

Invitation

„20. Internationales Hohentwiel-Festival im Schwimmen“

10th / 11th 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
 Jubilee (150 km in south of Stuttgart, 10 km from the Swiss frontier)

20 years HF

meeting program



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

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

Comp.01	100 m freestyle	women	open,	99/00, 01,02, 03,04	0:55,48
Comp.02	100 m freestyle	men	open,	97/98, 99,00, 01,02, 03,04	0:49,48
Comp.03	200 m breast	women	open,	99/00, 01,02, 03,04	2:30,47
Comp.04	200 m breast	men	open,	97/98, 99,00, 01,02, 03,04	2:11,71
Comp.05	50 m back	women	open,	99/00, 01/02, 03/04	0:28,52
Comp.06	50 m back	men	open,	97/98, 99/00, 01/02, 03/04	0:25,14
Comp.07	200 m ind.medley	women	open,	99/00, 01,02, 03,04	2:14,94
Comp.08	200 m ind.medley	men	open,	97/98, 99,00, 01,02, 03,04	2:01,24

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 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€) 🏆

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	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	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	99/00	01/02	03/04
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
for the jubilee

Men :

	open	97/98	99	00	01	02	03	04
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	97/98	99/00	01/02	03/04
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				