



*Ge.Tur. Villaggio Marino*

# 2nd Lignano Sabbiadoro Trophy



**FINSWIMMING  
LIGNANO SABBIAADORO (UD) - ITALY  
GE.TUR. SPORT VILLAGE**

**Friday 19, Saturday 20 and Sunday 21 of march  
2010**



## RULES

### 1 –DENOMINATION:

The A.S.D. BLUE TEAM with the agreement of C.M.A.S. and F.I.P.S.A.S. has the pleasure to invite you at the “2<sup>nd</sup> LIGNANO SABBIADORO TROPHY” , an International Finswimming Competition valid also for the CMAS WORLD CUP 2010 will be held in Lignano Sabbiadoro (UD) the 19, 20 and 21 of March 2010.

### 2 –COMPETITION PLACE:

The Competition will be held in: Ge.Tur. Sport Village - Viale Centrale, 29 – Lignano Sabbiadoro (UD) - ITALY - Number 8 lanes, 50 meters long Olympic swimming pool features a constant depth 2,10 m.



### 3 –PARTICIPATION RULES AND RACES:

The competition, in accordance with the Finswimming International Regulation, and this Particular Regulations, includes the following races and categories:

Senior (Cat. A) (18 years old and over)

M/F: 50ap, 50sf, 100sf, 200sf, 400sf, 800sf, 50bf, 100bf, 200bf, 100im, 4x100 relay.

Junior (Cat. B + C + D) (12/17 years old)

M/F: 50ap, 50sf, 100sf, 200sf, 400sf, 800sf, 50bf, 100bf, 200bf, 100im, 4x100 relay.

- Swimming style: ap= apnea; sf= surface; im= immersion; bf= bifins

		<b>Friday 19 march afternoon</b>	<b>- ore 17.00 / 20.00</b> Arrival and control documents  <b>- ore 21.30</b> Technical Meeting
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<p><b>Saturday 20 march morning</b></p>	<p>- ore 8,15/9,00 Warm Up</p> <p>- ore 9.10 opening ceremony</p> <p>- ore 9.20 competition:</p> <ul style="list-style-type: none"> <li>- m. 50 apnea girls/boys</li> <li>- m. 50 apnea woman/men</li> </ul> <p>award ceremony 50 apnea girls /boys</p> <ul style="list-style-type: none"> <li>- m. 800 sf girls/boys</li> </ul> <p>award ceremony 50 apnea woman/men</p> <ul style="list-style-type: none"> <li>- m. 800 sf woman/men</li> </ul> <p>award ceremony 800 sf girls/boys</p> <p>award ceremony 800 sf woman/men</p>	<p><b>Saturday 20 march afternoon</b></p>	<p>- ore 14,30/15,00 Warm Up</p> <p>- ore 15,10 competition:</p> <ul style="list-style-type: none"> <li>- m. 50 bifins girls/boys</li> <li>- m. 50 bifins woman/men</li> </ul> <p>award ceremony 50 bifins girls/boys</p> <ul style="list-style-type: none"> <li>- m. 200 sf girls/boys</li> </ul> <p>award ceremony 50 bifins woman/men</p> <ul style="list-style-type: none"> <li>- m. 200 sf woman/men</li> </ul> <p>award ceremony 200 sf girls/boys</p> <ul style="list-style-type: none"> <li>- m. 100 immersion girls/boys</li> </ul> <p>award ceremony 200 sf woman/men</p> <ul style="list-style-type: none"> <li>- m. 100 immersion woman/men</li> </ul> <p>award ceremony 100 immersion girls/boys</p> <p>award ceremony 100 immersion woman/man</p>

<p><b>Sunday 21 march morning</b></p>	<p>- ore 8,15/9,00 Warm Up</p> <p>- ore 9.10 competition:</p> <ul style="list-style-type: none"> <li>- m. 100 bifins girls/boys</li> <li>- m. 100 bifins woman/men</li> </ul> <p>award ceremony 100 bifins girls /boys</p> <ul style="list-style-type: none"> <li>- m. 100 sf girls/boys</li> </ul> <p>award ceremony 100 bifins woman/men</p> <ul style="list-style-type: none"> <li>- m. 100 sf woman/men</li> </ul> <p>award ceremony 100 sf girls/boys</p> <ul style="list-style-type: none"> <li>- m. 400 sf girls/boys</li> </ul> <p>award ceremony 100 sf woman/men</p> <ul style="list-style-type: none"> <li>- m. 400 sf woman/men</li> </ul> <p>award ceremony 400 sf girls/boys</p> <p>award ceremony 400 sf woman/men</p>	<p><b>Sunday 21 march afternoon</b></p>	<p>- ore 14,30/15,00 Warm Up</p> <p>- ore 15,10 competition:</p> <ul style="list-style-type: none"> <li>- m. 50 sf girls/boys</li> <li>- m. 50 sf woman/men</li> </ul> <p>award ceremony 50 sf girls/boys</p> <ul style="list-style-type: none"> <li>- m. 200 bifins girls/boys</li> </ul> <p>award ceremony 50 sf woman/men</p> <ul style="list-style-type: none"> <li>- m. 200 bifins woman/men</li> </ul> <p>award ceremony 200 bifins girls/boys</p> <ul style="list-style-type: none"> <li>- relay 4x100 girls/boys</li> </ul> <p>award ceremony 200 bifins woman/men</p> <ul style="list-style-type: none"> <li>- relay 4x100 woman/men</li> </ul> <p>award ceremony relay 4x100 girls/boys</p> <p>award ceremony relay 4x100 woman/man</p> <p>- award ceremony for clubs and closing ceremony</p>
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Each competitor can take part in a maximum of three (3) individual races and one (1) relay. Each team can enrol a maximum of two swimmers for each individual race and one relay race. Each club must be associated by a National Federation recognized by C.M.A.S. and each competitor must have the CMAS International Sport Licence.

It's possible take part in races of the next category, but a swimmer cannot compete on the same distance in two different categories.

Each competitor can participate for only one club during the year.

#### **4 –ENROLEMENTS:**

The enrolments must be complete the F.I.P.S.A.S. form, available on [www.fipsas.it](http://www.fipsas.it) - [www.nuotopinnato.it](http://www.nuotopinnato.it), and must receive until Saturday 6 march 2010 at organization (mail [cednp@tiscali.it](mailto:cednp@tiscali.it) or [cednuotopinnato@fipsas.it](mailto:cednuotopinnato@fipsas.it)) and also at CMAS (mail [cmas@cmas.org](mailto:cmas@cmas.org)) accompanied by bank transfer receipt:

- ASSOCIAZIONE SPORTIVA DILETTANTISTICA BLUE TEAM

IBAN: IT 88 T 03002 22007 000011008852 – BIC SWIFT: BROMITR1OV9 – UNICREDIT BANCA

**N.B. ENROLMENTS WILL ONLY BE ACCEPTED WHEN ACCOMPANIED BY BANK TRANSFER RECEIPT.**

**The registrations agree exclusively “accepted” when the CED sends the confirmation of reception of the same ones. In lack of the reception confirmation no registration will come accepted beyond the expiration of 6 March.**

The inscription fee: Euro 15,00 for club, €uro 7,00 each distance and €uro 14,00 each relay. Fee paid for not-performed races won't be reimbursed. Also relays must be declared with time on the enrolment forms. Late enrolments maybe accepted with a fine of €uro 50,00.

For all information send to [cednp@tiscali.it](mailto:cednp@tiscali.it) - [cednuotopinnato@fipsas.it](mailto:cednuotopinnato@fipsas.it)

#### **5 –PRELIMINARY PROCEDURES:**

All sport documents of the swimmers will be check exclusively from hours 5 p.m. to hours 10,00 p.m. of Friday 19/03/2010 at the swimming-pool of the Ge.Tur. Sportif Village in viale Centrale, 29 Lignano Sabbiadoro (UD).

#### **6 –FORFAIT of COMPETITORS:**

The team's leader will be announcing the competitor's absent 5 days before starting competition. For every swimmer absent in a heat without communication, the club will be liable for a fine of €50,00.

#### **7 - REGISTERED TIME:**

Timekeepers with Electronic System from Federazione Italiana Cronometristi (F.I.Cr.).

#### **8 –PRIZES:**

Medals will be given to the first, second and third competitor in each individual race and relay in the categories Girls, Boys, Woman, Men. Cups will be given to each club. At the prize-giving each swimmer **MUST WEAR** his **TEAM UNIFORM**.

#### **9 –CLASSMENTS AND CLUBS PRIZES:**

Five separate club classification will be also made for girls, boys, woman, men and general.

Prizes are previewed to all teams based on general classification.

#### **10 –DOPING CONTROL:**

Doping Control follows the international rules of WADA.

## **11-CHECK EQUIPMENTS AND BOTTLES CHARGE:**

Equipments will be check directly to the starting point during competition, instead bottles will have to be delivered empty to the organization for the control and recharges within hours 8,00 p.m. of 19 fridays March and will come given back in the morning of saturday 20. **FOR EMERGENCY REASONS THEY WILL NOT COME ACCEPTED BOTTLES BEYOND SUCH TIMETABLE.** Bottles are only allowed for the warm up on saturday afternoon.

### **Particular regulation:**

Besides how much previewed from the Italian law (presence indication check “air”, ministerial stamp every two years and/or certified of ministerial test), the bottles will have to be delivered in perfect state of physical integrity and will come loaded to the maximum pressure of 200 bars (atm).

They will not come accepted bottles with important signs of rust.

## **12 –RESPONSIBILITY:**

A.S.D. BLUE TEAM, C.M.A.S., F.I.P.S.A.S., the Competition Director, the Competition Officers and the Chief Judge are not responsible for accidents or damages caused to people and things, before, during or after the competition.

## **13 –SPECIAL NOTES:**

This program could be modified for organization cause. Swimmers must be available for the Start Judge with their complete equipment at least 10 minutes before the race start. Swim cap are mandatory. The organizing club reserved to accept and insert an athlete or a relay at any time at own discretion, in or outside the official classification, on request by the participating club.

Any other rule concerning the competition could be found on the C.M.A.S. Finswimming Rules.

## **14 –VISA:**

If you need VISA for enter in Italy, please make contact with Italian federation (F.I.P.S.A.S.) minimum 30 days before the event.

## **15 –HOTEL INFORMATION:**

- Villaggio Turistico Sportivo Ge.Tur. full package 2 days Euro 76,00 for person (Self Service), or Euro 86,00 for person (restaurant). Additional cost for single room Euro 40,00 for person.

Ge.Tur. Ufficio prenotazioni  
tel. + 39 0431 409511 - fax +39 0431 409512  
cel +335 380998 - E-mail: [lignano@getur.com](mailto:lignano@getur.com)

See you in Lignano!!!



## How you can get to Lignano Sabbiadoro

You can get to Lignano Sabbiadoro by various ways of transportation:

By Car - on the highway (motorway)

By car you can reach Lignano driving on the A4 Venice - Trieste motorway or on A23 motorway linking Tarvisio and Venice; the motorway exit for Lignano is made at Latisana, following the local road no 354 which ends at Lignano.

By Bus - Bus Stations

There are many bus lines which regularly depart from the northern part of Italy towards Lignano. There are special buses linking important cities in Germany, Switzerland and Austria to Lignano. More information about bus schedules and timelines: Biglietteria Autostazione Viale Gorizia, 26 Tel. 0039 0431 71373

Bus Station Lignano SAF [www.saf.ud.it](http://www.saf.ud.it)

By Train - Train Stations Latisana Train station is just 20 km away from Lignano. From Latisana train station you can access by train Venice (Mestre) and its neighboring airports as well as Trieste, Udine and other main cities in Italy. Lignano and Latisana are linked by regular bus lines

Italian Railways Website : [www.trenitalia.com](http://www.trenitalia.com)

By Plane - Airports

The nearest airports to Lignano are *Friuli Venezia Giulia Airport* from Ronchi dei Legionari, just 58 km away from Lignano Sabbiadoro, *Marco Polo Airport* in Venice 100 km away and *San Giuseppe Airport* of Treviso, 110 km away from Lignano

City: Venice

Airport: Marco Polo

Telephone: 00390412606111

Website: [www.veniceairport.it](http://www.veniceairport.it)

City: Treviso

Airport: St Joseph

telephone: 0039042220393

Website: [www.trevisoairport.it](http://www.trevisoairport.it)

City: Trieste

Airport: Ronchi dei Legionari

Telephone: 0039040631484

Website: [www.aeroporto.fvg.it](http://www.aeroporto.fvg.it)

Other information on [www.getur.com](http://www.getur.com) .

