# Invitation

## "20.Internationales Hohentwiel-Festival im Schwimmen"

10<sup>th</sup> /11<sup>th</sup> December 2016 - Hallenbad Singen/Htwl. / South-West Germany 45 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)

**PPP meeting program** PPP

20) years HF

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

1.Part : Saturday, 10/12/2016, warming-up at 09.30, start at 11.00 : Meetingrecords:

#### 2.Part : Saturday, 10/12/2016, start about 45 min after the end of part one :

Comp.09	4x100 m ind.medley	women	open (2004 & older)	4:26,64
Comp.10	4x100 m ind.medley	men	open (2004 & older)	3:44,81
Comp.11	400 m freestyle	women	open, 99/00, 01/02, 03/04	4:13,50
Comp.12	400 m freestyle	men	open, 97/98, 99/00, 01/02, 03/04	3:52,60
Comp.13	100 m butterfly	women	open, 99/00, 01,02, 03,04	1:01,46
Comp.14	100 m butterfly	men	open, 97/98, 99,00, 01,02, 03,04	0:54,57
Comp.15	100 m ind.medley	women	open, 99/00, 01,02, 03,04	1:04,10
Comp.16	100 m ind.medley	men	open, 97/98, 99,00, 01,02, 03,04	0:54,68

#### 3.Part : Sunday, 11/12/2016, warming up at 8.15, start at 9.30 :

Comp.17	200 m butterfly	women	open,	99/00, 01,02, 03,04	2:14,88
Comp.18	200 m butterfly	men	open, 97/	98, 99,00, 01,02, 03,04	1:59,18
Comp.19	100 m back	women	open,	99/00, 01,02, 03,04	1:01,89
Comp.20	100 m back	men	open, 97/	98, 99,00, 01,02, 03,04	0:54,53
Comp.21	50 m breast	women	open,	99/00, 01/02, 03/04	0:32,39
Comp.22	50 m breast	men	open, 97/	98, 99/00, 01/02, 03/04	0:27,98
Comp.23	200 m freestyle	women	open,	99/00, 01,02, 03,04	1:58,45
Comp.24	200 m freestyle	men	open, 97/	98, 99,00, 01,02, 03,04	1:49,79

#### 4.Part : Sunday, 11/12/2016, Start 60 min after the end of part three :

Comp.25	50 m freestyle	women	open, 99/00, 01/02, 03/04	0:25,67
Comp.26	50 m freestyle	men	open, 97/98, 99/00, 01/02, 03/04	0:22,17
Comp.27	100 m breast	women	open, 99/00, 01,02, 03,04	1:10,54
Comp.28	100 m breast	men	open, 97/98, 99,00, 01,02, 03,04	1:01,36
Comp.29	200 m back	women	open, 99/00, 01,02, 03,04	2:13,80
Comp.30	200 m back	men	open, 97/98, 99,00, 01,02, 03,04	2:01,32
Comp.31	50 m butterfly	women	open, 99/00, 01/02, 03/04	0:27,64
Comp.32	50 m butterfly	men	open, 97/98, 99/00, 01/02, 03/04	0:24,16
Comp.33	4x100 m freestyle	women	open (2004 & older)	3:53,60
Comp.34	4x100 m freestyle	men	open (2004 & older)	3:26,47

Awards : Special prizes for the 6 best results in the individual races → 9. Awards).
 New : For each <u>first place (open rankings)</u> a swimmer will receive <u>20 €</u> (relay 40 €).
 New: For each <u>new meeting-record</u> the swimmer will receive <u>40 € more</u> (relay +80€)

### <u>General determinations</u> - analogical the precious years, <u>new recommended times</u> (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 !  $\leftarrow$  → electronical time  $\leftarrow$ .
  - $\rightarrow$  We start the backstroke-races since 2015 with the new <u>backstroke ledge OMEGA</u>.
  - → One-start-rule !  $\leftarrow$  → <u>New times for the beginnings are possible (you will receive a news)</u>.  $\leftarrow$

3.	<b>Inscription</b> :		h the following details :				
			ne of the club / Name of the				
			r address / your telephone r start-entry-list – with real				
	<u>Example</u>	<i>No</i> .	2		•	discipline	best time
	<u>p_</u>	1	Hanks, Tom	2001	04	200 br	2:38,5
		( <u>fan</u>	<u>ily first, than the first nan</u>	<u>ne !</u> )	08	200 im	2:24,7
		_			30	200 ba	2:21,2
		2 bo w	(second swimmer)			to maintain c	high quality !!!
		ne re	ecommended times on pa	-			
4.	Address :		Norbert Mayer, Im Weide				
	(for the inscriptio	<u>n</u> )	Tel. 0049/7739/396 / <b>F</b> eMail : <u>NorbertMayerW</u>				
			eMails : $\rightarrow$ in deutsch / in				
	2 requests: No han	d wr	itten messages/enlistments				
5.	Inscription-date :	<u>→</u>	Monday, 21 <sup>st</sup> November	<u>2016, 1</u>	<u>9.00 oʻcl</u>	ock, (last co	ming-in-time) !!! 🗲
6.	Charge :		5,50 Euro for each individ				-
			<u>om foreign countries froi</u>				
7.			lecisions !) we will place the formula to the second secon				
0			• •				
0.	Rankings: 50 m 100 m	+400 +200				97/98, 99/00, 97/98, 99, 00,	
	4x100			, 01		en (2004&old	
9.	Awards :	1	Medals for the places 1-3 in	n all ranl	king-gro	ups <u>(</u>	Only upon reaching
	+little_surprises		Diplomas for the places 1-6				he target time !!! (p.3)
	for the jubilee		5 special prizes for the best				
			w.: 50 m / 100 m / 200+40 winners (open ranking)+				/ 200+400 m
10	Judges :	FUI	Members of SSF Singen a			0	special awarus. (page 1)
	•		e		U		• • •
11.	Acknowledgement	:	We will acknowledge you Starting lists (02/12/2016) and				
			Entry results in paper form				
12.	Ranking lists :		30 minutes after the last ra				· ·
13.	Accommodation :	If	your are interested: Pleas	se conta	ct me til	ll 24 <sup>th</sup> Octob	er 2016 by email !!!
	→ 1)	Ve	ery good hotel with specia	l condit	tions, 30	0-600 m to tl	he pool, <u>HB</u> <u>47-49 €/P</u> !
	→ 2)	Go	ood hotel with special cond	itions, 3	00m-2,0	km to the po	ol, <u>HB_40-44 €/P</u> !
14.	Insurance :	Та	ke care of your insurance (	in all ca	ses) by y	ourself !	
15.	SwimBase, Reutlin	ngen,	will sell accessories for sw	vimmers	5.		
16.	In the entrance area	a of t	he indoor baths you can bu	y coffee	e, cakes,	and use o	our "salat-bar" !
SS	F Singen e.V. 1971	]	Bernhard Ruh, SSF-Presi	ident	Norb	ert Mayer, S	SF-Techn.Director
		If ve	ou are interested in tak	ing nar	t in this	s meeting.	
		•	ease contact me by ema			0,	
			<b>NorbertMayerWeiter</b>				
Fo	r knowing more al	oout	our club and the last "19				in december 2015,
		v	visit our <b>homepage</b> :	www.	ssfsing	en.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:

<u>Women :</u>								
	open		99/00		01	02	03	04
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 200 m butterfly	1:19 2:48		1:20 2:50		1:21 2:52	1:23 2:56	1:25 3:00	1:29 3:08
100 m ind.medley	2.48 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		99/00		01/02		03/04	
50 6 4 1								
50 m freestyle	0:32		0:33		0:34		0:36	
50 m breast 50 m back	0:39 0:36		0:40 0:37		0:41 0:38		0:43 0:40	
50 m butterfly	0:30		0:37		0:38		0:40	
400 m freestyle		nlaasa		agaant		these		times
2	<u>4:55</u>	please	<u>5:00</u>	accept	<u>5:05</u>	tilese	<u>5:20</u>	times
4x100 m ind.medley	5:25				244	+	little si	urprises
4x100 m freestyle	4:45				- III		for the	-1
Men :					-		-101 -0100	Juonee
<u>Men :</u>	open	97/98	<b>9</b> 9	00	01	02	03	04
	<b>open</b> 1:01	<b>97/98</b> 1:01	<b>99</b> 1:03	<b>00</b> 1:05	<b>01</b> 1:07		-	J
Men : 100 m freestyle 200 m freestyle	-					02	03	04
100 m freestyle	1:01 2:12 1:21	1:01 2:12 1:21	1:03 2:16 1:23	1:05 2:20 1:25	1:07	<b>02</b> 1:11	<b>03</b> 1:15 2:40 1:35	<b>04</b> 1:19 2:48 1:39
100 m freestyle 200 m freestyle 100 m breast 200 m breast	1:01 2:12 1:21 2:52	1:01 2:12 1:21 2:52	1:03 2:16 1:23 2:56	1:05 2:20 1:25 3:00	1:07 2:26 1:28 3:06	<b>02</b> 1:11 2:32 1:31 3:12	<b>03</b> 1:15 2:40 1:35 3:20	04 1:19 2:48 1:39 3:28
100 m freestyle 200 m freestyle 100 m breast 200 m breast 100 m back	1:01 2:12 1:21 2:52 1:11	1:01 2:12 1:21 2:52 1:11	1:03 2:16 1:23 2:56 1:13	1:05 2:20 1:25 3:00 1:15	1:07 2:26 1:28 3:06 1:18	<b>02</b> 1:11 2:32 1:31 3:12 1:20	<b>03</b> 1:15 2:40 1:35 3:20 1:25	04 1:19 2:48 1:39 3:28 1:29
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