

Invitation

„22.Int.AquaSphere-Hohentwiel-Festival im Schwimmen“

08th /09th December 2018 - Hallenbad Singen/Htwl. / South-West Germany

47 years Schwimm-Sport-Freunde (SSF) Singen (11/1971-today)

Organizer : Schwimm-Sport-Freunde (SSF) Singen e.V. 1971
(150 km in south of Stuttgart, 10 km from the Swiss frontier)

meeting program



Please note the new recommended times on page 3 (the first time in 2011 for all disciplines)

1.Part : Saturday, 08/12/2018, warming-up at 09.30, start at 11.00 : **Meetingrecords:**

Comp.01	100 m freestyle	women	open,	01/02, 03,04, 05,06	0:55,36
Comp.02	100 m freestyle	men	open,	99/00, 01,02, 03,04, 05,06	0:49,48
Comp.03	200 m breast	women	open,	01/02, 03,04, 05,06	2:30,47
Comp.04	200 m breast	men	open,	99/00, 01,02, 03,04, 05,06	2:11,71
Comp.05	50 m back	women	open,	01/02, 03/04, 05/06	0:28,44
Comp.06	50 m back	men	open,	99/00, 01/02, 03/04, 05/06	0:25,14
Comp.07	200 m ind.medley	women	open,	01/02, 03,04, 05,06	2:14,94
Comp.08	200 m ind.medley	men	open,	99/00, 01,02, 03,04, 05,06	2:01,24

2.Part : Saturday, 08/12/2018, start about 45 min after the end of part one :

Comp.09	4x100 m ind.medley	women	open (2006 & older)		4:20,54
Comp.10	4x100 m ind.medley	men	open (2006 & older)		3:44,81
Comp.11	400 m freestyle	women	open,	01/02, 03/04, 05/06	4:13,50
Comp.12	400 m freestyle	men	open,	99/00, 01/02, 03/04, 05/06	3:52,60
Comp.13	100 m butterfly	women	open,	01/02, 03,04, 05,06	0:59,15
Comp.14	100 m butterfly	men	open,	99/00, 01,02, 03,04, 05,06	0:54,57
Comp.15	100 m ind.medley	women	open,	01/02, 03,04, 05,06	1:04,10
Comp.16	100 m ind.medley	men	open,	99/00, 01,02, 03,04, 05,06	0:54,68

3.Part : Sunday, 09/12/2018, warming up at 8.15, start at 9.30 :

Comp.17	200 m butterfly	women	open,	01/02, 03,04, 05,06	2:14,88
Comp.18	200 m butterfly	men	open,	99/00, 01,02, 03,04, 05,06	1:59,18
Comp.19	100 m back	women	open,	01/02, 03,04, 05,06	1:00,47
Comp.20	100 m back	men	open,	99/00, 01,02, 03,04, 05,06	0:54,53
Comp.21	50 m breast	women	open,	01/02, 03/04, 05/06	0:32,39
Comp.22	50 m breast	men	open,	99/00, 01/02, 03/04, 05/06	0:27,98
Comp.23	200 m freestyle	women	open,	01/02, 03,04, 05,06	1:58,45
Comp.24	200 m freestyle	men	open,	99/00, 01,02, 03,04, 05,06	1:49,79

4.Part : Sunday, 09/12/2018, Start 60 min after the end of part three :

Comp.25	50 m freestyle	women	open,	01/02, 03/04, 05/06	0:25,10
Comp.26	50 m freestyle	men	open,	99/00, 01/02, 03/04, 05/06	0:22,17
Comp.27	100 m breast	women	open,	01/02, 03,04, 05,06	1:10,54
Comp.28	100 m breast	men	open,	99/00, 01,02, 03,04, 05,06	1:01,36
Comp.29	200 m back	women	open,	01/02, 03,04, 05,06	2:13,80
Comp.30	200 m back	men	open,	99/00, 01,02, 03,04, 05,06	2:01,32
Comp.31	50 m butterfly	women	open,	01/02, 03/04, 05/06	0:27,36
Comp.32	50 m butterfly	men	open,	99/00, 01/02, 03/04, 05/06	0:24,16
Comp.33	4x100 m freestyle	women	open (2006 & older)		3:53,60
Comp.34	4x100 m freestyle	men	open (2006 & older)		3:26,47

🏆 Awards : Special prizes for the 6 best results in the individual races → 9. Awards). 🏆

🏆 New : For each first place (open rankings) a swimmer will receive 20 € (relay 40 €). 🏆

🏆 New: For each new meeting-record the swimmer will receive 40 € more (relay +80€) 🏆

General determinations - analogical the precious years, new recommended times (page 3) :

1. We practise the rules, the rights and the anti-doping-rules of the German Swimming Federation. You can take part in this meeting, if your club is a member of your swimming federation and if your federation is a member of the FINA or the LEN. The participating clubs have to guarantee the good state of health for sports of their swimmers. (We plan a max. of about 1600 starts.)
2. The pool : 25 m long, 5 lines, 4 wave-killer-lanes, 1,80-3,80 m deep, water temperature 27°C.
→ Seperate small pool (12 1/2 m) for warming up or cooling down ! ← → **electronical time** ←.
→ We start the backstroke-races since 2015 with the new backstroke ledge OMEGA.
→ One-start-rule ! ← → New times for the beginnings are possible (you will receive a news). ←

3. **Inscription :** With the following details :
Name of the club / Name of the team responsible / Name of the coach
Your address / your telephone- and fax-number / you email-address.
Your start-entry-list – with real best times of your swimmers !
Age group **2006&older** !

<u>Example</u>	<u>No.</u>	<u>name, first name</u>	<u>age</u>	<u>comp.</u>	<u>discipline</u>	<u>best time</u>
	1	Hanks, Tom	2002	04	200 br	2:38,5
		(family first, than the first name !)		08	200 im	2:24,7
				30	200 ba	2:21,2
	2 (second swimmer) ...				

Please accept the recommended times on page 3 – we want to maintain a high quality !!!

4. **Address :** Bernhard Ruh / Im Brühl 29 / D-78244 Gottmadingen
(for the inscription) phone: 0049/7731/7 15 35
Email: ssf-singen-ev-1971@gmx.de (→ for inscription !)
Emails: → in german or in english ←
2 requests: No hand-written messages/enlistments and not font 8 (hardly readable, better 10-14)
5. **Inscription-date :** → Sunday, 18th November 2018, 19.00 o'clock, (last coming-in-time) !!! ←
6. **Charge :** 6,00 Euro for each individual start and 10,00 Euro for the relays.
Teams from foreign countries from far away are free of charge !!
→ Contact us ! ←
7. For the realisation of this swimming event, data are collected and processed, which are absolutely necessary for the generation of results. Only data is passed on to the clubs and the DSV, which are required for the creation and maintenance of leader boards.
All other data will be deleted after the retention period has been reached.
8. In the courses (heats = decisions !) we will place the swimmers without considering their age!
In the slower races of 400-m-freestyle it's possible to place two swimmers on one line.
9. Rankings: 50 m+400 m w open, 01/02, 03/04, 05/06 m open, 99/00, 01/02, 03/04, 05/06
100 m+200 m open, 01/02, 03, 04, 05, 06 open, 99/00, 01, 02, 03, 04, 05, 06
4x100 m relays open (2006&older) open (2006&older)
10. **Awards:** Medals for the places 1-3 in all ranking-groups Only upon reaching
~~+little~~ Diplomas for the places 1-6 in all ranking-group the target time !!! (p.3)
~~surprises~~ 6 special prizes for the best times according the DSV-point-table :
~~(sponsoring)~~ w. : 50 m / 100 m / 200+400 m m. : 50 m / 100 m / 200+400 m
→ **For winners (open ranking)+for each meeting-record**
→ **special awards. (page 1)**

11. Judges : Members of SSF Singen and other regional clubs (D/CH/A/...) !
12. Confirmation: We will send you a confirmation of your inscription and a starting list by email at 02nd December 2018 (please send us a current email address)
The starting list you can download from our homepage www.ssfsingen.de
13. Ranking lists: The ranking list would be send by mail in the evening of the second competition day or at the following day. The ranking list you can download from our homepage
14. Accommodation : If your are interested: Please contact me till 18th October 2018 by email !
→ 1) Very good hotel with special conditions, 300-600 m to the pool, HB 50-60 €/P !
→ 2) Good hotel with special conditions, 300m-2,0 km to the pool, HB about 50 €/P !
15. Insurance : Take care of your insurance (in all cases) by yourself !
16. **SwimBase**, Reutlingen, will sell accessories for swimmers.
17. In the entrance area of the indoor baths you can buy coffee, cakes, ... - and use our „salat-bar“ !

SSF Singen e.V. 1971

Bernhard Ruh, SSF-President Kevin Laule, kom.Techn.Director

**If you are interested in taking part in this meeting,
please contact us by email as soon as possible:**

ssf-singen-ev-1971@gmx.de

**For knowing more about our club and the last „21st Int.Hohentwiel-Meeting“ in December 2017,
visit our homepage www.ssfsingen.de**

To keep our “International Hohentwiel-Festival” sporty as high as in previous years (including 2010-2015) – we had more than 2000 inscriptions (with three rejected clubs) – we decided to introduce “recommended times” to give the clubs a clearer guidance, which active should/ can start in the “Int.Hohentwiel-Festival” and who has to chose smaller swim-meetings.

The basic principle : The longer the distance the higher the recommended times – to keep the competition in a fair sport period. We hope and believe, that this is **in the sense of the starting (often very good) swimmers**, and we thank you for accepting these recommended times.

2013-2016 the recommended times are about 1 sec per 100m faster than 2012 :

RECOMMENDED TIMES since 2013 (please accept them)

Women :

	open	01/02	03	04	05	06
100 m freestyle	1:09	1:10	1:11	1:13	1:15	1:19
200 m freestyle	2:28	2:30	2:32	2:36	2:40	2:48
100 m breast	1:29	1:30	1:31	1:33	1:35	1:39
200 m breast	3:08	3:10	3:12	3:16	3:20	3:28
100 m back	1:19	1:20	1:21	1:23	1:25	1:29
200 m back	2:48	2:50	2:52	2:56	3:00	3:08
100 m butterfly	1:19	1:20	1:21	1:23	1:25	1:29
200 m butterfly	2:48	2:50	2:52	2:56	3:00	3:08
100 m ind.medley	1:19	1:20	1:21	1:23	1:25	1:29
200 m ind.medley	2:48	2:50	2:52	2:56	3:00	3:08

	offen		01/02		03/04		05/06	
50 m freestyle	0:32		0:33		0:34		0:36	
50 m breast	0:39		0:40		0:41		0:43	
50 m back	0:36		0:37		0:38		0:40	
50 m butterfly	0:35		0:36		0:37		0:39	
400 m freestyle	<u>4:55</u>	please	<u>5:00</u>	accept	<u>5:05</u>	these	<u>5:20</u>	times
4x100 m ind.medley	5:25							
4x100 m freestyle	4:45							



+little surprises (sponsoring)

Men :

	open	99/00	01	02	03	04	05	06
100 m freestyle	1:01	1:01	1:03	1:05	1:07	1:11	1:15	1:19
200 m freestyle	2:12	2:12	2:16	2:20	2:26	2:32	2:40	2:48
100 m breast	1:21	1:21	1:23	1:25	1:28	1:31	1:35	1:39
200 m breast	2:52	2:52	2:56	3:00	3:06	3:12	3:20	3:28
100 m back	1:11	1:11	1:13	1:15	1:18	1:20	1:25	1:29
200 m back	2:32	2:32	2:36	2:40	2:46	2:52	3:00	3:08
100 m butterfly	1:11	1:11	1:13	1:15	1:18	1:20	1:25	1:29
200 m butterfly	2:32	2:32	2:36	2:40	2:46	2:52	3:00	3:08
100 m ind.medley	1:11	1:11	1:13	1:15	1:18	1:20	1:25	1:29
200 m ind.medley	2:32	2:32	2:36	2:40	2:46	2:52	3:00	3:08

	open	99/00	01/02		03/04		05/06	
50 m freestyle	0:28	0:28	0:30		0:33		0:36	
50 m breast	0:35	0:35	0:37		0:40		0:43	
50 m back	0:32	0:32	0:34		0:37		0:40	
50 m butterfly	0:31	0:31	0:33		0:36		0:39	
400 m freestyle	<u>4:25</u>	<u>4:30</u>	<u>4:35</u>	please	<u>4:55</u>	accept	<u>5:15</u>	the times
4x100 m ind.medley	5:00							
4x100 m freestyle	4:20							