



3 FINS CUP ŽILINA

PROSPECTS

11th of March 2023



SPORT DIVING CLUB DELFIN ŽILINA

Partners



Mesto Žilina



ŽILINSKÝ
samosprávny kraj



CMAS

EMtest

I. GENERAL TERMS

ORGANIZER AND TECHNICAL SUPPORT : Sport diving club DELFÍN Žilina

ORGANIZING COMMITTEE:

Race director: Mgr. Roman Kerak
Computing center: Ing. Pavol Mates, CSc.
Main referee: Marián Bado
Doctor: FNsP Žilina
Medic: MKP Žilina



Date:
11th of March 2023



Place:
City indoor swimming pool Žilina,
Vysokoškolákov 8, Žilina

Filing applications:

Send by email to office@mates.sk and to delfin.zilina@gmail.com

Applications can be sent by **6th of March 2023 to 23:59h**. The number of competitors is limited to 234 competitors. The organizer shall announce the confirmation of the application. The organizer reserves the right to refuse an application for organizational and technical reasons.

Withdrawals:

Signoffs can be sent no later than **8th of March 2023 to 23:59h**. After this deadline signoffs are not accepted.



Entry fee
25, - € /athlete

The entry fee is paid when submitting the application to account:

IBAN:	SK87 0900 0000 0000 7651 7372
SWIFT/BC:	GIBASKBX
Bank:	Slovenská sporiteľňa, a.s.

Use the opportunity of **early bird fee of 20, - €/athlete till 28th of February 2023**.

Valid for registered athletes until 28th of February 2023. For registered one is considered every athlete who made a payment by this date.

Check in:

It will take place on Friday 10th of March 2023 18:30 to 20:00h and 11th of March 2023 from 08:00h in the vestibule of the City indoor swimming pool in Žilina.

We would like to invite club representatives for Friday coming together evening event.

Insurance:

The organizer **does not provide**.

Travelling fees:

Each participant **pays his own fees**.

Accommodation and food:



The organizer **offers the possibility to arrange accommodation**. A request for accommodation with a list of guests must be sent on: marekfuntik@gmail.com till **21th of February 2023**. Accommodation is provided at school dormitory on Rosinska cesta 4. Cost of a night is **8,50 - €**. Throughout the race there will be an open buffet in the lobby, as well as a restaurant "Kúsok Štastia" on the swimming pool.

Doping control:

In accordance with Act no. 300/2008 Coll. on Sport and Decree no. 542/2008 of the Ministry of Education of the Slovak Republic of 25 November 11.2008 on the procedure of performing doping control and handling of collected biological samples of an athlete, each selected competitor is obliged to undergo a possible doping control and to be in cooperation with the doping commissioner.

II. TECHNICAL SPECIFICATIONS



The pool:

Description:	Indoor pool, 8 lanes, smooth turns
Dimensions:	50 m x 20 m
Depth:	1,3 m – 3,6 m
Water temp.:	26 – 28 °C

Competition rules:

3FINS

The race is divided by the following:

SPRINT	50 SF	50 AP	100 SF
DISTANCE	200 SF	400 SF	800 SF
BF	50 BF	100 BF	200 BF

Each competitor may choose only one combination (SPRINT / BF / DISTANCE) and compete in that combination within his age category (A - 2005, B - 2006/07, C- 2008/09, D - 2010/11, E- 2012+).

Exceptions:

Category D: in the SPRINT combination, 50 RP is replaced by 50 BF

Category E: only BF combination can be selected

Category F (E0) is classified under category E.

It is not possible to race for higher category.

Categories:

50SF MASTERS:

- V1: y. 1984 - 1993
- V2: y. 1983 - 1973
- V3: y. 1973 and older

There is a possibility to register for 50SF MASTERS in advance and also during the competition. Competing at MASTERS category is free of charge. Organiser reserves the right to change the categories.

RELAY:

- Relay race: 3x (100-50-50) Mix; Three racers - each will swim one part; 1st racer: 100m, 2nd racer: 50m and 3rd racer: 50m (minimum of 1 woman or 1 man in the relay race team)
- Cat.A: y. 2009 and older 3x100 SF + 50 AP + 50BF
- Cat.B: y. 2010 and younger 3x100 SF + 50 SF + 50BF



Scoring:

1 st place	50 pt
2 nd place	46 pt
3 rd place	42 pt
4 th place	39 pt
5 th place	36 pt
6 th place	33 pt
7 th place	30 pt
8 th place	27 pt
9 th place	24 pt

10 th place	22 pt
11 th place	20 pt
12 th place	18 pt
13 th place	16 pt
14 th place	14 pt
15 th place	12 pt
16 th place	10 pt
17 th place	8 pt
18 th place	7 pt

19 th place	6 pt
20 th place	5 pt
21 st place	4 pt
22 nd place	3 pt
23 rd place	2 pt
24 th place	1 pt
25 th place	0 pt

Timing:

MATES fully automatic timekeeping + touch pads OMEGA (SPF).

Evaluation:

The results will be published continuously during the race. The evaluation will be after the departure of all disciplines.

Prize money:

Athlete (in both men and women category) in the 1st place according to CMAS table in every combination of triathlon (SPRINT / BF / DISTANCE) gets **75 EUR** and a gift package. Athlete with the most valuable performance of competition according to the CMAS table gets extra **50 EUR**. For breaking the european record athlete wins special prize money **750 EUR**. For breaking the world record athlete wins special prize money **1 000 EUR**. To obtain prize money for breaking the european or world record it is necessary to announce this aim via email: delfin.zilina@gmail.com till 28th of February 2023.

Competition rules:

The competition is in accordance with the applicable CMAS rules and amendments to these rules for competitions in the Slovak Republic.

Protests:

They should be submitted **no later than 30 minutes** after the results are published. The protest fee is **50, - €**. The Jury decides on the protest. In the event of an unsuccessful protest, the protest fee is forfeited to cover the costs of the arbitrators.

JURY:

It will be elected at the meeting of the management of clubs.





TIME SCHEDULE

08:00 – 09:00	Check-in in the vestibule of the City indoor swimming pool Žilina
09:00 – 09:40	Warm up
	Meeting of team's representatives
	Referee meeting
09:50	Opening ceremony Sample start
10:00 – 19:00	Races 800 SF 200 BF 100 SF
	<i>Short break</i> , inserted race 50 SF masters
	400 SF 50 BF 50 BF SPRINT FIN"2010/11" 50 AP
	<i>Long break</i>
	Finals 50 SF 100 BF 200 SF
	Triathlon evaluations
	Relays races 100SF + 50AP + 50BF (cat.A) 100SF + 50SF + 50BF (cat.B)
Relays evaluation	
19:00	End of 3FINS CUP