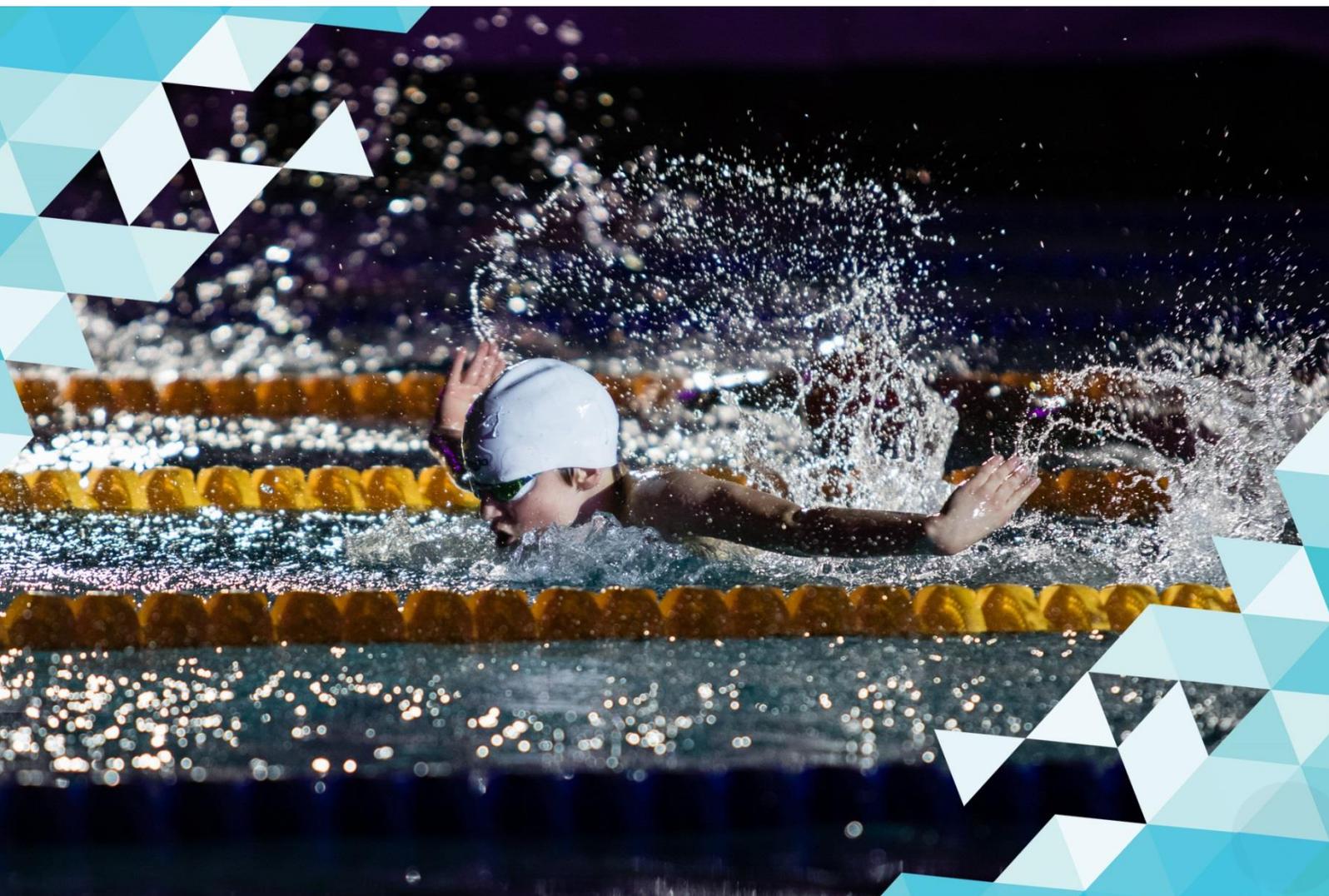


# International Swimming Cup POZnań 2017



**GUIDEBOOK**



## International Swimming Cup POZnań 2017

### 1. ISCP Office

ISCP office will be located on the first floor and will be opened as long as event is on. At the office, during the event, you will be able to collect: invoices, vouchers for pre-ordered meals, certificates, medals and awards not taken during decoration ceremonies.

### 2. Start lists / results

We do care about the environment. We are even more eco friendly. Start lists will not be printed. Start lists are available to download under [www.iscp.pl](http://www.iscp.pl) or [www.megatiming.pl](http://www.megatiming.pl). Printed results will be hanging on terrace, next to main entrance for audience, below the score board.

### 3. Official briefing

On the 21<sup>st</sup> of Apr. at 8:00 AM there is a briefing for Club Representatives. The briefing will be held in Call Room at pool deck. During the briefing we will share the most important informations from the Organisers and Referees. Please note that the briefing is obligatory for all Club Representatives. We would like to ask you to be on time.

### 4. Course of event

Due to large number of swimmers the races will be overlapped, it means the swimmers who finish their race are asked to stay in water until the next heat starts. They should get out of the pool immediately after the start signal, including Backstroke races.

There is NO paper start cards during the event. Referees call swimmers for their races. Assembly for swimmers is in the CALL ROOM on the pool deck.

During the event the diving pool is allowed for warm up. Swimmers can use one of the six lanes prepared for warm up. Warm up in the main swimming pool is only allowed before each event session. Lanes marked 0 and 9 are fast lanes. There are allowed to start and sprint swimming. There is one way traffic towards the middle of the pool.

Please note the access to the pool deck is open only for athletes who compete at the current event, referees and ISCP crew.

## 5. Relay teams

Names of relay teams participants must be submitted before the start of the first session of the event by the IT specialist Michal Derewiecki, located in the room close to the speakers. You can also submit the names via e-mail – please write to [zgloszenia@iscp.pl](mailto:zgloszenia@iscp.pl) - we recommend to use that way.

## 6. Meals

The restaurant zone will be open throughout the event in the foyer on first floor. Pre-ordered meals can be collected there from:

- lunch: between 11.30 AM and 3.30 PM (Friday, Saturday, Sunday)
- dinner: between 4.30 PM and 8.30 PM (Friday, Saturday)

You can pre-order your meals using the food-order form available on [www.iscp.pl](http://www.iscp.pl) or during the event. Vouchers for meals pre-ordered using the food-order forms can be collected in the ISCP office.

## 7. Changing room

We can accommodate numerous swimmers but the number of registered competitors will exceed their capacity nonetheless. Therefore, the Organizers kindly ask the Coaches to group swimmers in couples and assign one locker for a couple. The keys can be collected at the reception in main lobby on the ground floor of the Malta complex.

Club representatives are the ones who should collect keys for their teams. The lockers are automatically opened in the evenings therefore the keys need to be returned at the end of each day.

## 8. Classification

For the first time in ISCP history there are final races in each event. The finals will be made in OPEN formula, it means each swimmer regardless of age can advance to the OPEN final. There are some exceptions: In the races 800 / 1500 m freestyle, the fastest heat regarding the entry times, will be held in the final session. All 50th meters final sessions will be divided regarding the age groups.

The results of OPEN finals have no influence on the age groups classifications. Except of 50th m finals. In that case the final classification will be held after final session..

Final sessions are planned at 5 p.m. on Friday and Saturday and at 4 p.m. at Sunday.

Please find the full ISCP program here: [www.iscp.pl](http://www.iscp.pl)

## 9. Award ceremonies

Medal ceremonies for individual and relay races will be held during the event. We are kindly ask all awarded swimmers (place 1-3) to go for the ceremony as soon as possible, after speaker's call. The main prizes ceremony will take place in the end of the 3<sup>rd</sup> day of the event (Sunday, the 23<sup>rd</sup> of Apr). All awards not taken during the ceremony will be waiting on ISCP Office till the end of the event.

On the pool deck we only give the medals and main trophies, all certificates are available at the ISCP Office on the first floor.

Award ceremony of 150 m freestyle will be held immediately after final race.

## 10. Supporting your favorites

The atmosphere of an event is one of the most important elements that make you remember it well. Malta Thermal Pools offer a huge amount of space to show your club colors. Take club flags, scarfs, drums and everything else you can think of that will help you support you favourites in a loud but civil manner. We also encourage you to buy the official ISCP t-shirts that can be pre-ordered on our website or bought during the event on Friday and Saturday and Sunday.

## 11. Education area

During the event you will find the workshop-education area in the first floor, powered by [kaimoa](#). We will be happy to welcome all coaches, parents, swimmers and visitors to join the speeches and activities in kaimoa area. Swimming technique, sport psychology, relationship in sport, regeneration are just some of the hot topics we will talk about. There will be the possibility to meet and talk to some elite swimmers.

Full schedule is available on [www.iscp.pl](http://www.iscp.pl).

## 12. ISCP Collection

Some of the sport brands will be presented in SWIM MARKET. You can also find official shop of International Swimming Cup POZnań 2017. Be welcomed.

