



POLISH UNDERWATER
FEDERATION



SENIORS
& JUNIORS B, C, D

FINSWIMMING BALTIC CUP

24-25.10.2015 OLSZTYN

We would like to invite You on **FINSWIMMING BALTIC CUP** for SENIORS & JUNIORS cat. B, C , D which will be held on 24-25 of October on beautiful 50m swimming pool in Olsztyn. It's two weeks after Golden Final in Egipt, so if You don't go to Cairo and want to check your shape on fast swimming pool – come to Poland ! On the other hand if you go on Golden Final you can also take part in that great event in Olsztyn !!!



RULES

Competitors can swim individually in any number of distance. Individual classification will be taken from three the best starts with the table of 1000 points. There is no limit how many competitors you can enter in the same dintance.

Competitors will be classificated in categories:

- A - 1997 and older
- B - 1998 - 1999
- C - 2000 - 2001
- D - 2002 – 2003

Distances:

- 50 m, 100 m, 200 m bi-fins /BF/
- 50 m apnea /AP/
- 100 m, 400 m immersion /IM/
- 50 m, 100 m, 200 m, 400 m, 800 m surface /SF/

Relays :

relay senior OPEN when at least one finswimmer is 1999 or older

relay junior cat. C when finswimmers are 2000 or younger

- 4x100 m bi-fins /BF/
- 4x100 m surface /SF/
- 4x100 m MIX: 100m BF women, men, 100m SF women, men

DEADLINES

Please send applications (**Enclosure 4**) till **17.10.2015** on: krotka_90@wp.pl with name of club, competitor, date of birth, distances and time.

COSTS AND PAYMENT till **17.10.2015**

Polski Związek Płetwonurkowania
Bank Zachodni WBK S.A
account no: 21 1090 1102 0000 0001 0316 8343

- 5 € - each distance

- 6 € - each relay

After 17.10.2015:

- 6 €- each distance

- 7 € - each relay

Payment in cash on first day of competition /24.10.2015/:

- 7 € - each distance

- 8 € - each relay

CLASSIFICATION AND PRIZES:

- **individual classification** : three best distances with table of 1000 points

- **team classification:** amount points of 4 best women and 4 best men and 6 relays

- awards for **three best women** and **three best men** in each category (A,B,C,D) with table of 1000 points for three the best distances

- awards for **three best clubs**

PROTEST

Chief of the team may write a protest to main judge till 30 minutes after ending of each distance. Cost is 50 euro to return, if protest accepted.

ACCOMODATION

Organizers offer accommodation possibility during the competition with enrolment deadline **of 17.10.2015** on mail: biuro@pzp-n.pl

(Enclosure 2_Booking Form):

1. Full board accommodation is offered in the following categories:
(from Friday 23.10. 2015 – dinner, until Sunday 25.10. 2015 – lunch)
Hotel * 120 €/person (rooms with 1-2-3 beds) – extra day 50€/person**
2. Full board accommodation is offered in the following categories:
(from Friday 23.10. 2015 – dinner, until Sunday 25.10. 2015 – lunch)
Hotel * 80 €/person (rooms with 1-2-3 beds)- extra day 35€/person
3. Single room extra price is 15 €/person/day.

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

CONTACT:

Polish Underwater Federation - Aleksander Polak

mobile phone: + 48 607 613 436

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TRANSPORT

(Enclosure 3)

Transfer	Warszawa Airport - Olsztyn	60 € / person / in group up to 4 person
	Warszawa Airport - Olsztyn	50 € / person / in group 5 to 19 person
	Gdansk Airport - Olsztyn	60 € / person / in group up to 4 person
	Gdansk Airport - Olsztyn	50 € / person / in group 5 to 19 person
	Kaliningrad - Olsztyn	50 € / person / in group 5 to 19 person

Baltic Cup Program

Olsztyn 24-25.10.2015

24.10.2015 / Saturday /

- 07:30 - technical meeting
- 08:00 – 08:45 - warm-up
- 09:00**
 - **200 m SF M/F**
 - **200 m BF M/F**
 - **50 m AP M/F**
 - **800 m SF M/F**
 - **4x100 m SF junior, senior M/ junior, senior F**

16:00 – 16:45 - warm-up

16:50 – 17:00 - Opening Ceremony

- 17:00
 - **50 m SF**
 - **50 m BF**
 - **400 m SF**
 - **100 m IM**
 - **4x100 m BF junior, senior M/ junior, senior F**

25.10.2015 r. / Sunday /

08:00 – 08:45 - warm-up

- 09:00
 - **100 m SF**
 - **100 m BF**
 - **400 m IM**
 - **4x100 m MIX junior, senior M/ junior, senior F**

13:00 - **Awarding and Closing Ceremony**