for best three clubs in team classification

Awarding ceremonies will take place during the competition, so the involved athletes have to be at organizing staff's disposal at the right time.

## 8. ANTIDOPING RULES

Athletes accept these rules as a condition of participation:

WADA – World Antidoping Agency

CMAS – Antidoping Rules

## 9. RESPONSIBILITY

The Polish Underwater Federation (PZPn) are not responsible for accidents or damage caused to people and personal effects before, during or after the competition.



## 10. SPECIAL NOTES

The program of OPEN BALTIC 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 10 minutes before the race starts.

## 11. IMPORTANT INFORMATIONS:

The competition will base on general rules of CMAS;

Technical Judges may check equipment during competition

The general Individual Classification will be done by the sum of three (3) best individual races (TABLE „50 POINTS”) – in case of the same number of points, the highest score in table of „1000 POINTS” will decide on the final individual ranking;

The general Club classification will be done by the total amount of the individual point (Men OPEN, B, C, D, E & Women OPEN, B, C, D, E) and relays – Two starts in each competition in each age category.

## 12. COMPETITION PROGRAM:

### Friday - 7th of March 2025

15.00 -19.00 Arriving of teams, checking of documents, payments.  
Competitions Office will be open at the swimming pool „WCRS AQUASFERA”

### Saturday - 8th of March 2025 - morning session

8:00	Technical meeting
8:00 – 8:55	Warm-up
9.00	Start of the first part of competition

1-2.	50 m Apnea W/M - kat. OPEN, B, C,
3-4.	1500 m Surface W/M - kat. OPEN, B, C,
5-8.	400 m Bi-fins W/M - kat. OPEN, B, C, D, E
9-10.	400 m Immersion W/M – kat. OPEN, B, C,
11-12.	4 x 100 Bi-fins mixed - kat. OPEN, 1,2



### **Saturday – 8th of March 2025 – afternoon session**

- 14.00 – 14.55 Warm-up  
15.00 Opening Ceremony with Medal Ceremony for morning relays  
15:15 start of the second part of competition
- 13-16. 100 m Surface W/M - kat. OPEN, B, C, D, E  
17-20. 100 m Bi-fins W/M - kat. OPEN, B, C, D, E  
21-24. 400 m Surface W/M - kat. OPEN, B, C, D, E  
25-26. 100 m Immersion W/M – kat. OPEN, B, C  
27-28. 4 x 100 SF mixed - kat. OPEN, 1,2

### **Sunday – 9th of March 2025 – morning session**

- 8:00 – 8:55 Warm-up  
9:00 Start of the third part of competition
- 29-32. 50 m Surface W/M - kat. OPEN, B, C, D, E  
33-36. 50 m Bi-fins W/M – kat. OPEN, B, C, D, E  
37-38. 800 m Surface W/M - kat. OPEN, B, C, D,  
39-40. 200 m Immersion W/M – kat. OPEN, B, C  
41-44. 200 m Bi-fins W/M – kat. OPEN, B, C, D, E  
45-48. 200 m Surface W/M - kat. OPEN, B, C, D, E  
49-50. 4 x 100 SB mixed - kat. OPEN, 1, 2

We'll be happy to welcome you in Olsztyn.  
Information about competition: [biuro@pzp-n.pl](mailto:biuro@pzp-n.pl)