

Winter Opening Poland's Masters Championship in Swimming
Olsztyn 21st-23rd of October 2016

Organizer: : Association of Masters Swimming Olsztyn, Swimming Regional Federation of Warmia-Mazury

Co-organizers:: OSIR Olsztyn, Technical Masters Committee, National Association of Swimming

Honorary Patron: The President of Olsztyn: Piotr Grzymowicz

Manager: Mariusz Gabiec

Contact:

- olsztyn.masters@gmail.com , +48 608523645
- Application- Elżbieta Chodyna, email: zawody.olsztyn@interia.pl, tel. +48 600215732
- Entry fee- Piotr Markowicz; e-mail: piotr-markowicz@wp.pl, tel +48 507087278.
- Technical Masters Committee- Jacek Thiem, e-mail: jacek.thiem@gmail.com

Dates: 21st-23rd October

Venue: Aquasfera Sport Centre, 69B Piłsudskiego avenue, <http://www.aquasfera.olsztyn.eu>

About the venue: 50m Swimming Pool split in 2 halves, 10 swimming lanes, water temperature: 27C

Rules and Regulations

- On,y Swimmers born on or after 1996 are entitled to take a part in a competition
- Participation at own Risk and medical fitness certificates required
- Participants of all Nationalities welcomed
- Any applications that do not comply with the above rules and regulations will be rejected

Registration: Club members only

Club registration: Online, registration form available at: www.megatimming.pl file name: " Splash Entry editor.

Registration Form Guidelines

- Full name(including any middle names)
- Full date of Birth
- The name of the club
- Type of a course (short course / long course)
- The type of the competition
- The best result in achieved in the last 12 months
- Contact details: telephone number/email address

Registration: Non members (individual registration only)

Form available at: www.megatimming.pl File format: doc

Relay race: Information required: The name of the club, age group and relay members for example:

4x50m (style chosen): Aquasfera Masters Olsztyn (Nowak J, Kowalska I, Nowak S Kwiatkowski A)

Any changes to do with relay members or starting order are possible only within the same age group relay. Changes need to be immediately reported to the participants office and will only be accepted during warm up sessions. Any changes reported at the of warm up sessions will be rejected.

Application deadline: All applications should be send by email no later than 10th of October 2016. Every entry will be confirmed by email within two working days. If you don't hear from us within two working days don't hesitate to contact us Elzbieta Hodyna on 0048600215732

No changes will be possible once the participants list is online.

Age groups

Individual

O (PK)	A	B	C	D	E	F	G	H	I	J	K	L	M etc
20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89

relays

A	B	C	D	E	F
100-119	120-159	160-199	200-239	240-279	280+

Relay members must be members of one club only. No national relay members allowed. The age group is chosen by summing up the total age of four members.

Participant of group "0" will not be allowed to take part in Masters relay. Relay members need to form group "0" with members swimming in group "0" only.

About the competition/venue

- Swimming pool length: 25m
- Lanes: 10
- Timing: to be recorded electronically
- Competition: Slowest first (excluding: 400m freestyle, 800m freestyle and 1500m freestyle)
- The classification will be done based on the date of applications (first come first serve)
- All participants can compete in maximum two individual races and one relay (per session)
- In the first block of every competition it is allowed to swim 800 m or 1500m by freestyle. It is not allowed to swim both lengths by freestyle. 800m and 1500m can only be joined with 50m freestyle or 200m medley stroke.
- There will be a set time limit in 800m and 1500m categories for both males and females.

- Due to the availability of the venue the organizers reserve the right to set the time limit on those competitions, as well as limit the number of swimmers in each line to maximum 2 per lane.

The time limits females 800m

O	A	B	C	D	E	F	G	H	I	J	K	I	M
13:30:0	14:00:0	14:30:0	15:00:0	15:30:0	16:00:0	16:45:0	17:30:0	18:30:0	19:45:0	21:15:0	23:15:0	26:00:0	30:00:0

The time limits males 1500m

O	A	B	C	D	E	F	G	H	I	J	K	I	M
21:30:0	22:00:0	23:00:0	24:30:0	26:30:0	28:00:0	30:00:0	34:00:0	37:00:0	38:30:0	41:00:0	44:00:0	47:00:0	51:00:0

Awards:

The best three in each individual category will receive medals and certificates.

The best three in relay will receive certificates only.

The best six (both males and females) will receive a trofeum funded by the president of Olsztyn as well as other prizes funded by Akron and Masters swimmers' association in Olsztyn.

Participants of "0" category will receive prizes, medals and certificates individually.

Rules of funding

Costs of organisation of the event will be covered by event organizers

Competition entry costs must be covered by participants.

Entry fee: 110 zł until the 12th of October 150 after the 12th of October.

Entry fee must be paid into the following account: (details to be included: participant's name or club's name)

Foreign participants: Entry fee to be paid on the day of the competition

The result board will be updated regularly on www.megatiming.pl

Schedule:

SESSION I - Friday	SESSION II - Saturday	SESSION III - Saturday	SESSION IV - Sunday
21/10/2016	22/10/2016	22/10/2016	23/10/2016
Warm up 12:45-13:40	Warm up 8:00-8:50	Warm up 15:00-15:50	Warm up 8:00-8:50
Opening ceremony 13:45			
Start session 14:00	Start session 9:00	Start session 16:00	Start session 9:00

	Women		Men
SESSION I			
1	50m free	2	50m free
3	200m i.m.	4	200m i.m.
5	relay 4x50m free mix		
6	800m free	7	800m free

8	1500m free	9	1500m free
SESSION II			
10	50m back	11	50m back
12	200m breast	13	200m breast
14	100m free	15	100m free
16	100m i.m.	17	100m i.m.
18	200m fly	19	200m fly
20	relay 4x50m i.m.	21	relay 4x50m i.m.
SESSION III			
22	100m breast	23	100m breast
24	50m fly	25	50m fly
26	100m back	27	100m back
28	200m free	29	200m free
30	relay 4x50m free	31	relay 4x50m free
32	400m i.m.	33	400m i.m.
SESSION IV			
34	100m fly	35	100m fly
36	200m back	37	200m back
38	50m breast	39	50m breast
40	relay 4x50m i.m. mix		
41	400m free	42	400m free

Additional information:

- All participants can use all the facilities for the purpose of warm up 1 hour prior to a set competition.
- There will be a starter pack provided for all participants
- By sending us an application form you accept the terms and conditions of the above event

Competition office: Aquasfera Sport Centre, 21st-October (10:00-19:00), 22st-October (during the event)