



Wasserwacht
Mit Sicherheit am Wasser.

Announcement 21th Neuruppin Long distance swim on 10.08.2024

Start: Wustrau, and Bollwerk / Seepromenade Neuruppin,
All participants must arrive approx. 2 hours before the start at the
Bollwerk/ Seepromenade Neuruppin register.

Distances: 1 km, 5 km, 10 km und 15 km

Organizer: DRK- Kreisverband Gransee Ostprignitz – Ruppin e.V.

Schedule: 10 a.m. Start 15 km long distance (light green)
10 a.m. Start 10 km long distance (Pink)
12 p.m. Start 5 km middle distance (Orange)
14 p.m. Start 1 km short distance (White)
16 p.m. End of competition
16.15 p.m. Award ceremony

Scoring: Overall men and women per distance

1st place: cup and certificate
2nd place: cup and certificate
3rd place: cup and certificate

Each participant receives a certificate of participation

The sporting and medical security of the event is provided by the organizer.

With their registration, the participants release the organizer and promoter from any liability for personal and material damage. Furthermore, with their registration they assure that they are fit for competition and have taken note of the competition rules listed on page 4 under point III.

Registration for the long-distance swim Ruppin on www.lss-ruppin.de

Information at info@wasserwacht-gransee-opr.de and www.lss-ruppin.de





Wasserwacht
Mit Sicherheit am Wasser.

I. Entry fee

Registration for the long distances **until** the day of the race 45,00 €

Registration middle distance **until** race day 35,00 €

Registration short distance **until** race day 25,00 €

For late entries **on the day** of the race an additional fee of 10,00 € per course and participant will be charged.

The entry fee is due upon registration and will be deducted from your bank account. (Direct debit)

Accommodation offers for participants on request at:

Tourism Service "Bürger Bahnhof"

Rheinsberger Tor, Karl-Marx-Straße 1, 16816 Neuruppin,

Telephone: 03391-4546-0, Fax: 03391-454666,

E-mail: tourismus-service@neuruppin.de

Rental of escort boats is possible at:

- Boat City Neuruppin GmbH & Co.KG Zum Schwanenufer 17, 16816 Neuruppin - 03391 405699
- Rhinpaddle Friedrich Engels Street 8, 16827 Neuruppin - 03391 771212
- Raft / Houseboat for rent -Tom Sawyer An d. Seepromenade 10, 16816 Neuruppin - 03981 421560

Registration for the long-distance swim Ruppín on www.lss-ruppín.de

Information at info@wasserwacht-gransee-opr.de and www.lss-ruppín.de





Wasserwacht
Mit Sicherheit am Wasser.

II. schedule:

Saturday

<u>Competition section</u>	<u>Time</u>	<u>Place</u>
Registration participants 15 + 10 km	07:30Uhr	Seepromenade Neuruppin
Transfer participants 15 + 10 km	09:00 Uhr	from Seepromenade Nrp
Start of competition 15 km	10:00 Uhr	Wustrau
Start of competition 10 km	10:00 Uhr	Wustrau
Registration participants 5 km	10:30 Uhr	Seepromenade Neuruppin
Start of competition 5 km	12:00 Uhr	Seepromenade Neuruppin
Registration participants 1 km	13:00 Uhr	Seepromenade Neuruppin
Start of competition 1 km	14:00 Uhr	Seepromenade Neuruppin
End of competition	16:00 Uhr	
Award ceremony	16:15 Uhr	Seepromenade Neuruppin

Registration for the long-distance swim Ruppín on www.lss-ruppín.de

Information at info@wasserwacht-gransee-opr.de and www.lss-ruppín.de





Wasserwacht
Mit Sicherheit am Wasser.

III. Competition Rules

1. For the 15 km, 10 km and 5 km distances, the use of wetsuits, commercial swim fins (**no apparatus fins**) and goggles is permitted.
2. For the 1 km course the use of wetsuits and goggles is allowed.
3. The distance specified in the registration must be kept, an early exit or an extension of the distance will not be scored.
4. The swim course, which is marked by buoys and indicated on the general map, must be followed. The swim course can be found at www.lss-ruppin.de.
5. Failure to comply with the swim distance will result in disqualification or time penalty.
6. The instructions of the event staff and the referees must be followed.
7. In case of exhaustion or signs of cramps, the participant must make himself known to the boat staff by waving the bathing cap.
8. If a participant is taken on board, he will be eliminated from the current competition.
9. Own food is allowed. Bananas and tea will also be served at 5 km, 10 km and 15 km during the competition.
10. The issued bathing caps are **COMPULSORY CLOTHING**.
11. The scoring will be done according to the overall run and separately by gender and distance. In the result lists the entry takes place whether with or without fins was swum.
12. Wearing the transponder for timekeeping is mandatory, manipulations or starting without transponder will lead to disqualification.
13. In the interest of the swimmers' health, we have decided to set a time limit. The competition will end at 16:00. All swimmers still in the water will then be taken out of the water.
14. In case of loss of a transponder, a fee of 25,- Euro will be charged.

Registration for the long-distance swim Ruppín on www.lss-ruppin.de

Information at info@wasserwacht-gransee-opr.de and www.lss-ruppin.de

