

# Invitation

## „19.Internationales Hohentwiel-Festival im Schwimmen“

12<sup>th</sup> /13<sup>th</sup> December 2015 - Hallenbad Singen/Htwl. / South-West Germany

44 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, 12/12/2015, warming-up at 09.30, start at 11.00 : Meetingrecords:

Comp.01	100 m freestyle	women	open,	98/99, 00/01, 02/03	<b>0:55,48</b>
Comp.02	100 m freestyle	men	open,	96/97, 98/99, 00/01, 02/03	<b>0:49,48</b>
Comp.03	200 m breast	women	open,	98/99, 00/01, 02/03	<b>2:30,47</b>
Comp.04	200 m breast	men	open,	96/97, 98/99, 00/01, 02/03	<b>2:11,71</b>
Comp.05	50 m back	women	open,	98/99, 00/01, 02/03	<b>0:29,12</b>
Comp.06	50 m back	men	open,	96/97, 98/99, 00/01, 02/03	<b>0:25,14</b>
Comp.07	200 m ind.medley	women	open,	98/99, 00/01, 02/03	<b>2:14,94</b>
Comp.08	200 m ind.medley	men	open,	96/97, 98/99, 00/01, 02/03	<b>2:01,24</b>

### 2.Part : Saturday, 12/12/2015, start about 45 min after the end of part one :

Comp.09	4x100 m ind.medley	women	open (2003 & older)		<b>4:26,64</b>
Comp.10	4x100 m ind.medley	men	open (2003 & older)		<b>3:44,81</b>
Comp.11	400 m freestyle	women	open,	98/99, 00/01, 02/03	<b>4:13,50</b>
Comp.12	400 m freestyle	men	open,	96/97, 98/99, 00/01, 02/03	<b>3:52,60</b>
Comp.13	100 m butterfly	women	open,	98/99, 00/01, 02/03	<b>1:01,46</b>
Comp.14	100 m butterfly	men	open,	96/97, 98/99, 00/01, 02/03	<b>0:54,57</b>
Comp.15	100 m ind.medley	women	open,	98/99, 00/01, 02/03	<b>1:04,10</b>
Comp.16	100 m ind.medley	men	open,	96/97, 98/99, 00/01, 02/03	<b>0:54,68</b>

### 3.Part : Sunday, 13/12/2015, Warming up at 8.15, start at 9.30 :

Comp.17	200 m butterfly	women	open,	98/99, 00/01, 02/03	<b>2:14,88</b>
Comp.18	200 m butterfly	men	open,	96/97, 98/99, 00/01, 02/03	<b>2:02,15</b>
Comp.19	100 m back	women	open,	98/99, 00/01, 02/03	<b>1:01,89</b>
Comp.20	100 m back	men	open,	96/97, 98/99, 00/01, 02/03	<b>0:54,53</b>
Comp.21	50 m breast	women	open,	98/99, 00/01, 02/03	<b>0:32,39</b>
Comp.22	50 m breast	men	open,	96/97, 98/99, 00/01, 02/03	<b>0:27,98</b>
Comp.23	200 m freestyle	women	open,	98/99, 00/01, 02/03	<b>1:58,45</b>
Comp.24	200 m freestyle	men	open,	96/97, 98/99, 00/01, 02/03	<b>1:49,79</b>

### 4.Part : Sunday, 13/12/2015, Start 60 min after the end of part three :

Comp.25	50 m freestyle	women	open,	98/99, 00/01, 02/03	<b>0:25,67</b>
Comp.26	50 m freestyle	men	open,	96/97, 98/99, 00/01, 02/03	<b>0:22,17</b>
Comp.27	100 m breast	women	open,	98/99, 00/01, 02/03	<b>1:10,54</b>
Comp.28	100 m breast	men	open,	96/97, 98/99, 00/01, 02/03	<b>1:01,36</b>
Comp.29	200 m back	women	open,	98/99, 00/01, 02/03	<b>2:13,80</b>
Comp.30	200 m back	men	open,	96/97, 98/99, 00/01, 02/03	<b>2:01,32</b>
Comp.31	50 m butterfly	women	open,	98/99, 00/01, 02/03	<b>0:27,64</b>
Comp.32	50 m butterfly	men	open,	96/97, 98/99, 00/01, 02/03	<b>0:24,46</b>
Comp.33	4x100 m freestyle	women	open (2003 & older)		<b>3:53,60</b>
Comp.34	4x100 m freestyle	men	open (2003 & older)		<b>3:26,47</b>

 **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.  
→ Separate small pool (12 1/2 m) for warming up or cooling down ! ← → **electrical time** ←.  
→ 2015 we start the backstroke-races for the first time 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 ! Agegr. **2003**&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	2000	04	200 br	2:38,5
		<b>(family first, than the first name !)</b>		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 :** Norbert Mayer, Im Weidenbusch 3, D-78247 Hilzingen-Weiterdingen  
**(for the inscription)** Tel. 0049/7739/396 / Fax. **0049/7739/9266881** (new 2015)  
eMail : [NorbertMayerWeiterdingen@t-online.de](mailto:NorbertMayerWeiterdingen@t-online.de) (→ your inscription !)  
**eMails :** → **in deutsch / in english / en francais** ← **“Hohentwiel-Festival”**  
2 requests: No hand written messages/enlistments and not font 8 (hardly readable, better 10-14)
5. **Inscription-date :** → **Monday, 23<sup>st</sup> November 2015, 19.00 o'clock, (last coming-in-time) !!!** ←
6. **Charge :** 5,50 Euro for each individual start and 10,00 Euro for the relays.  
→ **Teams from foreign countries from far away are free of charge !! Contact me !!!** ←
7. 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.
8. **Rankings:**

50 m+400 m	w	o, 98/99, 00/01, 02/03	m	o, 96/97, 98/99, 00/01, 02/03
100 m+200 m		o, 98/99, 00, 01, 02, 03		o, 96/97, 98, 99, 00, 01, 02, 03
4x100 m relays		open (2003&older)		open (2003&older)
9. **Awards :** Medals for the places 1-3 in all ranking-groups **Only upon reaching the target time !!! (p.3)**  
Diplomas for the places 1-6 in all ranking-groups  
6 special prizes for the best times according the LEN-point-table :  
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)**
10. **Judges :** Members of SSF Singen and other regional clubs !
11. **Acknowledgement :** We will acknowledge you your inscriptions after receiving your lists.  
Starting lists (04/12/2014) and ranking lists : **Internet → www.ssfsingen.de**  
Entry results in paper form – hand them in with the entry lists, please.
12. **Ranking lists :** 30 minutes after the last race or by email (2<sup>nd</sup> day or the following day).
13. **Accommodation :** **If you are interested: Please contact me till 26<sup>th</sup> October 2015 by email !!!**  
→ 1) **Very good hotel with special conditions, 300-600 m to the pool, HB 47-49 €!**  
→ 2) **Good hotel with special conditions, 2,0 km to the pool, HB 42-44 €!**
14. **Insurance :** Take care of your insurance (in all cases) by yourself !
15. **SwimBase**, Reutlingen, will sell accessories for swimmers.
16. 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      Norbert Mayer, SSF-Techn.Director

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

**[NorbertMayerWeiterdingen@t-online.de](mailto:NorbertMayerWeiterdingen@t-online.de)**

For knowing more about our club and the last „18<sup>th</sup> Int.Hohentwiel-Meeting“ in december 2014,  
visit our **homepage** : **[www.ssfsingen.de](http://www.ssfsingen.de)**

To keep our “International Hohentwiel-Festival” sporty as high as in previous years (including 2010-2014) – 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.**

2013-2015 the recommended times are about 1 sec per 100m faster than 2012 :

### RECOMMENDED TIMES since 2013 (please accept them)

#### Women :

	open	98/99	00	01	02	03
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	98/99	00/01	02/03		
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>	<b>please</b> <u>5:00</u>	<b>accept</b> <u>5:05</u>	<b>these</b> <u>5:20</u>	<b>times</b>	
4x100 m ind.medley	5:25					
4x100 m freestyle	4:45					



#### Men :

	open	96/97	98	99	00	01	02	03
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	96/97	98/99	00/01	02/03			
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>	<b>please</b> <u>4:55</u>	<b>accept</b> <u>5:15</u>	<b>the times</b>		
4x100 m ind.medley	5:00							
4x100 m freestyle	4:20							