

**Announcement**  
**International Masters swim meet (licensed)**  
**„Düssel-Cup“**  
**March, 27th 2010 in Düsseldorf**

Organisation: Düsseldorf Dolphins e.V., c/o Sabine Sangel, Fleher Straße 99, 40223 Düsseldorf

Competition pool: Rheinbad, Europaplatz 1, 40474 Düsseldorf

25 m, 6 lanes, temperature 26°C

A warm-up-pool is available during the competition.  
Lockers are available

Timekeeping: Manual / half-automatic

Programm:

14:45 Pool open to participants

15:00 – 15:45 Warm-up

16:00 Start of competition

EVENT	1	400 m Freestyle
EVENT	2	50 m Breaststroke
EVENT	3	50 m Butterfly
EVENT	4	100 m Freestyle
EVENT	5	100 m Breaststroke
EVENT	6	50 m Backstroke
EVENT	7	4 x 50 m Medley-Relay (m or f)
EVENT	8	4 x 50 m Medley-Relay MIXED

Break of aprox. 45 minutes.

EVENT	9	100 m Medley-Relay
EVENT	10	200 m Breaststroke
EVENT	11	50 m Freestyle
EVENT	12	100 m Backstroke
EVENT	13	100 m Butterfly
EVENT	14	4 x 50 m Freestyle-Staffel (m or f)
EVENT	15	4 x 50 m Freestyle-Staffel MIXED

### General rules:

The competition is sanctioned by the German Swimming Federation, Deutscher Schwimm-Verband (DSV).

It is open to all swimmers who are at least 20 years old on Dec. 31<sup>st</sup>, 2010. Swimmers have to be members of clubs affiliated to the DSV or members of clubs affiliated to a member of FINA.

FINA masters swimming rules will be applied.

All events will be swum in heats. Heats are seeded according to entry-times irrespective of sex and age group.

The One-Start-Rule will be applied.

### Registration:

On-line registration of individual events is possible up to March 15<sup>th</sup>, 2010. Each swimmer may register for a maximum of 4 individual events.

Team captains are asked to indicate the intended participation in the relay events up to March 15<sup>th</sup>, 2010 to swim@duessel-cup.de. Names of relay swimmers and age group classification can be changed up to March, 27<sup>th</sup>, 3 p.m.

According to FINA rules each swimmer has to assure his/her physical ability to participate in the competition by presenting a medical certificate which is not older than 12 months.

Registrations will only become effective after payment of the registration fee.

### Registration Fee: (includes competition, party on saturday, brunch on sunday)

Until Jan. 15<sup>th</sup>, 2010: 40,00 €

Until Mar. 15<sup>th</sup>, 2010: 45,00 €

Fee without brunch: 29,00 €.

Please transfer the registration fee upon registration to the following account:

Account holder: Duessel-Cup GbR  
Bank: Deutsche Bank PGKAG  
Account number: 123 28 59  
SWIFT BIC: DEUTDEDBDUE  
IBAN: DE 21 300 700 240 123 28 59 00

Reference: „swimming“ + name of swimmer + club name

### Prices:

Prices will be awarded to the first three places in each event and each age group.

### Exclusion of liability:

The organisers are not liable for personal injury or lost or damaged property.

Sabine Sangel  
Organisator