



MEDITERRANEAN SWIMMING CUP

1. DEFINITION

a) Participating Countries

All Members of COMEN, Affiliated & Associated, and also Federations requesting to participate in writing and admitted by the organizers and the COMEN Secretariat.

b) Age Groups

A. Girls 13 & 14 years old

B. Boys 15 & 16 years old.

If the number of the participating countries is greater than the number of the lanes of the competition pool, heats shall be swum in each event.

2. ELIGIBILITY Eligible to participate are swimmers from COMEN member Federations of the above age groups (checked as per FINA rules).

Passports, identity cards or certificates of birth of all swimmers, must be presented to the Jury of Appeal for age-check, at the Technical meeting.

However, the organizers in accordance with the above paragraph n.1(a), may invite non member Federations to participate, but only against payment of enrolment fee of 10 euro per athlete per entry.

A Federation wishing to participate must send a request of participation to the organisers at least two (2) months before the date of the Competition, and copy to the COMEN General Secretary who has the right to accept or reject it.

It is the duty of the organizers to collect the enrolment fee during the Technical Meeting and to transfer the collected amount to the Bank account of COMEN, or to hand it over to the official Delegate of COMEN or if not present, to the Coordinator of the Technical Committee, to be forwarded/deposited to the Bank Account of COMEN.

3. FINA RULES

The competition shall be held under FINA-Rules.

The starting commands shall be in English.

4. VENUE & DATE OF MEDITERRANEAN CUPS

The venue and date of the Mediterranean cups are set and assigned by the COMEN Bureau and proposed to the General Assembly for confirmation and then are circulated to the members of COMEN by the Secretariat.

The Mediterranean Swimming Cup, is preferred to be organized during the last 3 days of the 3rd weekend of June.

5. SUBSCRIPTION

- The organising country may ask for a preliminary declaration concerning the number of swimmers, delegates, etc., prior to the starting date of the competition.
- The final declaration of participation, must reach the organising country not later than 10 days before the competition with mentioning of:
 - The name & year of birth of the swimmers for each event (except relays)
 - List with their record (best) times recorded during the current year;
 - Names of the coaches and officials;
- Note:
 - Change of declared swimmers can be made until 60 minutes before the beginning of each session;
 - The names and the order of the relay swimmers must be handed before the beginning of each session;

6. TRAVEL AND LODGING

Each country shall pay its own travel and lodging expenses. The organising countries shall provide assistance for the booking of the accommodation of Countries (when required).

7. PROGRAM (See Annexe 1)

- The program is executed at the third week of June, in 3 (three) consecutive days (Friday, Saturday & Sunday).
- There will be 15 minutes rest immediately after the end of the last event and before the start of the relay events.
- **Each country may enter 16 boys and 16 girls maximum.**
- **Two participants per event and one relay team shall represent each country.**
- All events shall be held in final heat where the classification shall be decided according to times achieved.
- Vacant lanes may be filled up by general consent at the technical meeting.
Time trials may be held, only if the majority of the delegates agree.

8. STARTING TIME OF THE COMPETITION

The first event of each day shall not start before 09:00 AM.

The host country shall decide the time table of the competition.

Between the two sessions of each day, there shall be a rest of at least **four hours**.

9. LANES

The placement of the swimmers in the lanes shall be decided according to the times announced by the Federations. These times must be officially recorded in a 50m pool in the period which starts right after the previous Comen Mediterranean Swimming Cup. If asked, the Delegate of the Team has to present proof of the times by presenting the results of the meeting where the times have been swum.

17. JURY

The organising country is responsible to provide the officials. However officials from participating countries may be accepted only if proven that they are qualified to officiate. Countries wishing to propose officials must inform in advance the organizers, the details of their officials with proof of their qualifications.

One member from each country shall compose the jury of appeal. The chairman of this jury will be the COMEN Delegate or the coordinator of the TSC or in their absence a member of the organising country and shall have the casting vote in case of parity of votes.

18. DOPING CONTROL

Doping control is allowed but if it shall be performed, it is necessary to be announced at the Technical Meeting, of the competition.

19. CHANGING OF RULES

Changing of the rules can be done only by the Comen Bureau & the General Assembly. However, temporary modifications or changes, may be done by unanimous decision of the official delegates of the participating delegations, at the technical meeting which is held the day prior the official start of the Cup.

20. SOCIAL EVENT

The organizers are requested to organise and offer a free social event (dinner) to the Officials and Coaches of the participating teams.

21. OBLIGATIONS OF THE HOST FEDERATION

The organising Federation is obliged to provide whatever is included, described and specified in the Part n. 5 of this Handbook and the Art.18 of the Rules of Procedure.

Note:

Teams who chose to book their accommodation directly with hotels and not through the organizers, are not eligible to any free transportation facilities, even if their booking is at the official hotels of the organisers.

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Any item not covered by these Regulations, shall be examined by the Bureau, or, in urgent cases, by the Delegate assisted by the Technical Committee.

# DAILY PROGRAM

## Day 1 // Friday // Morning

1. 100m Freestyle Girls
2. 100m Freestyle Boys
3. 400m Ind. Medley Girls
4. 400m Ind. Medley Boys
- Break 15 minutes
5. 4X50m Medley Mixed Relay Boys/Girls

## Day 1 // Friday // Afternoon

1. 200m Backstroke Girls
2. 200m Backstroke Boys
3. 400m Freestyle Girls
4. 400m Freestyle Boys
- Break 15 minutes
5. 4X100m Freestyle Relay Girls
6. 4X100m Freestyle Relay Boys

## Day 2 // Saturday // Morning

1. 50m Freestyle Girls
2. 50m Freestyle Boys
3. 100m Breaststroke Girls
4. 100m Breaststroke Boys
5. 100m Butterfly Girls
6. 100m Butterfly Boys
- Break 15 minutes
7. 4X200m Freestyle Girls
8. 4X200m Freestyle Boys

## Day 2 // Saturday // Afternoon

1. 800m Freestyle Girls
2. 200m Breaststroke Girls
3. 200m Breaststroke Boys
4. 100m Backstroke Girls
5. 100m Backstroke Boys
- Break 15 minutes
6. 4X100m Medley relay Girls
7. 4X100m Medley relay Boys

## Day 3 // Sunday // Morning

1. 200m Butterfly Girls
2. 200m Butterfly Boys
3. 200m Freestyle Girls
4. 200m Freestyle Boys
- Break 15 minutes
5. 4X50m Freestyle Mixed relay Boys/Girls

## Day 3 // Sunday // Afternoon

1. 1500m Freestyle Boys
2. 200m Ind. Medley Girls
3. 200m Ind. Medley Boys
- Break 15 minutes
4. 4X100m Freestyle Mixed relay Boys/Girls