

Ronilački Klub GERONIMO – Diving Club Geronimo
Zagrebački ronilački savez – Diving Federation of Zagreb

We are proud to invite your club to the following event:

Zagreb Finswimming **Saturday**

5th November 2011 – Utrine swimming pool

Seminar part - **GERONIMO ACADEMY with special guests**

8.00-9.30 Theory: „Sprint“ – R. Galli

10.00-12.00 Pool: „Finswimming Technique“ – R. Galli, S. Figini

15.00 – 16.00 Theory: „Middle distance“ – S. Figini

Seminar fee: 25€ per each club



Riccardo GALLI
European
Champion 2003.
in 100fs



Stefano FIGINI
World Champion
2011 in 800fs, 200pp
and 4x200

Competition part - **REGIONAL
LEAGUE OF FINSWIMMING**

17.00 – 17.30 Warming up

17.30-17.30 Competition program:

50 finswimming ž/m

100 bi-fins and underwater ž/m

400 finswimming and underwater ž/m

50 apnea ž/m

50 bi-fins ž/m

4x100 relays ž/m

19.00 End of competition

Competition fee: 25€ per each club

Contact person:
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Enrolment forms must be submitted by 3rd November 2011. Every athlete must: present a valid medical certificate not older than 1 year; sign a declaration of responsibility (coaches sign it for under-18 competitors); have their licence (CMAS licence preferable). **Bottles will not** be filled during the competition. Organizers may change the program during the competition. Further info in attached document.