

Dear Friends,

The Aquatic Sports Association of Malta has once again been entrusted with the organisation of the Mediterranean Cup Swimming Competition (COMEN). We would like to thank the COMEN Secretariat for giving us the opportunity of hosting this event in Malta again.


The swim meet shall be held at the Tal-Qroqq Sports Complex on the 24th - 25th June 2017.

The Organising Committee will certainly do its utmost to ensure the best and most convenient arrangements during the competition in accordance with FINA Rules and Regulations.

In the information bulletin attached you will find the necessary documents which will enable the ASA to make the reservations for both accommodation and transfers throughout your stay in Malta. Due to the fact that the competition is being held during a busy period in Malta, I urge you to give us the information requested in earnest.

I look forward to seeing you in Malta again and hope that you will enjoy your visit to our Islands.

Very best regards,



Joe Caruana Curran
President

BULLETIN

COMPETITION VENUE

All races and training sessions will take place at the newly refurbished Tal-Qroqq Sports Complex, Gzira, Malta. The complex houses a 50m pool and a 25m pool both of which are heated.

The scoreboard is OMEGA Swiss Timing and displays swimmers' names, countries and results. The pool is also equipped with OMEGA Touch Pads and Starting Blocks at both ends. The Tal-Qroqq Sports Complex abides by International Olympic Swimming Standards and follows safety procedures on security, first aid and fire-fighting and also provides medical care on call.

Other facilities available at the complex are changing rooms and showers, meeting rooms, an Arena sports shop and a cafeteria. The spectator capacity is 2000 pax.



TRANSPORT ARRANGEMENTS

Free transportation will be offered only to the participating teams who book their hotel through the ASA as follows:

- Airport transfers to and from the official hotel

- Transfers for all training sessions and matches from the official hotel to the pool and return.

HOTEL ACCOMMODATION

The official hotels accommodating the teams are listed below and reservations will be accepted on a first come first serve basis. The Organising Committee reserves the right to accommodate teams at other hotels of the same category should the need arise. Please indicate your preferences when returning the Preliminary Hotel Reservation Form. **The rates are guaranteed if bookings are made by not later than 10 May 2017.**

The Park Hotel (4*)	Single Room	€125/person/night
Graham Street, Sliema	Twin Room	€95/person/night
(85 rooms)	Triple/Quad Room	€90/person/night



The Kennedy Nova (4*)	Single Room	€125/person/night
The Strand, Sliema	Twin Room	€110/person/night
(20 rooms)	Triple/Quad Room	€105/person/night



EuroClub Hotel (3*)	Single Room	€100/person/night
Fliegu Street, Qawra,	Twin Room	€85/person/night
St Paul's Bay	Triple/Quad Room	€80/person/night
(30 rooms)		



COMEN SWIM CUP RULES

Participating Countries

The Swim Cup is open to All COMEN Member Federations as well as any other non-member federations. If the number of the athletes of the participating federations is greater than the number of lanes in the competition pool, two heats shall be swum in each event.

The Organising Committee may accept the non-member Federations to participate provided that these federations shall pay an enrolment fee of €10 per athlete, per entry.

The competition shall be held under FINA-Rules and the starting commands shall be in English.

Each country may enter two swimmers per event and one relay team but up to a maximum of 16 boys and 16 girls.

Competitions' Age Groups

The COMEN Swim Cup is open to 15 & 16 year old Boys and 13 & 14 year old Girls. Passports, identity cards or birth certificates of all swimmers, must be handed to the Jury of Appeal for age-check. This check must be completed prior to the meeting of the technical committee.

The final list of swimmers must reach the ASA 10 days before the competition and this must include:

- Names of swimmers for each event (except relays) with the year of birth;
- A list of records (national and age group) of each participating federation;
- Names of the coaches and officials.

Change of swimmers can be made until 1 hour before the beginning of each session.

The names and the order of the relay swimmers must be handed in before the beginning of each session of the respective relay event.

On-Line Entries

Each federation is to submit all entries on myresults.eu selecting the Meets tab and choosing the COMEN Competition listed therein. The deadline for such entries is 14th June 2017.

Each federation is also being asked to fill in the attached Swimmers' Registration Form and return it to the ASA by 14th June 2017.

PAYMENTS

A 50% deposit of the team's total accommodation costs is to be made by Bank Transfer to the Account of the Association as shown below by not later than 10th May 2017 and the remaining balance must be paid prior to arrival in Malta.

Bank Of Valletta plc

St. Venera: MALTA

Bank's BIC: VALLMTMT

ASA - Aquatic Sports Association of Malta

IBAN: MT83 VALL 2201 3000 0000 4001 6038 534

TECHNICAL MEETING

The Technical Meeting will be held on **Friday 23rd June 2017 at 12:00** at the ASA Offices at the Tal-Qroqq Sports Complex.

IMPORTANT DEADLINES

10 th May 2017	Preliminary Hotel Reservation Form – Flight Details
25 th May 2017	Final Hotel Reservation Form – Flights Details
14 th June 2017	Swimmers Registration Forms
14 th June 2017	Submission of Online entries for all swimmers

LIST OF EVENTS

DATE	TIME	EVENT NO.	EVENT		
Sat 24-06-2017	09:00	1	100m	Freestyle	Girls
		2	100m	Freestyle	Boys
		3	200m	Backstroke	Girls
		4	200m	Backstroke	Boys
		5	400m	Individual Medley	Girls
		6	400m	Individual Medley	Boys
		BREAK – 15 minutes			
		7	4 x 100m	Medley Relay	Girls
		8	4 x 100m	Medley Relay	Boys
Sat 24-06-2017	17:00	9	400m	Freestyle	Girls
		10	400m	Freestyle	Boys
		11	100m	Breaststroke	Girls
		12	100m	Breaststroke	Boys
		13	100m	Butterfly	Girls
		14	100m	Butterfly	Boys
		BREAK – 15 minutes			
		15	4 x 200m	Freestyle Relay	Girls
		16	4 x 200m	Freestyle Relay	Boys
Sun 25-06-2017	09:00	17	800m	Freestyle	Girls
		18	200m	Breaststroke	Boys
		19	200m	Breaststroke	Girls
		20	100m	Backstroke	Boys
		21	100m	Backstroke	Girls
		22	1500m	Freestyle	Boys
		23	50m	Freestyle	Boys
		24	50m	Freestyle	Girls
Sun 25-06-2017	17:00	25	200m	Freestyle	Girls
		26	200m	Freestyle	Boys
		27	200m	Butterfly	Girls
		28	200m	Butterfly	Boys
		29	200m	Individual Medley	Girls
		30	200m	Individual Medley	Boys
		BREAK – 15 minutes			
		31	4 x 100m	Freestyle Relay	Girls
		32	4 x 100m	Freestyle Relay	Boys

SWIMMERS' REGISTRATION FORM - BOYS

TEAM		CODE	
------	--	------	--

SWIMMER No.	FAMILY NAME	FIRST NAME	NO OF PASSPORT OR ID	YEAR OF BIRTH
B1				
B2				
B3				
B4				
B5				
B6				
B7				
B8				
B9				
B10				
B11				
B12				
B13				
B14				
B15				
B16				

SIGNATURE OF PRESIDENT/SECRETARY	DATE	STAMP OF FEDERATION
----------------------------------	------	---------------------

<p>THIS FORM IS TO BE SENT TO THE AQUATIC SPORTS ASSOCIATION OF MALTA BY NOT LATER 14TH JUNE 2017 FAX NO. +356 2134 7625 OR E-MAIL info@asaofmalta.org copied to gensecretary@asaofmalta.org</p>
--

SWIMMERS' REGISTRATION FORM - GIRLS

TEAM		CODE	
------	--	------	--

SWIMMER No.	FAMILY NAME	FIRST NAME	NO OF PASSPORT OR ID	YEAR OF BIRTH
G1				
G2				
G3				
G4				
G5				
G6				
G7				
G8				
G9				
G10				
G11				
G12				
G13				
G14				
G15				
G16				

SIGNATURE OF PRESIDENT/SECRETARY	DATE	STAMP OF FEDERATION
----------------------------------	------	---------------------

THIS FORM IS TO BE SENT TO
THE AQUATIC SPORTS ASSOCIATION OF MALTA
BY NOT LATER THAN 14TH JUNE 2017

FAX NO. +356 2134 7625 OR E-MAIL info@asaofmalta.org copied to gensecretary@asaofmalta.org

NATIONAL AND AGE GROUP RECORDS - BOYS

TEAM:		CODE:
--------------	--	--------------

EVENT No.	EVENT	NATIONAL RECORD	DATE	AGE GROUP RECORD	DATE
2	100m Freestyle				
4	200m Backstroke				
6	400m Individual Medley				
8	4 x 100m Medley Relay				
10	400m Freestyle				
12	100m Breaststroke				
14	100m Butterfly				
16	4 x 200m Freestyle Relay				
18	200m Breaststroke				
20	100m Backstroke				
22	1500m Freestyle				
24	50m Freestyle				
26	200m Freestyle				
28	200m Butterfly				
30	200m Individual Medley				
32	4 x 100m Freestyle Relay				

SIGNATURE OF PRESIDENT/SECRETARY	DATE	STAMP OF FEDERATION
---	-------------	----------------------------

**THIS FORM IS TO BE SENT TO
THE AQUATIC SPORTS ASSOCIATION OF MALTA
BY NOT LATER THAN 25TH MAY 2017
FAX NO. +356 2134 7625 OR E-MAIL info@asaofmalta.org copied to gensecretary@asaofmalta.org**

NATIONAL AND AGE GROUP RECORDS - GIRLS

TEAM:		CODE:
--------------	--	--------------

EVENT No.	EVENT	NATIONAL RECORD	DATE	AGE GROUP RECORD	DATE
1	100m Freestyle				
3	200m Backstroke				
5	400m Individual Medley				
7	4 x 100m Medley Relay				
9	400m Freestyle				
11	100m Breaststroke				
13	100m Butterfly				
15	4 x 200m Freestyle Relay				
17	200m Breaststroke				
19	100m Backstroke				
21	1500m Freestyle				
23	50m Freestyle				
25	200m Freestyle				
27	200m Butterfly				
29	200m Individual Medley				
31	4 x 100m Freestyle Relay				

SIGNATURE OF PRESIDENT/SECRETARY	DATE	STAMP OF FEDERATION
----------------------------------	------	---------------------

THIS FORM IS TO BE SENT TO
 THE AQUATIC SPORTS ASSOCIATION OF MALTA
 BY NOT LATER THAN 25TH MAY 2017
 FAX NO. +356 2134 7625 OR E-MAIL info@asaofmalta.org copied to gensecretary@asaofmalta.org

PRELIMINARY HOTEL RESERVATION FORM - FLIGHT DETAILS

TEAM:		CODE:
--------------	--	--------------

TEAM'S TRAVEL	Arrival Date	Pax	Departure Date	Pax

	1 st Preference	2 nd Preference	3 rd Preference
HOTEL NAME:			

Expected Number of Female Swimmers	
Expected Number of Male Swimmers	
Expected Number of Officials	

ACCOMMODATION	No. of Rooms	No. of Persons	Cost per person per day	No. of Nights	TOTAL COST
Single Rooms					
Double Rooms					
Triple Rooms					
Quad Rooms					
				TOTAL	

SIGNATURE OF PRESIDENT/SECRETARY	DATE	STAMP OF FEDERATION
---	-------------	----------------------------

THIS FORM IS TO BE RETURNED TO
AQUATIC SPORTS ASSOCIATION OF MALTA
TAL-QROQQ SPORTS COMPLEX, MARIA TERESA SPINELLI STREET, GZIRA GZR 06, MALTA.
FAX NO. +356 2134 7625 OR E-MAIL info@asaofmalta.org copied to gensecretary@asaofmalta.org
BY NOT LATER THAN 10TH MAY 2017.

FINAL HOTEL RESERVATION FORM - FLIGHT DETAILS

TEAM:		CODE:
--------------	--	--------------

HOTEL NAME:	
--------------------	--

SWIMMERS	OFFICIALS	TOTAL

TEAM'S TRAVEL	ARRIVAL DATE & TIME	PAX	DEPARTURE DATE & TIME
	FLIGHT NUMBER		FLIGHT NUMBER

ACCOMMODATION	No. of Rooms	No. of Persons	Cost per person per day	No. of Days	TOTAL COST
Single Rooms					
Double Rooms					
Triple Rooms					
Quad Rooms					
TOTAL					

SIGNATURE OF PRESIDENT/SECRETARY	DATE	STAMP OF FEDERATION
---	-------------	----------------------------

THIS FORM IS TO BE RETURNED TO
THE AQUATIC SPORTS ASSOCIATION OF MALTA
TAL-QROQQ SPORTS COMPLEX, MARIA TERESA SPINELLI STREET, GZIRA GZR 06, MALTA.
FAX NO. +356 2134 7625 OR E-MAIL info@asaofmalta.org copied to gensecretary@asaofmalta.org
BY NOT LATER THAN 25TH MAY 2017.