

# SHERATON POZNAN CUP

## International Swim & Masters Meet

### 2<sup>nd</sup> and 3<sup>rd</sup> February 2013

**Organizer:** Swim and Sports club UKS CITYZEN\_ - [WWW.UKSCITYZEN.PL](http://WWW.UKSCITYZEN.PL)  
Sheraton Poznan Hotel - [www.sheraton.pl/poznan/en](http://www.sheraton.pl/poznan/en)

**Place:** SWIM & SPORT CENTER CITYZEN\_  
UL. DROGA DEBIŃSKA 10C, 61-555 POZNAŃ – Poland

**Program:** [Saturday 2<sup>nd</sup> February 2013](#) [Sunday 3<sup>rd</sup> February 2013](#)

#### 1<sup>st</sup> Session

9:30 Warm up  
10:30 Beginning of swim events

#### 2<sup>nd</sup> Session

30 mins break after 1<sup>st</sup> Session  
Approx. 20:30 End of first day

#### 3<sup>rd</sup> Session

8:30 Warm up  
9:30 Beginning of swim events

#### 4<sup>th</sup> Session

30 mins break after 3<sup>rd</sup> Session  
Approx. 17:30 End of events

## 1<sup>st</sup> Session

### Saturday 2<sup>nd</sup> February - First start is at 10:30 hrs:

Comp Nr	Distances	Norm times:	1993 & older	94/95	96/97	98/99	00	01	02	03	04/05
S 1	200m	Freestyle female – Finals	2:22	2:28	2:32	2:35	2:45	3:00	3:10	---	---
S 2	200m	Freestyle male – Finals	2:18	2:22	2:27	2:30	2:40	2:55	3:10	---	---
S 3	50m	Breaststroke female – Preliminaries	0:39	0:41	0:43	0:44	0:46	0:47	0:50	0:55	1:00
S 4	50m	Breaststroke male – Preliminaries	0:38	0:39	0:40	0:41	0:43	0:46	0:50	0:55	1:00
M 1	100m	Individual Medley female <b>Masters</b>					From age 20 until age 99				
M 2	100m	Individual Medley male <b>Masters</b>					From age 20 until age 99				
S 5	100m	Backstroke female – Finals	1:19	1:21	1:25	1:28	1:35	1:42	1:45	2:00	---
S 6	100m	Backstroke male – Finals	1:17	1:19	1:22	1:27	1:31	1:42	1:45	2:00	---
M 3	50m	Breaststroke female <b>Masters</b>					From age 20 until age 99				
M 4	50m	Breaststroke male <b>Masters</b>					From age 20 until age 99				
S 7	100m	Individual Medley female – Finals	1:16	1:19	1:20	1:24	1:30	1:40	1:45	2:00	---
S 8	100m	Individual Medley male – Finals	1:14	1:16	1:18	1:22	1:29	1:39	1:45	2:00	---
M 5	100m	Freestyle female <b>Masters</b>					From age 20 until age 99				
M 6	100m	Freestyle male <b>Masters</b>					From age 20 until age 99				
S 9	200m	Butterfly female – Finals	2:45	2:50	2:55	3:02	3:12	3:20	---	---	---
S 10	200m	Butterfly male – Finals	2:40	2:48	2:52	2:59	3:08	3:20	---	---	---
S 11	50m	Freestyle female – Preliminaries	0:31	0:32	0:33	0:35	0:37	0:41	0:46	0:55	1:00
S 12	50m	Freestyle male – Preliminaries	0:29	0:30	0:32	0:34	0:36	0:41	0:46	0:55	1:00
S 13	4x50m	Ind. Medley Relay female 2000 – 2005 – Preliminaries					---- without time limit ----				
S 14	4x50m	Ind. Medley Relay male 2000 – 2005 – Preliminaries					---- without time limit ----				
S 15	4x50m	Ind. Medley Relay female 1999 and older – Preliminaries					---- without time limit ----				
S 16	4x50m	Ind. Medley Relay male 1999 and older – Preliminaries					---- without time limit ----				
M 7	4x50m	Ind. Medley Relay <b>mixed Masters*</b> – Preliminaries (read details in general rules)					---- without time limit ----				

**30 minutes break**

## 2<sup>nd</sup> Session

### Saturday 2<sup>nd</sup> February 30 mins after the end of 1<sup>st</sup> Session:

Comp Nr	Distances	Norm times:	1993 & older	94/95	96/97	98/99	00	01	02	03	04/05
S 17	200m	Backstroke female – Finals	2:42	2:46	2:50	2:56	3:00	3:10	3:20	---	---
S 18	200m	Backstroke male – Finals	2:35	2:40	2:45	2:52	2:58	3:10	3:20	---	---
S 19	100m	Breaststroke female – Finals	1:24	1:30	1:34	1:38	1:45	1:50	1:55	2:05	---
S 20	100m	Breaststroke male – Finals	1:22	1:26	1:30	1:35	1:43	1:50	1:55	2:05	---
M 8	100m	Backstroke female <b>Masters</b>									
M 9	100m	Backstroke male <b>Masters</b>									
S 21	400m	Individual Medley female – Finals	5:20	5:30	5:40	5:50	6:05	6:20	---	---	---
S 22	400m	Individual Medley male – Finals	5:10	5:20	5:30	5:40	6:00	6:20	---	---	---
S 23	50m	Butterfly female – Preliminaries	0:36	0:37	0:39	0:42	0:45	0:47	0:49	0:55	1:00
S 24	50m	Butterfly male – Preliminaries	0:33	0:34	0:36	0:39	0:43	0:47	0:49	0:55	1:00
M 10	50m	Butterfly female <b>Masters</b>									
M 11	50m	Butterfly male <b>Masters</b>									
S 25	100m	Freestyle female – Finals	1:05	1:08	1:10	1:12	1:18	1:20	1:32	1:45	---
S 26	100m	Freestyle male – Finals	1:04	1:05	1:08	1:10	1:17	1:20	1:32	1:45	---

End of 1<sup>st</sup> day events!

## 2<sup>nd</sup> Day

### 3<sup>rd</sup> Session

#### Sunday 3<sup>rd</sup> February – First Start is at 9:30 hrs:

Comp Nr	Distances	Norm times:	1993 & older	94/95	96/97	98/99	00	01	02	03	04/05
S 27	200m	Breaststroke female – Finals	2:50	2:54	2:58	3:02	3:06	3:15	3:25	---	---
S 28	200m	Breaststroke male – Finals	2:48	2:52	2:56	3:00	3:05	3:15	3:25	---	---
M 12	100m	Breaststroke female <b>Masters</b>									
M 13	100m	Breaststroke male <b>Masters</b>									
S 29	50m	Backstroke female – Preliminaries	0:36	0:37	0:38	0:40	0:44	0:47	0:50	0:55	1:00
S 30	50m	Backstroke male – Preliminaries	0:35	0:36	0:37	0:39	0:43	0:47	0:50	0:55	1:00
M 14	50m	Backstroke female <b>Masters</b>									
M 15	50m	Backstroke male <b>Masters</b>									
S 31	100m	Butterfly female – Finals	1:18	1:20	1:25	1:27	1:35	1:42	1:45	2:00	---
S 32	100m	Butterfly male – Finals	1:13	1:15	1:19	1:24	1:34	1:42	1:45	2:00	---
S 33	400m	Freestyle female – Finals	4:30	4:40	4:55	5:15	5:30	5:50	6:05	---	---
S 34	400m	Freestyle male – Finals	4:25	4:35	4:50	5:10	5:25	5:50	6:05	---	---
M 16	50m	Freestyle female <b>Masters</b>									
M 17	50m	Freestyle male <b>Masters</b>									
S 35	200m	Individual Medley female – Finals	2:35	2:40	2:50	2:58	3:10	3:20	3:30	---	---
S 36	200m	Individual Medley male – Finals	2:30	2:35	2:42	2:52	3:06	3:18	3:30	---	---
M 18	100m	Butterfly female <b>Masters</b>									
M 19	100m	Butterfly male <b>Masters</b>									
S 37	4x50m	Freestyle Relay female 2000 – 2005 – Preliminaries									
S 38	4x50m	Freestyle Relay male 2000 – 2005 – Preliminaries									
S 39	4x50m	Freestyle Relay female 1999 and older – Preliminaries									
S 40	4x50m	Freestyle Relay male 1999 and older – Preliminaries									
M 20	4x50m	Freestyle Relay <b>mixed Masters</b> * – Preliminaries (read details in general rules)									

### 4<sup>th</sup> Session

#### Finals by age group Sunday 3<sup>rd</sup> Feb approx. 30mins following the 3<sup>rd</sup> Session:

S 13F	4x50m	Ind. Medley Relay female 2000 – 2005
S 14F	4x50m	Ind. Medley Relay male 2000 – 2005
S 15F	4x50m	Ind. Medley Relay female 1999 and older
S 16F	4x50m	Ind. Medley Relay male 1999 and older
M 7F	4x50m	Ind. Medley Relay <b>mixed Masters</b> * – Finals (read details in general rules)

## All 50m Finals are for each age group separately

		<u>1993 &amp; older</u>	<u>94/95</u>	<u>96/97</u>	<u>98/99</u>	<u>00</u>	<u>01</u>	<u>02</u>	<u>03</u>	<u>04/05</u>
S 3F	50m	Breaststroke female								
S 4F	50m	Breaststroke male								
S 11F	50m	Freestyle female								
S 12F	50m	Freestyle male								
S 23F	50m	Butterfly female								
S 24F	50m	Butterfly male								
S 29F	50m	Backstroke female								
S 30F	50m	Backstroke male								
S 37F	4x50m	Freestyle Relay female 2000 – 2005								
S 38F	4x50m	Freestyle Relay male 2000 – 2005								
S 39F	4x50m	Freestyle Relay female 1999 and older								
S 40F	4x50m	Freestyle Relay male 1999 and older								
M 20F	4x50m	Freestyle Relay <b>mixed Masters*</b> – Finals (read details in general rules)								

\* During the mixed Masters Relay the teams must have 2 men and 2 women  
Masters competitions are without norm times.

## General regulations:

### 1. Registration and Competition requirements:

**All swimmers of clubs** and teams belonging to the FINA through membership in their own federation have the right to compete.

**The Swim and Masters Meet** event will be staged in accordance with the rules of the Polish Swimming Federation. According to Polish Swimming Federation: Swimmers are allowed to wear long trousers and long swim suits as of age 14 – at this swim meet swimmers must be born in year 1999. The swimming pool at CITYZEN\_\_ has 8 lanes with dividing lines to suppress waves. The pool is 25 meters long, 20 meters wide and ranges in depth from 2.50 meters to 2.80 meters. The water temperature is about 28°C. The lanes are divided with water-breakable lines. The warm up for all swimmers is allowed up to 10 mins prior to each start session.

You have to confirm the sport health for all registered swimmers and Masters according to FINA and the swimming association of the organization. Please provide contact information of person, if we have questions regarding the sport health certificates.

### 2. Timing and start requirements:

The swim meet will have electronic timing, in case the electronic timing does not work, additionally hand timing will take place too. Each race will be started according to the one-start-rule.

**Heats** will be arranged by entry times, without regarding the age of the swimmers. The fastest 8 in each age group at the 50m distance will reach the Finals on Sunday afternoon.

**Masters heats** are set based on the entry times and not by age group. All Masters Races are final races, except the two mixed Relays in which the fastest 8 mixed Relay teams will proceed to the Sunday afternoon Finals.

### 3. Scoring and Awards:

#### Masters age categories:

**O:** age 20 to age 24, **A:** age 25 to age 29, **B:** age 30 to age 34, **C:** age 35 to age 39,  
**D:** age 40 to age 44, **E:** age 45 to age 49, **F:** age 50 to age 54, **G:** age 55 to age 59,  
**H:** age 60 to age 64, **I:** age 65 to age 69, **J:** age 70 to age 74, **K:** age 75 to age 79,  
**L:** age 80 to age 84, **M:** age 85 to age 89, **N:** age 90 to age 94 and **O:** age 95 to age 99.

#### Masters Relay age group classifications:

**O:** 80 to 99 years, **A:** 100 to 119 years, **B:** 120 to 159 years, **C:** 160 to 199 years,  
**D:** 200 to 239 years, **E:** 240 to 279 years, **F:** 280 to 319 years and **G:** 320 to 359 years.

Scoring is according to the age groups separately 05/04, 03, 02, 01, 00, 99/98, 97/96, 95/94 and age 1993 and older are combined. Fastest 8 swimmers in 50m distances will swim in the Final.

**Masters scoring:** If a swimmer decided to join the Masters classification he or she cannot be counted into the 1993 age group and older category. Switching age groups between the competition and swim session events is not possible.

**Awards:** Place 1 to 3 in each age group and in each event will receive medals. The first six participants in each event and in each age group will receive certificates. All swimmers qualified at the 50m Finals will receive certificates. Medal ceremonies are done throughout the event. During the finals those ceremonies are done immediately following the final heats.

Place 1 to 3 in Relay teams will receive medals and a certificate per team.

**Masters Awards** Place 1 to 3 receives a medal and a certificate. Mixed Relay teams will receive for Place 1 to 3 a medal and a certificate. Medal ceremonies for Masters are done throughout the event.

## Special Award:

**Sheraton Poznan International Age-Group Cup:** Presented to the best female and male swimmer in each age group categories. Combine FINA points for the individual person who swims all 4 x 100-meter individual races (No. 5/6, 19/20, 25/26 and 31/32). Disqualification or not finishing the race in one or more distances will result that the swimmer is no longer eligible for this Trophy. Excluded age group 2004, 2005 and Masters Swimmers.

**Sheraton Poznan Relay Swim Cup:** The best 4x50m Individual Medley Relay team separated by age and gender (female / male) and the best 4x50m Freestyle Relay team separated by age and gender (female /male) will be given this special Award.

All Awards, Medals and Certificates must be picked up by the end of the swim meet by the participants or the swim clubs. We'll not send any Awards to swim clubs unless it is previously agreed and we've received sufficient enough postal fees.

**Registration is possible between Monday, 10<sup>th</sup> December 2012 and Sunday, 27<sup>th</sup> January 2013, at 18:00 hrs.** The registration will be confirmed by fax or e-mail. For these reasons please give the exact address and if possible the fax number and e-mail address of the responsible person.

**Attention: It is not possible to register anybody on the day of the competition. Changes are NOT possible.**

## 4. Registration and Payment:

**The starting lists are to be sent to:** Be aware of norm times!

Adrian Roszak: +48 722 396 322  
SWIM & SPORT CENTER CITYZEN\_  
Droga Debinska Street 10C  
61-555 POZNAŃ – Poland

or via splash system format to [UKS@UKSCITYZEN.PL](mailto:UKS@UKSCITYZEN.PL)

Registration is accepted electronically. For clubs, which do not have the software, we offer to send special software for this event. We are anticipating a large number of entries. Therefore we reserve the right to refuse entries. Participants born in 2004 and 2005 are only allowed to have 5 starts including relay starts and finals per day. For any questions regarding the registration please contact us. We will confirm the participation of the swimmers in the competition.

The **registration fee is € 3,00 or 10 PLN per single start and € 6,00 or 20 PLN per entry for relays.** Local and National Polish clubs must pay in advance (**latest by the dateline of entries Sunday 27<sup>th</sup> January 2013**)

**UKSCITYZEN\_ Bank account: 92 2490 0005 0000 4500 5803 3240**

Foreign clubs can pay the first day of the swim event. (Saturday 2<sup>nd</sup> February 2013)

Paying options are by check or in cash just before the competition.

After the changing rooms, the pool area may only be entered with bath shoes, flip flops or barefoot. Spectators in street clothes may sit in the spectators stand.

**The organizer** is not responsible for any losses or damages.

**The organizer** keeps the rights to make any changes to the event.

**Parking:** Around the CITYZEN\_ Sport and Swim Center is free of charge. Please be aware that it may be crowded.

**Results:** We will hang out the results inside the pool. After the event the complete results will be distributed via email (PDF file format).

The Sport & Swim Center @ CITYZEN\_ has several **Food & Beverage Concessions** stands where the swimmers and guests can purchase food and drinks to affordable prices.

## 5. Accommodations can be found at:

### Sheraton Poznan Hotel

for 250 Zł (approx. 60 EUR) per Single room (1 person) and  
280 Zł (approx. 68 EUR) per Double room (2 persons) and  
310 Zł (approx. 75 EUR) per Triple room (3 persons) and  
per night inclusive of Breakfast plus 8% VAT Tax

Get to know the hotel: <http://www.sheraton.pl/poznan/en>

For reservation, please contact : [Reservation.Poznan@sheraton.com](mailto:Reservation.Poznan@sheraton.com)

Booking code: **SHPOZ SwimMeet Feb 2013**

(offer is valid from Friday 1<sup>st</sup> February until Sunday 3<sup>rd</sup> February 2013)

**Public Transportation:** Tram and Buses are directly in front of Hotel and near Swim & Sport Center. Take Tram line Nr. 6 & 15 (Board the Tram at Bałtyk station and exit at AWF station).

**We hope we can welcome many National and International Swim clubs in Poznan. We see you all here UKS CITYZEN\_ Poznan – Poland**