

INFORMATION BULLETIN



2nd CHRISTMAS CUP

INTERNATIONAL FINSWIMMING CUP
IOANNINA - GREECE 2019
DECEMBER, 21-22



GENERAL RULES

The competition is co-organized by the Hellenic Swimming Federation (GREF01) and the Swimming Club of Ioannina, in accordance to the CMAS Rules.

PARTICIPATION

Eligible to participate are Clubs - affiliated members of Hellenic Swimming Federation and Clubs – CMAS affiliated members.

The competition will be conducted in 2 days and 3 session (Saturday December 21st morning and afternoon, Sunday December 22nd morning)

CATEGORIES	DATE OF BIRTH
MEN-WOMEN	2002 & older
JUNIOR MEN & JUNIOR WOMEN	2003 – 2004
BOYS - GIRLS	2005 – 2006
AGE GROUP (BOYS-GIRLS) (A)	2007
AGE GROUP (BOYS-GIRLS) (B)	2008
ELEMENTARY A	2009 – 2010
ELEMENTARY B	2011

Competition program:

December 21st, 2019 – Saturday

08:30 – 10:00 Warm up

10:00 Competition

December 21st, 2019 – Saturday

15:30 – 17:00 Warm up

17:10 Opening ceremony

17:30 Competition

December 22nd, 2019 – Sunday

07:30 – 09:00 Warm up

09:10 Competition

All competition events will be held directly in finals, Open Category

Each swimmer, may participate in 3 individual events, totally



SWIMMING POOL

Place: Indoor swimming Pool of Ioannina, 50m., 8 lanes, water temperature 26o C

Electronic Time keeping (Quince)

Touch pads on one side

Electronic board

PRIZES

INDIVIDUAL: Medals and Diplomas, will receive the 3 three winners in each event and category.

TEAM EVENTS: Trophy will be awarded to the 1st winner in overall classification, according to the sum of the medals at the above mentioned categories.

PRIZE FUND

Prize money will be awarded to the best swimmer (men – women), according to a classification which measures the distance in percentage from the current world record.

Diplomas to all participants.

ENTRIES

All swimmers should hold valid licenses issued by Hellenic Swimming Federation, while foreign athletes should hold valid licenses, issued by CMAS

DEADLINES

Preliminary entry December 2nd, 2019 16.00 hours

to: koioanninon@yahoo.gr

Final entry December 16th, 2019 16.00 hours

to: north.fin2@gmail.com

Entries should be signed by the coaches and officials whose names, e-mail and telephone numbers should be mentioned.

Final entries should be sent either by fax (0030) 2651026100 or by e-mail koioanninon@yahoo.gr

Registration fees 13 Euros, payable to the Secretariat of the competition.



VARIA

v

Only registered officials are responsible during the competition. All rules and regulations of the Hellenic Swimming Federation are valid for the conduction of the competition.

Responsible persons for the competition
mr. Ioannis Evangeliou, tel. 0030 6943980229 and/or
mr. Aristotelis Liaros tel. 0030 6979550363

OPENING CEREMONY

Saturday 21st December 2019, at 17.10 hours
All participating clubs should parade with 6 athletes

GENERAL INFORMATION

Distances:

- Makedonia airport 263 km., appr. 3 hours .
- Aktion airport 95km, appr. 1 hour.
- Port of Igoumenitsa 84 km., appr. 1 hour.
- Ioannina (PYRROS) airport 3 km, appr. 5 minutes.
- Promachonas 375 km appr. 3 hours and 50'



HOTELS

Please send your requirements to
e-mail koioanninon@yahoo.gr
cell phone: +30 6943980229 and/or +30 6979550363

In order for the organizer to inform you accordingly.

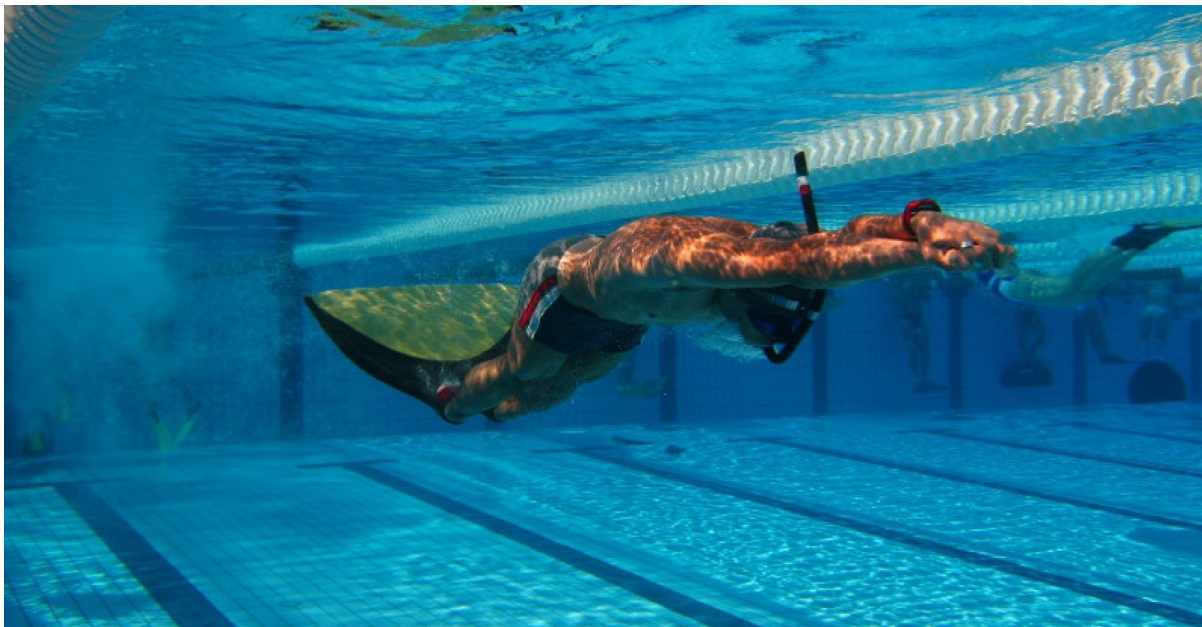


SIGHTSEING - MUSEUMS

Ioannina, also known as Ioannina or Giannina, is the capital and largest city of the Prefecture of Ioannina and Epirus with about 120,000 inhabitants. They have a wealth of attractions and museums, the most remarkable are the following

1. Archaeological Museum of Ioannina, Litaritsia Square. It includes archaeological finds of the 4th Prefecture of Epirus. It was renovated in 2008-20012 and has a high-quality ergonomic arrangement of exhibits.
2. Ice Kale Castle, contains the Fetiche mosque, Ali Pasha's tomb and the Byzantine Museum, as well as the goldsmith's exhibition hall. The Byzantine Museum is housed in a building that was rebuilt in the ruins of Ali Pasha's charisma. It was inaugurated in 1995 and contains exhibits from the Early Christian, Byzantine and post-Byzantine periods.
3. The Aslan Pasha Temple (1618) today houses the triple Municipal Museum with a Greek, Jewish and Muslim section. Local costumes, woven, wood carvings and others are exhibited, the most prominent exhibit is the prune sword of Georgios Karaiskakis.
4. The Phokouos Rapakousis Museum, in the building of the Temenos of Aslan Pasha, houses similar exhibits with the Triple Municipal Museum, mainly folklore, and contains more than 6,000 exhibits.
5. The Municipal Art Gallery of Ioannina, housed since 2000 in the neoclassical building of Pirsinella (1980), exhibits about 500 works of the greatest Neohellenic painters and sculptors in the gallery.
6. Pavlos Vrellis Museum, a wax museum with a theme of Greek history located just outside the city, is a unique experience.
7. Island of Lake Ioannina is one of the 2 inhabited islands in a lake, and besides the beautiful boat trip for access to it, there are also several visiting sites of archaeological interest, such as Ali Pasha's house where it was executed by Sultan's emissaries, as well as various old churches and monasteries.
8. The new Artillery Museum, located in the castle of Ioannina, is a theme museum that deals with the silverware technology during the pre-industrial period. At the same time, it retains its glory as a regional museum, since it focuses mainly on the history of silversmiths in the region of Epirus.





COMPETITION SCHEDULE

SATURDAY 21/12/2019 (10:30 hours)

1. 200m. SF Men-Women
2. 200m. SF born 2009-2011
3. 200m. BF Men-Women
4. 200m. BF born 2009-2011
5. 50m. AP Men-Women
6. 1500m. SF Men-Women
7. 4X100m. SF Men-Women
8. 4X100m. SF born 2009-2011

SATURDAY 21/12/2019 (17:30 hours)

1. 50m. SF Men-Women
2. 50m. SF born 2009-2011
3. 50m. BF Men-Women
4. 50m. BF born 2009-2011
5. 400m. SF Men-Women
6. 400m. BF Men-Women
7. 100m. IM Men-Women
8. 1500m. SF Men-Women
9. 4X100m. BF Men-Women Mixed
10. 4X100m. BF born 2009-2011 Mixed

SUNDAY 22/12/2019 (09:10 hours)

1. 100m. SF Men-Women
2. 100m. SF born 2009-2011
3. 100m. BF Men-Women
4. 100m. BF born 2009-2011
5. 800m. SF Men-Women
6. 400m. IM Men-Women
7. 4X50m. SF Men-Women Mixed
8. 4X50m. SF born 2009-2011 Mixed