

FLIPPERS TEAM

Sezione della Società Svizzera di Salvataggio  
Membro della Federazione Svizzera di Sport Subacquei

## Swiss Open Championship

Juniors, Seniors, Masters

### International meeting "Copa Da Natal"

Tenero (Switzerland), 30<sup>th</sup> November / 1<sup>st</sup> December 2019

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#### PROGRAM

##### Saturday 30<sup>th</sup> November 2019

12:30 Arriving of teams, checking of documents/equipments

13:30 Team-leader meeting

##### **13:00-14:00 Warm-up**

##### **14:15 Races**

100SF+BF (D/E/F), 100SF (A/B/C/V), 100BF (A/B/C/V),

800SF (Sen.), 50AP (A/B/C/V),

200SF+BF (D/E/F), 200SF (A/B/C), 200BF (A/B/C/V),

4x50SF+BF mix (DEF), 4x50BF mix (A/V)

18:00 End of the races

Prize-giving international meeting during the races:

100m cat.d/e/f, 100SF cat.a/b/c/v, 100BF cat.a/b/c/v,

800SF (Sen.), 50AP cat.a/b/c/v,

200m cat.d/e/f, 200SF cat.a/b/c, 200BF cat.a/b/c/v,

4x50m cat.d, 4x50BF cat.a/v

Prize-giving swiss championship during the races:

100m cat.d/e/f, 100SF cat.a/b/c, 100BF cat.a/b/c,

800SF cat.a/b/c/d/e/f, 50AP cat.a/b/c,

200m cat.d/e/f, 200SF cat.a/b/c, 200BF cat.a/b/c,

4x50m cat.d, 4x50BF cat.a

##### Sunday 1<sup>st</sup> December 2019

##### **09:00-09:45 Warm-up**

##### **10:00 Races**

50SF+BF (D/E/F), 50SF (A/B/C/V), 50BF (A/B/C/V),

400SF+BF (D/E/F), 400SF (Sen.), 400BF (Sen.), 1500SF (Sen.),

4x100SF+BF (DEF), 3x100SF (V), 4x100SF (A)

12:00 End of the races

Prize-giving international meeting during the races:

50m cat.d/e/f, 50SF cat.a/b/c/v, 50BF cat.a/b/c/v,

400m cat.d/e/f, 400SF cat.Sen, 400BF cat.Sen., 1500SF cat.Sen,

4x100m cat.d, 3x100SF cat.v, 4x100SF cat.a

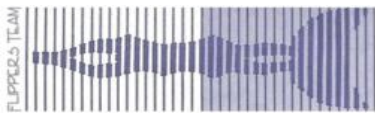
Prize-giving swiss championship during the races:

50m cat.d/e/f, 50SF cat.a/b/c, 50BF cat.a/b/c,

400m cat.d/e/f, 400SF cat.a/b/c, 400BF cat.a/b/c, 1500SF cat.a/b/c/d/e/f,

4x100m cat.d, 3x100SF cat.v, 4x100SF cat.a

13:30 Prize Giving Best Team



## PARTICULAR REGULATION

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FLIPPERS TEAM

Sezione della Società Svizzera di Salvataggio  
Membro della Federazione Svizzera di Sport Subacquei

### 1 – DENOMINATION

Flippers Team - Tenero with SUSV/FSSS and with approval of CMAS will organize the Swiss Open Championship - International meeting "Copa da Natal". An International Finswimming Competition will be held in Tenero – Switzerland the November 30<sup>th</sup> and December 1<sup>st</sup> 2019.

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### 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:

- Senior (All categories unified):

M/F: 400sf, 800sf, 1500sf, 400bf.

- Cat.A (born in 2001 and older):

M/F: 50ap, 50sf, 100sf, 200sf, 50bf, 100bf, 200bf, 4x100sf.

Mix (2 boys + 2 girls): 4x50bf.

- Cat.B (2002/2003) , Cat.C (2004/2005):

M/F: 50ap, 50sf, 100sf, 200sf, 50bf, 100bf, 200bf.

- Cat.D (born in 2006/2007), Cat.E (2008/2009), Cat.F (2010 and younger):

M/F: 50sf+bf (unified), 100sf+bf (unified), 200sf+bf (unified), 400sf+bf (unified).

- Cat.D+E+F unified (born in 2006 and younger):

Mix (free boys and girls): 4x50sf+bf (unified), 4x100sf+bf (unified).

- Masters V0-V5\* (born in 1989 and older):

M/F: 50ap, 50sf, 100sf, 50bf, 100bf, 200bf, 3x100sf.

Mix (2 men + 2 women): 4x50bf.

- Swimming style: ap = apnea; sf = surface; bf = bifins

- \*Masters individual categories:

V0: 1989-85 / V1: 84-75 / V2: 74-65 / V3:64-55 / V4: 54-45 / V5: 1944 and older

- \*Masters relays: only one category – 1989 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 of the temporary sport licence is 5.- CHF per athlete.*

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### 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.

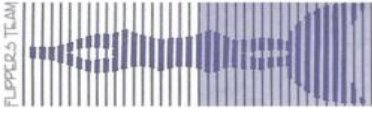
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### 4 – FINAL ENROLMENTS

The final enrolments must be completed on the attached entry form and must be received before Friday November 1<sup>st</sup> 2019 at the following email address: [info@flippers.ch](mailto: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**

Flippers Team – 6598 Tenero – [www.flippers.ch](http://www.flippers.ch) – [info@flippers.ch](mailto:info@flippers.ch) – tel. 078 746 65 82 – CCP 65-2126-5



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## 5 – PRELIMINARY PROCEDURES

All sport documents and equipments of the swimmers will be checked on Saturday November 30<sup>th</sup> 2019 from 12:30 to 13:30 at the swimming-pool of the “Centro Sportivo Nazionale della Gioventù” in Via Brere, Tenero.

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## 6 – FORFAIT OF COMPETITORS

The team leader will inform the judges of absenteeism before 13h30 of Saturday November 30<sup>th</sup> 2019. For every swimmer absent in a heat without communication, the club will be liable for a fine of € 50.00.

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## 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.

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## 8 – TEAMS OVERALL RANKINGS

CMAS Points. Same rule as the CMAS World Cup.

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## 9 – PRIZES

International meeting:

Medals will be given to the 3 best athletes of each category **A/B/C/D/E/F/V** on **50m, 100m and 200m**; to the 3 best athletes of an **unique category (senior)** on **400m, 800m, 1500m and to relais**.

Special prizes will be given to the first club in the General Classification.

*Swiss championship: Medals will be given to the 3 best swiss athletes enroled by swiss clubs on each race/category according to the swiss finswimming rules.*

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

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## 10 – ANTIDOPING

WADA - World Antidoping Code, CMAS - Antidoping Rules, FSSS - Antidoping Rules

Athletes accept these rules as a condition of participation.

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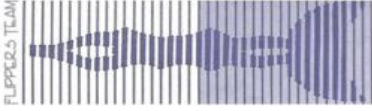
## 11 – RESPONSIBILITY

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.

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## 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.



## **ACCOMODATION**

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Centro Sportivo di Tenero: <https://www.cstenero.ch>  
(in the sport centre where is placed the swimmingpool)  
For booking at Centro Sportivo di Tenero: please, contact the organizer.  
*There are few rooms available: book as soon as possible!*

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### Hotels

Hotel dell'Angelo, Locarno: <http://www.hotel-dell-angelo.ch/>  
Ibis, Locarno: <http://www.ibis.com/it/hotel-6834-ibis-locarno>  
Hotel Campofelice, Tenero: <http://www.campofelice.ch/>  
Garni Montaldi, Locarno: <http://www.hotelmontaldi.ch/>  
Others: [www.booking.com](http://www.booking.com)

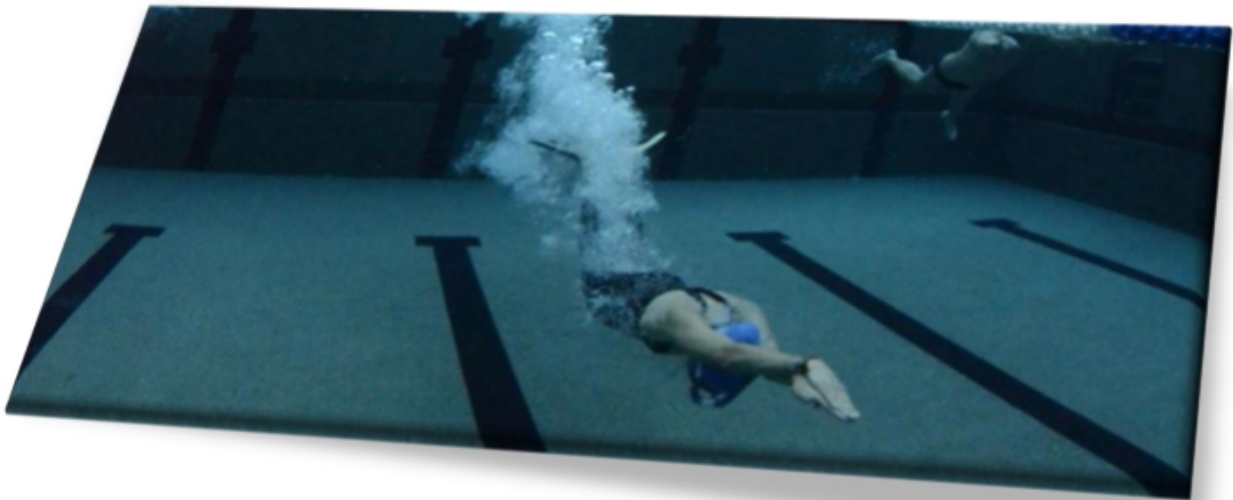
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### Hostels (low cost)

Casa Emmaus, Losone: <http://www.casa-emmaus.ch/>  
Ostello della Gioventù, Locarno: <http://www.youthhostel.ch/en/hostels/locarno>  
Ostello della Gioventù, Bellinzona: <http://ostellomontebello.ch>

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



***See you in Switzerland!!!***