

PROVISIONS
for the Fifth Stage of the World Cup, Open Russian Championship,
1st Open Winter Swimming Championship of Karelia

27-31 March, 2019
Petrozavodsk

3. Place and Time of the Event

The competitions shall be held **March 27 to 31, 2019 in Petrozavodsk** on the territory of the «Fregat» hotel in Lake Onego.

Registration of participants begins on October 1, 2018 on the website <http://victoria-karelia.ru/>. Registration ends on March 15, 2019.

4. Participants of the Competitions

The competitions are held according to the existing Regulations of the International Winter Swimming association (IWSA) and Russian Winter Swimming Federation (Ф3ИП).

Participants eligible to take part in the competitions are the ones with experience of winter swimming and participating in competitions from the subjects of the Russian Federation, as well as athletes from member countries of the International Winter Swimming association (IWSA), who were duly signed up in the specified time, who have their doctor's permission to participate in such kind of competitions and are registered by the credentials commission.

Participants under 18 years of age must be registered by the team captain or one of the parents. Participants under 18 must have a note from their parents undertaking responsibility for the child's health during the competitions.

Athletes undertake all risks associated with participating in the competitions and confirm this responsibility for their own health by their signature in the application.

Participation in the Competitions is only allowed provided that each of the participants or the team has a life, accident and health insurance policy, which they must submit during registration.

Age last birthday of participants is determined as of October 31, 2019. The participants' age group is determined in accordance with the birth date pursuant to the following table:

Age group	Date of birth	Age (years)	Permitted distances for registration and participation
A1	From 01.11.2004 and later	14 and younger	Only 25 m
A2	From 01.11.1999 till 31.10.2004	15 - 19	Not exceeding 100 m
B	From 01.11.1989 till 31.10.1999	20 - 29	All distances
C	From 01.11.1979 till 31.10.1989	30 - 39	All distances
D	From C 01.11.1974 till 31.10.1979	40 - 44	All distances
E	From C 01.11.1969 till 31.10.1974	45 - 49	All distances
F	From C 01.11.1964 till 31.10.1969	50 - 54	All distances
G	From C 01.11.1959 till 31.10.1964	55 - 59	All distances
H	From C 01.11.1954 till 31.10.1959	60 - 64	All distances
I	From C 01.11.1949 till 31.10.1954	65 - 69	All distances
J	From C 01.11.1944 till 31.10.1949	70 - 74	All distances
J1	From C 01.11.1939 till 31.10.1944	75 - 79	Not exceeding 100 m
J2	Before 01.11.1939 and earlier	80 and older	Not exceeding 100 m

In every relay swim team there must be four swimmers, and at least one of them must be of the opposite sex.

Each registered participant is personally liable for his/her state of health

5. Competition Itinerary

The list of styles, distances and age categories is determined by these Provisions and Competition Itinerary.

General regulations for the Competitions are established in accordance with the IWSA requirements and those of Russian Winter Swimming Federation (Ф3ИП).

27 March

Arrival, accommodation of participants, guests and judges

10:00 - 21:00 – registration of participants, hotel “Fregat” (lobby).

18:30 – inspection of the swimming pool jointly with representatives of IWSA and Ф3ИП and signing the swimming pool acceptance act for correspondence to the sizes and requirements for further registration of world records according to the IWSA and record registration of Russia.

19:30 – meeting of the judges’ panel and credentials commission together with team representatives

28 March

10:00 – Ceremonial opening of the competitions, “Fregat” hotel 10:30 - 25 m butterfly – women, men;

12:00 - 25 m freestyle – women, men;

14:00 - 100 m breast-stroke – women, men;

16:00 - 200 m freestyle or 200 m breast-stroke – women, men;

At registration participants must choose only one distance (freestyle or breast-stroke) from those offered for 200 m!!!

19:00 – Summing up the 1st day of competitions, awards

29 March

10:00 - 25 m breast-stroke - women, men;

12:30 - 50 m freestyle – women, men;

14:00 – 100 m freestyle – women, men;

16:00 - Summing up the 2nd day of competitions, awards

Till 21.00 – accepting and paying for relay applications.

30 March

10:00 – 50 m breast-stroke - women, men;

12:00 – team relay race 4x25 m, in 3 age groups:

Age group under 150 years: stage 1– butterfly, stage 2 – breast-stroke, stages 3 and 4 – freestyle

Age group 151-200 years: 4x25 m freestyle

Age group 201 years and older: 4x25 m breast-stroke

14:00 – summing up, awarding, closing of the competitions.

15:30 – 18:30 conference of “Russian Winter Swimming Federation”, “Fregat” hotel

20:00 – Gala dinner, summing-up the 2018-19 season results, awarding the winners and runners-up aggregate of 3 stages of the World Cup according to IWSA.

9. Financial conditions

Financial costs of conducting the contest (according to the cost estimate) are partially implemented at the expense of Ministry's funds, allocated within the framework of the State program of the Republic of Karelia "Development of physical education, sport and improvement of youth policy in the Republic of Karelia" for the years 2014-2020.

Besides, the costs of organizing and conducting the contest (according to the cost estimate) are implemented at the expense of the entry fee and the funds of the Contest partners.

Costs of sending teams to the Contest (travel to the venue of the Contest and back, accommodation, nutrition, insurance of participants, entry fees) are at the expense of the funds of sending organizations (or personal funds of participants).

An entry fee for the participants of the Contest amounts to:

Distances for 25 m - 10 euro

All other distances - 5 euro

Participation in the relay race - 20 euro for a team

Payment is made in Russian rubles at the exchange rate on the day of payment

These Provisions are an official call for participation in the Contest.