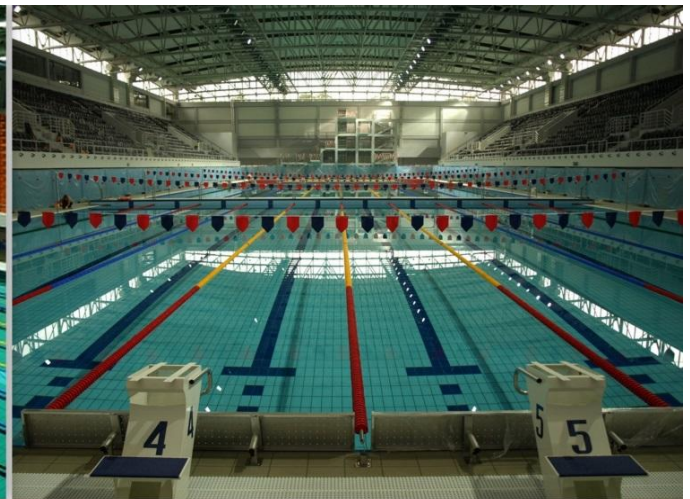




CMAS FINSWIMMING WORLD CUP

22 – 24 JANUARY 2016, POZNAŃ

REGULATIONS



'Termy Maltańskie'

**The biggest water complex in Poland
near the Maltasnie lake
with sport swimming pool
- 3.800 places on tribune
- big aquapark
- word of sauna and SPA**



XI CMAS FINSWIMMING WORLD CUP

I ROUND 22 - 24 JANUARY 2016

POZNAN, POLAND

PARTICULAR REGULATION

1. Denomination:

The Polish Underwater Federation PZPn – authorized by CMAS – invite all interested Federations and Clubs to participate on the I Round of CMAS World Cup 2016 to be organized in the period from 22 to 24 of January 2016 in Poznań.

2. Participation rules and races :

The competition is governed by the Finswimming International Rules of CMAS, by the Finswimming Worlds Cup-Pool Rules of CMAS, that every athlete affirms to know and to follow. Races and categories are the following:

SENIOR (Cat. "A") M/W

50 m ap., 100 m im.,

50 m sf., 100 m sf., 200 m sf., 400 m sf., 800 m sf., **Relay: 4 x 100 m sf.**

50 m bf., 100 m bf., 200 m bf.,

JUNIOR (Cat. "B, C, D") B/G

50 m ap., (competitors of Cat. "D" cannot enter), 100 m im.,

50 m sf., 100 m sf., 200 m sf., 400 m sf., 800 m sf., **Relay: 4 x 100 m sf.**

50 m bf., 100 m bf., 200 m bf.,

Additional distances: 400 m im, relay 4x100 bf (2 men + 2 women)

IMPORTANT:

1. All team members of the respective National Federation must be affiliated to CMAS. The Clubs have to send the required approvals from their National Federations affiliated to the Sport Committee and the Finswimming Commission of CMAS.
2. All athletes have to have their respective CMAS licenses.
3. Each competitor can take part in a maximum of three (3) individual races and one (1) relay (+ all additional distances).
4. Each team can enroll a maximum of two (2) swimmers for each individual race.

5. Only clubs can participate in the CMAS Finswimming World Cup Meeting.
6. Each competitor can participate only on behalf of one (1) club during the year.

3. Competition place :

The competition will take place in the “Termy Maltańskie Swimming Pool” in Poznań. The swimming pool has a length of 50m, a width of 25m (10 lanes) and a depth of 2m. The temperature of the water is 26°C (± 1°C).

Address: **Termalna 1 , 61-028 Poznań**



4. Final enrolment :

The only valid and acceptable application form is supplied as attachment with this set of rules and must be filled duly. Final enrolment has to be delivered before **15th January 2016** at the following e-mail address: Polish Underwater Federation biuro@pzp-n.pl

5. Inscription fee :

The inscription fee: € 20 for each club; € 7 each distance ; € 14 each relay

Fee paid for not performed races will not be reimbursed. Late enrolments may be accepted with a fine of € 100. Also relays must be declared with time on the enrolment form as well, even though competitors names are not known. Payment should be made by direct bank transfer to:

Name of the Bank : BANK ZACHODNI WBK SA
I ODDZIAŁ GDYNIA
Address: UL. 10 LUTEGO 11
81-366 GDYNIA
Beneficiary: Polski Związek Pletwonurkowania,
ul. Hallera 2
83-400 Kościerzyna, Poland (notice: new address)
Bank account no: SWIFT (BIC CODE) : **WBKPPLPP**
IBAN: PL93109011020000000115588285

6. Equipment and bottle refills :

The control of the equipment and the bottles will take place at the swimming pool "Termy Maltańskie" in Poznań on Friday, 22 January 2016 from 16.00 to 19.00

7. Timer :

Electronic. Omega system.

8. Classifications :

Classifications will be based on times registered by the timekeepers, results will be compiled according to CMAS score. For distance races no finals are organized.

9. Prizes :

Individual prizes: medals will be given to the first three classified athletes in every individual race and every relay.

Teams prizes: cup for first 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. Antidopping :

WADA – World Antidoping Code

CMAS – Antidoping Rules

MBSZ – Antidoping Rules

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. The organizer ensures the presence of medical assistance.

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. Organizers reserve the right to accept and insert an athlete or relay at any time at their discretion, in or outside the official classification, on the specific request of a participating club.

Rules in general concerning this competition can be found on the website of CMAS, under the Finswimming Rules.

PROGRAM

Friday 22nd JANUARY 2016

13.00 - 19.00 Arriving of teams, registration
16.00 - 19.00 Check of equipment (fins, snorkels, bottles)
19.00 – 21.00 Training time
19.30 - 20.00 Technical meeting with trainers at the swimming pool "TERMY MALTAŃSKIE"

Saturday morning 23th JANUARY 2016

8.00 – 8.55 Warming up
9.00 50 m ap M/W senior
50 m ap B/G junior
800 m sf M/W senior
800 m sf B/G junior
400 m im open
4 x 100 m bf relay 2M+2W open

Saturday afternoon 23th JANUARY 2016

15.00 – 15.55 Warming up
16.00 **Opening Ceremony**
16.30 100 m im M/W senior
100 m im B/G junior
50 m bf M/W senior
50 m bf B/G junior
200 m sf M/W senior
200 m sf B/G junior

Sunday morning 24th JANUARY 2016

8.00 – 8.55 Warming up
9.00 100 m bf M/W senior
100 m bf B/G junior
100 m sf M/W senior
100 m sf B/G junior
400 m sf M/W senior
400 m sf B/G junior

Sunday afternoon 24th JANUARY 2016

15.00 – 15.55 Warming up
16.00 50 m sf M/W senior
50 m sf B/G junior
200 m bf M/W senior
200 m bf B/G junior
4 x 100 m relay M/W senior
4 x 100 m relay B/G junior
Closing Ceremony



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POZNAN, POLAND

ACCOMMODATION

Organizers offer accommodation possibility during the competition with enrolment deadline **of 8th January 2016 (Enclosure 2_Booking Form):**

1. Full board accommodation is offered in the following categories:
(from Friday 22th January 2016 – dinner, until Sunday 24th January 2016 – lunch)
Hotel 1 - 115 €/person (rooms with 1-2-3 beds) – extra day 50€/person
Novotel Hotel – 1 minute walk from the swimming pool.
2. Full board accommodation is offered in the following categories:
(from Friday 22th January 2016 – dinner, until Sunday 24th January 2016 – lunch)
Hotel 2 - 95 €/person (rooms with 1-2-3 beds)- extra day 40€/person
5 minutes walk from the swimming pool.

NOTICE:

- Single room extra cost is 20 €/person/day.
- The number of rooms 1,2,3 beds is limited in every hotel- first come first booked.
- **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.**

TRANSPORTATION

(Enclosure 3)

Transfer

Contact us if needed from other city. Possible transfer from Poznan airport to competition hotel and back – 10eur/pers.

BOOKING CONDITIONS AND PAYMENT

1. The booking deadline will be **on 8th January 2016**. After this period fee will be increased by 10%.
2. Payment should be made by direct bank transfer:

Name of the Bank : BANK ZACHODNI WBK SA

I ODDZIAŁ GDYNIA

Address: ul. 10 LUTEGO 11
81-366 GDYNIA

Beneficiary: Polski Związek Płetwonurkowania,
ul. Hallera 2
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(notice: new address)

Bank account no: SWIFT (BIC CODE) : **WBKPPLPP**
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DEADLINES

PRELIMINARY ENTRY (Enclosure 1, 2, 3) - 8th JANUARY 2016

After receiving preliminary entry the organizer will send the *Splash Program* file to proceed with the online final entry registration.

FINAL ENTRY (distances and times) in SPLASH Program - 15th JANUARY 2016

CONTACT:

Polish Underwater Federation - Aleksander Polak

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