



# STATUTE

## SWIMMING GDYNIA WINTER SWIMMING CUP 2023 BCT SERIES

### General information

1. Competitions of the rank of the International Winter Swimming Championships, ICE CUP POLAND.
2. Gdynia Winter Swimming Cup 2023 is the fourth edition of the winter competition swimming.
3. The aim of the competition is to popularize winter swimming, promote the Pomeranian region, city of Gdynia and partners and sponsors. Main idea of the GWSC is to support the Ronald McDonald Foundation.
4. The organizer of the competition is BALTIC COLD BEAST association, e-mail: [kontakt@gwsc.pl](mailto:kontakt@gwsc.pl), [www.gwsc.pl](http://www.gwsc.pl).
5. The Marshal took the patronage over the GDYNIA WINTER SWIMMING CUP event
6. The competition is included in the ICE CUP POLAND and the competitors will score points in accordance with regulations on the website [icp.org.pl](http://icp.org.pl).

### I. Date and place of the competition

1. Gdynia Winter Swimming Cup 2023 will be held on February 4-5, 2023.
2. The competition will start at the Yacht Port - Marina Gdynia, Aleja Jana Pawła II.
3. The detailed schedule of the competition will be announced in a separate message. The schedule may change from time to time.

### II. Distances

1. The organisers have planned the competition at the following distances

individual and relay race:

- 25m for children - 'Porpoise Tots ' (5-14 years old) - start with parental protection.
  - Swim for fun - swimming in costumes.
  - 25m Freestyle GWSC
- ICE CUP POLAND:
- 50m breaststroke, 50m butterfly style, 50m freestyle, 100m breaststroke, 100m freestyle, 250m freestyle, 500m freestyle adults.
  - 1 km Baltic Cold Beast free for adults (min. 18 years old).

## FOR THE PRESIDENT'S CUP CITY OF GDYNIA

- Relays 4 x 50 m mixed (minimum 1 woman)

### **III. Applications and starting fees**

1. Registration of Participants takes place via the form available on the website [www.gwsc.pl](http://www.gwsc.pl).
2. The deadline for completing the registration is January 16, 2023.
3. The organizers reserve the right to close the lists earlier starting due to the exhaustion of the limits of places at individual distances, as well as increasing the limits in case of high interest and opportunities - both logistic and organizational.
4. The limits of places at individual distances are as follows:
  - start of children - "Porpoises" - no limit
  - 1 km free for adults - 24 people
  - Any 25 - 60 people
  - 50 dolphin - 30 people
  - 50 m any - 60 people
  - 50 m classic - 60 people
  - 100 m classic - 60 people
  - 100 m any - 60 people
  - 250 m with any - 30 people
  - 500 m with any one for adults - 20 people
  - Relay 4x50 m free - 18 relay

5. The amount of the starting fee will be depending on the paid date registration as follows:

STYL	From 19.12.2022	from 20.12.2022 to 03.02.2023	Competition day <sup>1</sup>	
Porpoises25m (5-14 lat)	50 PLN	80 PLN	100 PLN	Saturday
Swim for fun	50 PLN	80 PLN	100 PLN	Sunday
freestyle GWSC 25 m <sup>2</sup>	120 PLN	150 PLN	200 PLN	Saturday
butterfly 50 m	120 PLN	150 PLN	200 PLN	Sunday
freestyle 50 m	120 PLN	150 PLN	200 PLN	Saturday
breakstroke 50 m	120 PLN	150 PLN	200 PLN	Sunday
freestyle 100 m	140 PLN	170 PLN	220 PLN	Saturday
breakstroke 100 m im. Jacka Starościaka	140 PLN	170 PLN	220 PLN	Saturday
freestyle 250 m	190 PLN	220 PLN	270 PLN	Sunday
freestyle 500 m	230 PLN	260 PLN	340 PLN	Sunday
freestyle 1km BALTIC COLD BEAST	250 PLN	280 PLN	360 PLN	Saturday
Relay 4x50m	200 PLN	250 PLN	350 PLN	Sunday

<sup>1</sup> Possibility to buy the start only in the case of free slots in the series.

<sup>2</sup> The distance is not included in the scores to the ICE CUP POLAN

**Any change to the registration data which is not due to an obvious mistake – 50 PLN**

### DISCOUNTS<sup>3</sup>

When registering for a larger number of starts 3 - we provide a discount up to PLN 60. The discount is calculated automatically and applies to one registration.

- 1- START – no discount
- 2- TWO START – 60 PLN discount from the sum of starts
- 3- THREE STARTS – 90 PLN discount from the sum of starts
- 4- FOUR STARTS AND MORE – 120 PLN discount from the sum of starts

Example: 4 starts at distances of 100 m any, 50 classic, 500 freestyle, 50 butterfly: 140 + 120 + 230 + 120 - 120 = 490 PLN

<sup>3</sup> excluded - porpoises / 1km Baltic Cold Beast / Swim for fun/relay

6. The condition for the approval of the competitor's registration is the payment of the entry fee in within 5 days from the date of registration.

7. Once paid, the fee is not refundable. We allow the possibility of a refund due to health reasons only with the notification of resignation by 10/01/2023.

8. The exception to the rule in point 7 is the recall of the competition due to an epidemic. In this the event, the Organizer will reimburse all participants the payment amount less commission charged by portals providing online payment services

(PayPal: 2.9% +fixed fee for PLN 0.8 payment, EUR 0.33 for payment, STRIPE: fee permanent PLN 1 + 1.4% European cards, 2.9% cards from outside Europe). In case of payment the entire amount of the payment will be refunded by bank transfer (the Organizer does not reimburse only additional fees and commissions charged by the bank).

9. The entry fee must be paid in and credited to a bank account no later than 5 days from notification, by 23:59. The date of payment is considered to be the date of crediting the Organizer's bank account.

10. The entry fee is not transferable to another year of the Event.

11. As part of the starting fee, each Participant of the Event receives:

- accident insurance for the amount of PLN 10,000 (the organizer recommends having additionally personal insurance)
- medical and water protection
- manual time measurement
- regenerative meal

12. The Organizer prohibits the Participants of the sale of received starting packages and the exchange of starting numbers between Participants under the pain of disqualification.

#### **IV. Rules for participation**

1. The person who takes part in 500m distance swim will document that they have swam such a distance in the water before, at a temperature below 5 degrees. Age min. 18 years. Support required. Swimming waist security band - provided by organization.

2. The competition at the distance of 1000 meters may be entered by the person who will document that they previously competed in the 1 km competition in water of temperature below 5 degrees. Age 18 years. Support required. Swimming waist security band - provided by the organization.

4. At distances of 500 and 1 km, the rescue team may make an independent decision about stopping the swimming when they find abnormal behavior by the swimmer or they won't conform with designated swimming time.

3. Porpoise Tots are assisted by the parent (the parent enters the water before the child and accompanies them in the water until the child comes out of the water) and confirms in writing parental consent. The parent is required to document that the child has swam earlier in similar weather conditions.
4. The documentation referred to in point 1-3 should be sent to the e-mail address kontakt@gwsc.pl by 31 January 2023. In title enter the e-mail with the word VERIFICATION + distance. The organizer reserves the right to verify documentation and expect additional information enabling verification of eligibility to take off at a certain distance.
5. A competitor who is under 18 at the time of the Competition must submit a written consent of parents or legal guardians to take part in the Competition and accept the requirements of the Regulations. Minimum age of the competitor in GWSC is 16 years old - cannot participate in starts at 500m and 1km.
6. The competitors are verified by the Organizer or persons indicated by them. His decision is final.
7. Wetsuits and neoprene caps are not allowed.
8. It is forbidden to use any substances applied externally or internally, which maintain or increase body temperature
9. It is forbidden to make trekking turns.
10. Water start, with one hand holding the ladder, the other arm in the water
11. In breaststroke swimming with the head up is obligatory
12. The average water temperature in February in the Bay of Gdańsk is approx. 2 ° C.
13. Track length 25m, wall-to-wall reflection.
14. Qualification is compulsory for distances of 500 m and 1000 m.
15. Participants of the Event and all other people who are on the premises are required to behave in a manner that does not endanger safety of other people present at the Event and comply with the provisions of the Regulations. It is forbidden to destroy signs, information boards and advertising carriers, devices and equipment located at the Event Venue, etc.
16. Competitors are required to comply with the signs and warnings and orders of the Organizer's services and judges. Match judges have the right of exclusion of a Participant who does not comply with the above-mentioned rules.
17. It is forbidden to bring flammable materials to the event area, pyrotechnics, and alcoholic beverages.

## **V. Time limits**

1. 100 m - 5 min.
2. 250 m - 10 min.
3. 500 m - 15 min.

4.1 km - 25 min.

5.25 m, 50 m - 4 min.

6. Relays 4 x 50 m - 10 min.

## VI. Age categories

From – to	Age categories
from 1.01.2007 to 31.12.1994	16 - 29
from 01.01.1993 to 31.12.1984	30 - 39
from 01.11.1983 to 31.10.1974	40 - 49
from 01.11.1973 to 31.10.1964	50 - 59
from 01.11.1963 to 31.10.1954	60 - 69
from 01.11.1947	75 – and older

## VII. Swimming outfit allowed

1. The competitor may use a maximum of two silicone cap.

2. Swimming goggles.

3. Swimsuit (cannot be made of neoprene):

a) men swimming trunks with short legs, "briefs" type or swimming pool swimwear,

b) women two-piece or one-piece without legs and sleeves, or a pool piece competition outfit.



## **VIII. Other organisational information**

1. The participant agrees to the competition being registered in a photographic form and audio-video and their subsequent publication.
2. The administrator of personal data of registered Participants is Organiser. The participant has the right to inspect them and correct them.
3. Each competitor taking part in the competition should pass the medical test beforehand. The tests are compulsory at distances of 500 m and 1 km. Medical exams confirming good health (blood pressure, ECG),

## **IX. AWARDS**

### **1km**

1. Medals for the 1st, 2nd and 3rd place in the OPEN classification, separately in the women category and men.
2. Medal for each competitor who completes 1 km. Baltic Cold Beast.

### **GWSC**

1. Medals for the 1st, 2nd and 3rd place in the OPEN classification, separately in the women category and men.
2. Relays compete for the Cup of the Mayor of Gdynia - OPEN AWARD.
4. Porpoise Tots receive a Harbour Porpoise Certificate.
5. Diplomas for winners: 1st, 2nd, 3rd place in age categories without decorations sent electronically.
6. In-kind prizes from sponsors and partners in chosen by them categories and classifications.
7. The award ceremony will be held according to the schedule.
8. In the category you can become a porpoise and swim for fun, they are not selected winners - we swim for fun.

## **X. Protests and disqualifications**

1. The competitor may lodge a protest within the deadline of 30 minutes from the end of the competition at the distance covered by the protest.
2. All protests must be made in writing and must be delivered to the Organizer of the competition, or a person indicated by him in the Tournament Office
3. The protest must contain - the name and surname of the applicant, a description of the disputed situation and handwritten signature of the applicant.
4. The condition for considering the protest will be the payment of a deposit in the amount of 200 PLN.
5. If the protest is approved, the tender bond will be returned to the applicant.
6. The Organizer's decision regarding the protest is final.

## **XI. Final remarks**

1. The competition will take place regardless of weather conditions (excluding situations that are extreme or unheard of in a climate characteristic of competition venues).
2. The organizer reserves the right to cancel or stop the competition as well make changes in the schedule and swimming distances when it deems that there are changes weather may endanger the safety of the Participants or the representatives of The organizer. The decision in this regard is final.
3. The route of the competition will be secured by appropriate rescue services both on land and in water.
4. The organizer, to the fullest extent permitted by applicable regulations the law, is released from any liability for any damage caused by Participants as a result of participation in the competition and is exempt from obligation to compensate for such damage.
5. The competitor takes part in the competition at their own risk. Organizer, in to the fullest extent permitted by applicable law, is exempt from all responsibility for any damages, injuries or health issues that may be entailed by participation in the competition and is exempt from obligation to compensate for such damage.
6. During the competition, the competitor must provide valid photo ID at the request of the Organizer
7. The organizer is not responsible for the cancellation of the competition for reasons that are unpredictable. Detailed rules have been specified in the section "Special provisions - epidemic".
8. In matters not covered by these Regulations, decisions shall be made by The organizer.
9. Additional information about the competition and their organization can be found:
  - on the website [www.gwsc.pl](http://www.gwsc.pl)
  - on Facebook <https://www.facebook.com/gwscgdynia/>

## **XII. Special provisions - epidemic.**

1. Competitors are required to comply with the regulations and recommendations that re valid on the day of the start, guidelines and orders issued by the Ministry of Health or other state authorities regarding social distancing, application of personal protective equipment or participation in assemblies.
2. The competition will take place without the participation of the public.



3. Contestants should respect social distancing before, during and after the competition.
  4. Competitors are required to collect the package, meal and as soon as possible leave the competition area after the competition is over
  5. The decoration will be limited to decorated persons only and without participation of the audience.
  6. The competition staff will be provided with the necessary means for disinfection. The organizer reserves the right to modify the Regulations.
- In the event of any changes to its provisions, information on this will be provided And published on the website [www.gwsc.pl](http://www.gwsc.pl). Official language of the communication is Polish. Final interpretation of the provisions of this Regulations is up to to the Organiser.

Gdynia, 10.11.2022 r