

"Copa Da Natal"

International meeting open to: Juniors, Seniors, Masters
Tenero (Switzerland), 10th / 11th December 2016

PROGRAM

Saturday 10th December 2016

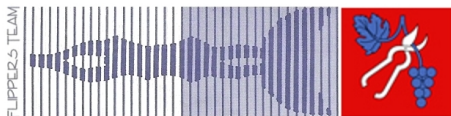
- 15:00 Arriving of teams, checking of documents/equipments
- 15:30 Team-leader meeting
- 16:00-16:30 Warm-up for categories A,B,C (2002 and older) and V0-V5 (1986 and older)**
- 16:45 Races for categories A,B,C (2002 and older) and V0-V5 (1986 and older)**
800SF (A/B/C), 100SF (A/B/C/V), 100BF (A/B/C/V), 400SF (A/B/C), 50AP (A/B/C/V), 4x50SF mix (V), 4x50BF mix (A)
- 18:30 End of the races for categories A,B,C and V0-V5**
Prize-giving for categories A,B,C and V0-V5
- 18:30-19:00 Warm-up for categories D,E,F (2003 and younger)**
- 19:15 Races for categories D,E,F (2003 and younger)**
 200SF+BF, 100SF+BF, 4x50SF+BF
- 20:15 End of the races for categories D,E,F**
Prize-giving for categories D,E,F

Sunday 11th December 2016

- 09:00-09:30 Warm-up for categories D,E,F (2003 and younger)**
- 09:45 Races for categories D,E,F (2003 and younger)**
400SF+BF, 50SF+BF, 4x100SF+BF
- 11:00 End of the races for categories**
Prize-giving for categories
- 11:15-11:45 Warm-up for categories A,B,C (2002 and older) and V0-V5 (1986 and older)**
- 12:00 Races for categories A,B,C (2002 and older) and V0-V5 (1986 and older)**
1500SF (A/B/C), 50SF (A/B/C/V), 50BF (A/B/C/V), 200SF (A/B/C), 200BF (A/B/C/V), 4x100SF (A/V)
- 12:30 End of the races for categories A,B,C and V0-V5**
Prize-giving for categories A,B,C and V0-V5
- 13:00 Prize Giving for teams**

Races in red: valid only for overall ranking (points) - no medals





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PARTICULAR REGULATION

1 – DENOMINATION

Flippers Team - Tenero with SUSV/FSSS will organize the **International meeting “Copa da Natal”**. An International Finswimming Competition will be held in Tenero – Switzerland the December 10th and 11th 2016.

2 – PARTICIPATION RULES AND RACES

This competition, in accordance with the Finswimming C.M.A.S. International Regulation, SUSV/FSSS National Regulation and this Particular Regulation, includes the following races and categories:

- **Cat.A** (born in 1998 and older):
M/F: 50ap, 50sf, 100sf, 200sf, 400sf, 800sf, 1500sf, 50bf, 100bf, 200bf, 4x100.
Mix (2 boys + 2 girls): 4x50bf.
- **Cat.B** (1999/2000), **Cat.C** (2001/2002):
M/F: 50ap, 50sf, 100sf, 200sf, 400sf, 800sf, 1500sf, 50bf, 100bf, 200bf.
- **Cat.D** (born in 2003/2004), **Cat.E** (2005/2006), **Cat.F** (2007 and younger):
M/F: 50sf+bf (unified), 100sf+bf (unified), 200sf+bf (unified), 400sf+bf (unified).
- **Cat.D+E+F unified** (born in 2003 and younger):
M/F: 4x50sf+bf (unified), 4x100sf+bf (unified).
- **Masters V0-V5*** (born in 1986 and older):
M/F: 50ap, 50sf, 100sf, 50bf, 100bf, 200bf, 4x100sf.
Mix (2 men + 2 women): 4x50bf.
- *Swimming style: ap = apnea; sf = surface; bf = bifins*
- **Masters individual categories:*
V0: 1986-82 / V1: 81-72 / V2: 71-62 / V3: 61-52 / V4: 51-42 / V5: 1941 and older
- **Masters relays: only one category – 1986 and older*
Women: 4 women / Men: at least one man

There is no limit to participate to individual races. Each club must be associated by a National Federation recognized by C.M.A.S. and each competitor must have the **National Federation Licence or CMAS International Sport Licence**.

For swiss athletes, in order to promote finswimming, we can delivery upon request, a temporary promotional sport licence for the two days of race. The cost is 5 CHF per athlete.

3 – COMPETITION PLACE

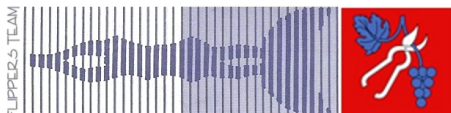
The Competition will be held in: “Centro Sportivo Nazionale della Gioventù”, via Brere, 6598 Tenero (Switzerland). Number 8 lanes, 50 meters long Olympic swimming pool features a constant depth of 1.80 m. Temperature is 27° +/- 1° C.

4 – FINAL ENROLMENTS

The final enrolments must be completed on the attached entry form and must be received before Friday November 25th 2016 at the following email address: info@flippers.ch. The inscription fee: Euro 25.00 for club, Euro 3.00 each distance and Euro 12.00 each relay. Fee paid for not performed races will not be reimbursed. The maximum amount of a club enrolment is of Euro 700.00, independent from the number of athletes enrolled.

Phone: Flippers Team - Tenero, Dimitri Kalas +41 (0)78 746 65 82





5 – PRELIMINARY PROCEDURES

All sport documents and equipments of the swimmers will be checked on Saturday December 10th 2016 from 15:00 to 15:30 at the swimming-pool of the "Centro Sportivo Nazionale della Gioventù" in Via Brere, Tenero.

6 – FORFAIT OF COMPETITORS

The team leader will inform the judges of absenteeism before 15h30 of Saturday December 10th 2016. For every swimmer absent in a heat without communication, the club will be liable for a fine of € 50.00.

7 – RACE JUDGES AND TIME REGISTRATION

The race will be directed by CMAS and FSSS judges. Timekeepers with Swiss Timing Quantum Aquatics full-electronic System.

8 – OVERALL RANKINGS

FSSS/SUSV Scoring table:

4 athletes and more:	1 st 5 pts, 2 nd 3 pts, 3 rd 2 pts, 4 th 1 pt
3 athletes:	1 st 3 pts, 2 nd 2 pts, 3 rd 1 pt
2 athletes:	1 st 2 pts, 2 nd 1 pts
1 athlete:	1 st 1 pt
Relays:	2 X pts

9 – PRIZES

Medals will be given to the winner of the overall ranking (points: paragraph 8) in each category AND on 50m, 100m and 200m AND in each relay. The results on 400m, 800m and 1500m will be valid only for the overall ranking (no single medals).

Special prizes will be given to the first, second and third club in the General Classification.

At the prize-giving each swimmer must wear his team uniform.

10 – ANTIDOPING

WADA - World Antidoping Code

CMAS - Antidoping Rules

FSSS - Antidoping Rules

Athletes accept these rules as a condition of participation.

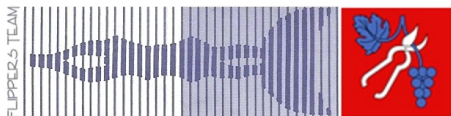
11 – RESPONSIBILITY

Flippers Team - Tenero, FSSS/SUSV, 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.

12 – SPECIAL NOTES

The present program could be modified for organization cause. Swimmers must be available for the Start Judge with their complete equipment at least 10 minutes before the race start. The organizer 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 of the participating club. Any other rule concerning the competition could be found on the **C.M.A.S. Finswimming Rules.**





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Accomodation

Centro Sportivo di Tenero (in the sport centre where is placed the swimmingpool)

<https://www.cstenero.ch/index.php?node=491&lng=7&rif=d207b02eb1>

Hotels

Hotel dell'Angelo, Locarno: <http://www.hotel-dell-angelo.ch/>

Ibis, Locarno: <http://www.ibishotel.com/hotel-directory/it/europa/svizzera/locarno/hotel-locarno.htm>

Hotel Campofelice, Tenero: <http://www.campofelice.ch/>

Garni Montaldi, Locarno: <http://www.hotelmontaldi.ch/>

Others: www.booking.com

Hostels (low cost)

Casa Emmaus, Losone: <http://www.casa-emmaus.ch/>

Ostello della Gioventù, Locarno: <http://www.youthhostel.ch/de/hostels/locarno>

Informations: Dimitri Kalas, info@flippers.ch / +41 (0)78 746 65 82

