



5TH CMAS WORLD CUP



FOR FINSWIMMING – 15th – 16th Mai 2010, Potsdam/Berlin

PARTICULAR REGULATION

1. DENOMINATION:

The TC Potsdam e.V. and DUC Berlin e.V. with the CMAS authorization calls and organize during the days **15th–16th of Mai 2010**, the finswimming–pool race, 4th series for **5th CMAS World Cup 2010**.

2. PARTICIPATION RULES AND RACES:

The competition is ruled by the CMAS Finswimming International Rules, by the CMAS Finswimming World Cup-Pool Rules for race, and by this Particular Rules that every athlete, with his/her enrolment, affirms to know and to agree to them.

The races and categories are the following:

5th CMAS World Cup program

Senior (Cat. "A") M/F

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 entering) 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.

All team members of the National Federation, who must be affiliated to the CMAS.

The club need to send agreement from his national federation affiliated to the Sport Committee and the Finswimming Commission.

All the athletes must be possession of the "CMAS license".

- Each competitor can take part in a maximum of three (3) individual races and one (1) relay.
- Each team can enroll a maximum of two (2) swimmers for each individual race.
- In the CMAS Finswimming World Cup Meeting only clubs can participate.
- Each competitor can participate for only one (1) club during the year.

3. COMPETITION FIELD

The competition will take place in swimming pool "Am Brauhausberg" , Max-Planck-Str. 10, 14473 Potsdam . The swimming-pool has a length of 50 m, with eight lanes and depth of 2 m. The temperature of water is 26 °C +1°C.

4. FINAL ENROLMENTS:

The unique valid application form that must be filled is supplied as attachment with this set of rules. The final enrolments must be completed on the attached entry form and must be received before **1st May 2010** at the following e-mail address hajo_abraham@gmx.de or by fax: **0049 30 391 9780**
<mailto:diver@netroller.hu>

The inscription fee for World Cup: Euro 20,- for club, Euro 7,- each distance and Euro 15,- each relay. Fee paid for not-performed races won't be reimbursed. Also relays must be declared with time on the enrolment forms (even without competitor's names).

Late enrolments may be accepted with a fee of € 50.

Payment should be made by direct bank transfer:

International Transfer

nationaler Transfer

Name of the Bank: SEB AG

Bank: SEB Bank

Name : Abraham

Kontonr : 2918175100

IBAN: DE 77 100 1 0111 2918175100

BLZ : 10010111

BIC: ESSEDE5F100

Enrolments will only be accepted when accompanied by bank transfer receipt.

5. PRELIMINARY PROCEDURES:

All sport documents of the swimmers will be checked **on Friday, 14th May 2010 from 15.00 at the swimmingpool.**

6. TIMER:

The timekeepers of the swimming pool of Potsdam will record the times, with a completely electronic system.

7. CLASSIFICATIONS:

The classifications will be based on the times registered by the timekeepers; the results will be compiled according to CMAS score. For all distance races no final is provided.

8. PRIZES:

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

The ceremony will take place during the competition, so the interested athletes should be at organizing staff disposal at the right time. During the ceremony the interested athletes must wear the official uniform of their team.

9. ANTIDOPPING:

WADA -World Antidoping Code

CMAS - Antidoping Rules

VDST – Antidoping Rules

Athletes accept these rules as a condition of participation

10. RESPONSIBILITY:

The Federation VDST, the Clubs TC Potsdam e.V. and DUC Berlin e.V., C.M.A.S., the Competition Director, the Competition Officers and the Chief Judge are not responsible for accidents or damage caused to people and things before, during or after the competition. The organizer shall ensure the presence of medical assistance.

11. SPECIAL NOTES:

The present program could be modified for organization cause. Participating teams will get all information about the changes in time. Swimmers must be available for the Start Judge with their complete equipment at last 10 minutes before the race start. The organizers reserves right to accept and insert an athlete or a relay at any time at their discretion, in or outside the official classification, on request the participating club. Any other rule concerning the competition could be found on the C.M.A.S. Finswimming Rules.



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PROGRAM

Friday 14th May 2010

- 15:00 arriving of teams, checking of documents, payment of participant fee and accommodation fee.
16:00 check of equipment (fin, snorkel)
16:00-20:30 training possibility
19,00 Trainer Meeting

Saturday morning 15th May 2010

- 8:00-9:10 Warming up

9:30 **Opening ceremony**
50 m SF M/F "A" cat.
50 m SF B/G "B,C" cat.
800 m sf M/F "A" cat.
800 m sf B/G "B,C,D" cat.
Prize Giving

Saturday afternoon 15th May 2010

- 14:00-15:00 Warming up
15:00 50 m bf M/F "A" cat.
50 m bf B/G "B,C,D" cat.
200 m sf M/F "A" cat.
200 m sf B/G "B,C,D" cat.
100 m im M/F "A" cat.
100 m im B/G "B,C,D" cat.
Prize Giving

Sunday morning 15th May 2010

- 8:00-8:55 Warming up
9:00 100 m bf M/F "A" cat.
100 m bf B/G "B,C,D" cat.
100 m sf M/F "A" cat.
100 m sf B/G "B,C,D" cat.
400 m sf M/F "A" cat.
400 m sf B/G "B,C,D" cat.
Prize Giving

Sunday afternoon 16th May 2010

- 14:00-14:55 Warming up
15:00 50 m ap M/F "A" cat.
50 m ap B/G "B,C,D" cat.
200 m bf M/F "A" cat.
200 m bf B/G "B,C,D" cat.
4x100 m relay M/F "A" cat.
4x100 m relay B/G "B,C,D" cat.

Prize Giving and Closing Ceremony



ACCOMMODATION

Organizers offer accommodation possibility during the competition deadline of enrolment, **April 10th 2010.**

A.) Half board accommodation

Hotel:



Ibis Hotel Dreilinden Berlin

Heinrich –Hertz-Str. 1
14532 Kleinmachnow
Tel 0049 33203 803 0

Double room (half board) – 90 €
Single room (half board) – 77 €

7 km to the Swimming Pool



Hotel Mercure Potsdam City

Lange Brücke
14457 Potsdam
Tel 0049 331 272-2
E mail h 1582@acor.com

Double room (half board) - 125 €
Single room (half board) - 95 €

500 meter to the Swimming Pool



Insel Hotel Potsdam

Hermannswerder
14473 Potsdam

Tel. 0049 331 2320 415

Fax 0049 331 2320 100

1 KM to the Swimming Pool

TRANSPORTATION

Transfer fee from Airprot Berlin-Schönefeld :	50 ,00 € per Team
Transfer fee from Airport Berlin-Tegel TXL:	50,00 € per Team
Transfer fee from trainstation Berlin-Hauptbahnhof:	50,00 € per Team

We can assure the transfer by bus and the above-mentioned price to those teams who send back the „enclosure 1” until the deadline of pre-entry date, 10th April 2010

BOOKING CONDITION AND PAYMENT

BOOKING CONDITIONS

The booking deadline will be on 10th April 2010.

PAYMENT

Payment should be made by direct **bank transfer or in cash** on 14th May 2010.

CONTACT

Hajo Abraham
E.mail: hajo_abraham@gmx.de
Fax:0049 30 391 9780

Phone: Jürgen Kolenda 0172 68 31 659



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DEADLINES

PRELIMINARY ENTRY

April 10th 2010

FINAL ENTRY

May 1st 2010

WITHDRAW

May 8th 2010

- During the whole competition you can buy low-priced sandwiches, "bockwurst" (Sausage) and cake.
- on Saturday and Sunday you are able to order lunch for the sportsmen and coaches after final booking: on Saturday you can order Goulash soup (with meat, 3 € per portion) and on Sunday you can order Spaghetti Bolognese (3 € per portion)

TC Potsdam

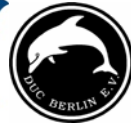
DUC Berlin

Ute Goldberg

Hajo Abraham



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PRELIMINARY ENTRY

Please enter the team of the National Federation of (country)

..... (team name)

Address:

Phone/Fax:

E-mail:

Expected number of the team:

Competitors:

Men:

Women:

Boys

Girls

Accompanying person:

Men:

Women:

Total: person

	Number of rooms	Number of rooms	- from	- to
single				
2 beds				

We arrive by Train Plain Own vehicle

We take advantage of transfer: Yes No

Transfer fee from Airport Berlin-Schoenefeld :

Transfer fee from Airport Berlin-Tegel TXL:

Transfer fee from train station Berlin-Hauptbahnhof (main station):

Date

Signature and stamp

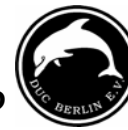
Please complete this form send back to the Organizing Committee at the following e-mail address:

hajo_abraham@gmx.de

Deadline: April 10th 2010



5TH CMAS WORLD CUP



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FINAL ENTRY - SENIOR / "A" cat. /

CLUB:

COUNTRY:

E-MAIL:

FAX:

No	NAME / N° CMAS LICENCE	BOR N	M / W	CAT. A	50 M BF	100 M BF	200 M BF	50 M AP	100 M IM	50 M SF	100 M SF	200 M SF	400 M SF	800 M SF	4x100 M SF
1.															
2.															
3.															
4.															
5.															
6.															
7.															
8.															
9.															
10.															
11.															
12.															

Date: _____

(Signature / Stamp)

Please complete this form send back to the Organizing Committee at the following e-mail address

hajo_abraham@gmx.de

Deadline: May 1st 2010!



5TH CMAS WORLD CUP



FOR FINSWIMMING – 15th – 16th Mai 2010, Berlin/Potsdam

FINAL ENTRY - JUNIOR / “B-C-D”cat. /

CLUB:

COUNTRY:

E-MAIL:

FAX:

No	NAME / N° CMAS LICENCE	BOR N	B / G	CAT. B	50 M BF	100 M BF	200 M BF	50 M AP	100 M IM	50 M SF	100 M SF	200 M SF	400 M SF	800 M SF	4x100 M SF
1.															
2.															
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11.															
12.															

Date: _____

(Signature / Stamp)

Please complete this form send back to the Organizing Committee at the following e-mail address

hajo_abraham@gmx.de

Deadline: May 1st 2010!