



**57<sup>th</sup> International  
Finswimming Cup of  
Rostock  
- Germany -**

**08<sup>th</sup> /09<sup>th</sup> November 2024**



## Invitation / Announcement

**Organizer:** Tauchsportclub Rostock 1957 e.V.  
**Date:** 08<sup>th</sup>/09<sup>th</sup> November 2024  
**Competition Venue:** Neptunschwimmhalle Rostock;  
Kopernikusstraße 17, 18057 Rostock  
Germany

### 1. Pool

**Due to construction work on the 25-Meter-Pool the cup will take place in the 50-Meter-Pool.** It has six lanes with a constant depth of 2,10 meter. Temperature of water is 27,5°C. Electronic timekeeping.

### 2. Program

#### **First Session**

Friday, 08<sup>th</sup> November 2024

15:30	Entry		
16:00 – 16:50	Warm up		
16:00	Team leader meeting		
16:30	Meeting of judges		
17:00	Opening ceremony		
17:15	Beginning		
01	Relay 4 x 50m SF	Mixed (2 women, 2 men)	
02	100m IM	Men	
03	100m IM	Women	
04	400m SF	Men	
05	400m SF	Women	
06	50m SF	Men	
07	50m SF	Women	
<b>08</b>	<b>200m IM</b>	<b>Men</b>	<b>Speed-Diving-Cup</b>
<b>09</b>	<b>200m IM</b>	<b>Women</b>	<b>Speed-Diving-Cup</b>
10	Relay 4 x 100m IM	Men	
11	Relay 4 x 100m IM	Women	

ca. 21:00 estimated end of first session



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**Second Session**

Saturday, 09<sup>th</sup> November 2024

12:00 - 12:50	Warm up		
12:00	Team leader meeting		
12:30	Meeting of judges		
13:00	Beginning		
12	Relay 4 x 50m AP	Mixed (2 women, 2 men)	
13	100m SF	Men	
14	100m SF	Women	
15	<b>400m IM</b>	<b>Men</b>	<b>! Special Cup !</b>
16	400m IM	Women	
17	50m AP	Men	
18	50m AP	Women	
19	200m SF	Men	
<b>20</b>	<b>200m SF</b>	<b>Women</b>	<b>! Special Cup !</b>
<b>21</b>	<b>Relay 4 x 50m SF</b>	<b>MIXED</b>	<b>Everyone Relay</b>
22	Relay 4 x 100m SF	Women	
23	Relay 4 x 100m SF	Men	
ca. 17:00	estimated end of second session		

**Third Session**

Saturday, 09<sup>th</sup> November 2024

**Closing ceremony with banquet and party**

19:00	Entrance
19:30	Beginning
24:00	Estimated end



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### 3. General regulations of the competition

- In addition to the regulations of the German Divers Federation (VDST) the international competition regulations of CMAS for finswimming are valid.
- The medical examination of every competitor has to be passed within the last 12 month.
- All bottles used in the competition area need a valid certification that is not older than 2,5 years. Maximum pressure is 200 bar. Refilling of bottles is possible. Please bring adapters with you, if you don't use DIN.
- One team consists of a maximum of five men and five women (max 10 competitors per team).
- One club can start with several teams.

### 4. Classification

#### **Individual Races**

- All competitors start in one category.
- Prizes will be given to the first, second and third competitor in every individual race.
- There are special prizes and cups for the best competitor in 200m SF women (Cup of the Mayor of Rostock), 400m IM men (Detlef-Meyer-Memorial Cup) and 200m IM (Speeddiving Cup).

#### **Youth Categorioe**

- The best result for girls and boys (born 2007 and younger) will be honored with a cup.
- The best result will be calculated according the 1000-points-table (except competitions 8 and 9).

#### **Overall Ranking**

- The best competitor of each individual race will get into the overall ranking for their team.
- Points are given according CMAS-Points-Table. In relays the CMAS-Points will be duplicated. The **everyone relay** is not included in the ranking.
- The team with the most points at the end of the competition receives a challenge cup.

**Do not forget to bring the cups of the last competition back (Cup of the Mayor of Rostock / Detlef-Meyer-Memorial Cup / the main competition cup)**



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#### 5. Entry fee

- The **inscription fee** is **50,00 Euro** for **each team (not club!)**, **6,00 Euro** for each **individual race** and **8,00 Euro** for each **relay**.
- Paid fees for not-performed races will not be reimbursed, if there is no cancellation till the 08<sup>th</sup> of November 2023.
- All payments have to be done via bank transfer until the **06<sup>th</sup> of November 2024**. Please provide **team number + club name** in the transfer text.

**IBAN: DE70 1305 0000 0440 0006 96**  
**SWIFT-BIC: NOLADE21ROS**

#### 6. Final enrolment

For the enrolment the organizer provides an electronical program together with the invitation. Please use the ew2-program. For enrolments in text form 25,00 Euro will be charged.

The final enrolment must be received by midnight of the **01<sup>st</sup> of November 2024** at the latest. Changes are possible till the **05<sup>th</sup> of November 2024 12:00 o'clock**.

Enrolment address: [pokal@tsc-rostock.de](mailto:pokal@tsc-rostock.de)

The organizer requests the confirmation of participation (not final enrolment) via mail **as well as the notification of the total number of the team members (athletes, supervisors and coaches)** for further planning till the **28<sup>th</sup> of October 2024**.

#### 7. Accommodation

Every club has to organise the accommodation and food by itself. (If you need help, let us know!)



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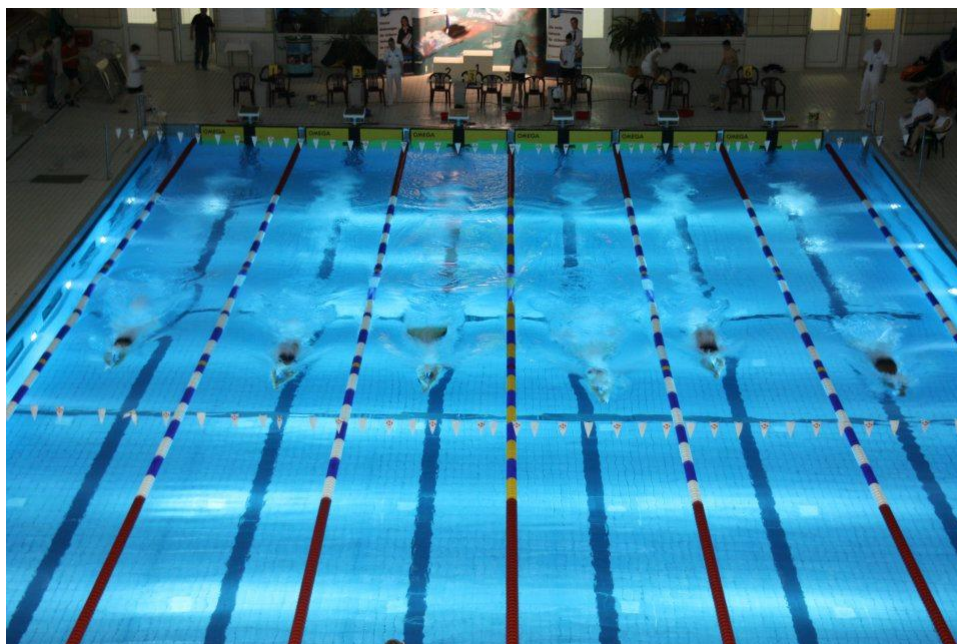
**8. Closing ceremony with banquet and party**

The closing ceremony and banquet will take place in the marble hall of the swimming pool facility.

The **banquet fee is 25,00 Euro for each participant** including the banquet and one free drink. Let us know if there are any intolerances (lactose, gluten, etc.) and we also ask for the notification of vegetarian participants. For these participants we would take care of an appropriate dish. Please confirm the number of participants till the **01<sup>st</sup> of November 2024** and transfer the fees separately providing the club name + banquet till the **06<sup>th</sup> of November 2024**.

**9. Miscellaneous**

For further questions of interest (competition, hygiene measures, etc.) contact us over:  
[tsc-rostock1957@t-online.de](mailto:tsc-rostock1957@t-online.de)



We are looking forward to welcome you in Rostock.

With best regards

Uwe Etzien  
Chairmen of TSC Rostock 1957 e.V.