

SHERATON POZNAN CUP International Swim & Masters Meet

INVITATION



6th - 8th February 2015

Organizers:

UKS CITYZEN_ Swim and Sports Club - www.ukscityzen.pl
Sheraton Poznan Hotel - www.sheraton.pl/poznan

Website:

www.ismm.pl

Place:

Malta Thermal Pools (Kompleks Sportowo – Rekreacyjny TERMY MALTAŃSKIE)
ul. Termalna 1
61-028 POZNAŃ – Poland

Program:

Friday 6th Feb. 2015

1st Session

15:00 Warm up
16:00 Beginning
of events

Saturday 7th Feb. 2015

2nd Session

7:30 Warm up
8:30 Beginning of events

3rd Session

1 hour break after 2nd Session

Sunday 8th Feb. 2015

4th Session

7:30 Warm up
8:30 Beginning of events

5th Session

1 hour break after 4th Session

Day 1 1st Session

Friday 6th February 2015 - First start is at 16:00 hrs:

Comp Nr	Distances	Norm times:	1995 & older	96/97	98/99	00/01	02	03	04	05	06/07
1	50m	Butterfly female – Preliminaries	0:39	0:40	0:41	0:43	0:48	0:50	0:54	1:00	1:10
2	50m	Butterfly male – Preliminaries	0:37	0:39	0:40	0:42	0:46	0:50	0:54	1:00	1:10
3	50m	Butterfly female Masters			From age 20 until age 99						
4	50m	Butterfly male Masters			From age 20 until age 99						
5	400m	Individual Medley female – Finals	5:50	6:05	6:15	6:25	6:35	6:50	---	---	---
6	400m	Individual Medley male – Finals	5:40	6:00	6:08	6:20	6:35	6:50	---	---	---
7	100m	Freestyle female Masters			From age 20 until age 99						
8	100m	Freestyle male Masters			From age 20 until age 99						
9	800m	Freestyle female - Finals	10:30	11:10	11:30	12:10	13:00				
10	1500m	Freestyle male - Finals	18:55	19:30	20:00	20:30	21:30				
11	800m	Freestyle female Masters	From age 20 until age 99 – Norm start time of = 14:30 mins								
12	800m	Freestyle male Masters	From age 20 until age 99 – Norm start time of = 13:00 mins								

Day 2

2nd Session

Saturday 7th February 2015 – First start is at 8:30 hrs:

Comp Nr	Distances	Norm times:	1995 & older	96/97	98/99	00/01	02	03	04	05	06/07
13	50m	Breaststroke female – Preliminaries	0:40	0:45	0:47	0:50	0:55	0:58	1:00	1:05	1:10
14	50m	Breaststroke male – Preliminaries	0:38	0:42	0:45	0:49	0:55	0:58	1:00	1:05	1:10
15	100m	Individual Medley female Masters			From age 20 until age 99						
16	100m	Individual Medley male Masters			From age 20 until age 99						
17	100m	Backstroke female – Finals	1:19	1:21	1:25	1:30	1:38	1:42	1:45	2:00	---
18	100m	Backstroke male – Finals	1:17	1:19	1:22	1:28	1:37	1:42	1:45	2:00	---
19	50m	Breaststroke female Masters			From age 20 until age 99						
20	50m	Breaststroke male Masters			From age 20 until age 99						
21	200m	Freestyle female – Finals	2:25	2:30	2:35	2:40	2:55	3:10	3:20	---	---
22	200m	Freestyle male – Finals	2:20	2:28	2:33	2:40	2:55	3:10	3:20	---	---
23	100m	Individual Medley female – Finals	1:18	1:21	1:25	1:35	1:45	1:52	1:55	2:00	2:20*
24	100m	Individual Medley male – Finals	1:16	1:20	1:24	1:34	1:45	1:52	1:55	2:00	2:20*
25	50m	Freestyle female – Preliminaries	0:32	0:33	0:34	0:35	0:39	0:45	0:50	0:58	1:00
26	50m	Freestyle male – Preliminaries	0:31	0:32	0:33	0:34	0:38	0:44	0:50	0:58	1:00
27	200m	Butterfly female – Finals	2:50	2:54	2:59	3:12	3:20	3:40	---	---	---
28	200m	Butterfly male – Finals	2:47	2:50	2:55	3:05	3:20	3:40	---	---	---
29	4x50m	Medley Relay Masters			From age 20 until age 99						
30	4x50m	Medley Relay female 2003 – 2007			---- without time limit ----						
31	4x50m	Medley Relay male 2003 – 2007			---- without time limit ----						
32	4x50m	Medley Relay female 2002 and older			---- without time limit ----						
33	4x50m	Medley Relay male 2002 and older			---- without time limit ----						

*100m Individual Medley registration accepted for swimmers born in 2006 and older.

1 hour lunch break

3rd Session

Saturday 7th February 2015 – begins 1 hour after the end of 2nd Session:

Comp Nr	Distances	Norm times:	1995 & older	96/97	98/99	00/01	02	03	04	05	06/07
34	200m	Backstroke female – Finals	2:52	2:56	2:59	3:05	3:08	3:10	3:20	---	---
35	200m	Backstroke male – Finals	2:50	2:55	2:57	3:02	3:05	3:10	3:20	---	---
36	100m	Backstroke female Masters			From age 20 until age 99						
37	100m	Backstroke male Masters			From age 20 until age 99						
38	100m	Breaststroke female – Finals	1:30	1:35	1:40	1:45	1:49	1:54	2:00	2:08	---
39	100m	Breaststroke male – Finals	1:28	1:33	1:38	1:42	1:45	1:54	2:00	2:08	---
40	400m	Freestyle female Masters			From age 20 until age 99						
41	400m	Freestyle male Masters			From age 20 until age 99						
42	150m	Freestyle female – Preliminaries			Special swim event – no time limit required*						
43	150m	Freestyle male – Preliminaries			Special swim event – no time limit required*						

* Registration accepted for swimmers born in 2003 and older, excluding Masters.

30 minutes break

1st set of 50m Finals – Finals are in each age group separately

13F 50m Breaststroke female
14F 50m Breaststroke male

Ceremony for Breaststroke finals

25F 50m Freestyle female
26F 50m Freestyle male

Ceremony for Freestyle finals

1F 50m Butterfly female
2F 50m Butterfly male

Ceremony for Butterfly finals

Day 3

4th Session

Sunday 8th February 2015 – First Start is at 8:30 hrs:

Comp Nr	Distances	Norm times:	1995 & older	96/97	98/99	00/01	02	03	04	05	06/07
44	200m	Breaststroke female – Finals	2:55	3:00	3:06	3:10	3:20	3:25	3:40	---	---
45	200m	Breaststroke male – Finals	2:50	2:58	3:05	3:08	3:20	3:25	3:40	---	---
46	100m	Breaststroke female Masters			From age 20 until age 99						
47	100m	Breaststroke male Masters			From age 20 until age 99						
48	100m	Freestyle female – Finals	1:09	1:12	1:14	1:18	1:24	1:28	1:40	2:00	2:20*
49	100m	Freestyle male – Finals	1:08	1:11	1:12	1:16	1:21	1:28	1:40	2:00	2:20*
50	50m	Backstroke female Masters			From age 20 until age 99						
51	50m	Backstroke male Masters			From age 20 until age 99						
52	50m	Backstroke female – Preliminaries	0:40	0:42	0:44	0:48	0:52	0:55	0:58	1:00	1:10
53	50m	Backstroke male – Preliminaries	0:39	0:41	0:42	0:45	0:50	0:55	0:58	1:00	1:10
54	100m	Butterfly female Masters			From age 20 until age 99						
55	100m	Butterfly male Masters			From age 20 until age 99						
56	4x50m	Freestyle Relay female 2003 – 2007			---- without time limit ----						
57	4x50m	Freestyle Relay male 2003 – 2007			---- without time limit ----						
58	4x50m	Freestyle Relay female 2002 and older			---- without time limit ----						
59	4x50m	Freestyle Relay male 2002 and older			---- without time limit ----						
60	4x50m	Freestyle Relay Masters			---- without time limit ----						

*100m Freestyle registration accepted for swimmers born in 2006 and older.

1 hour lunch break

5th Session

Sunday 8th February 2015 – approximately 1 hour following the 4th Session

Comp Nr	Distances	Norm times:	1995 & older	96/97	98/99	00/01	02	03	04	05	06/07
61	200m	Individual Medley female – Finals	2:46	2:49	2:58	3:10	3:20	3:25	3:40	---	---
62	200m	Individual Medley male – Finals	2:43	2:47	2:54	3:05	3:15	3:25	3:40	---	---
63	400m	Freestyle female – Finals	5:10	5:25	5:45	6:05	6:20	6:45	7:00	---	---
64	400m	Freestyle male – Finals	5:08	5:24	5:42	6:00	6:20	6:45	7:00	---	---
65	100m	Butterfly female – Finals	1:24	1:28	1:30	1:35	1:45	1:55	2:00	2:10	---
66	100m	Butterfly male – Finals	1:20	1:25	1:28	1:32	1:42	1:55	2:00	2:10	---
67	50m	Freestyle female Masters			From age 20 until age 99						
68	50m	Freestyle male Masters			From age 20 until age 99						

30 minutes break

2nd set of 50m Finals – Finals are in each age group separately & 150m Freestyle Sheraton Distance Cup

52F 50m Backstroke female
53F 50m Backstroke male

Ceremony for Backstroke finals

150m Freestyle Final Sheraton Distance Cup (open age category)

42F 150m Freestyle female Final
43F 150m Freestyle male Final

Ceremony for Freestyle finals

End of Swim Meet!

ISMM - Sheraton Poznan Cup - Meeting Records						
Event	Female	Time	Date	Male	Time	Date
50m Free	KITA Katarzyna	0:26,20	18. Jan 2014	MAJCHRZAK Kacper	0:23,20	2. Feb 2013
100m Free	CIESLAK Joanna	0:57,80	19. Jan 2014	MAJCHRZAK Kacper	0:48,99	19. Jan 2014
150m Free	KITA Katarzyna	1:30,56	19. Jan 2014	MAJCHRZAK Kacper	1:18,34	19. Jan 2014
200m Free	CIESLAK Joanna	2:06,17	18. Jan 2014	GOŹDZIK Damian	1:53,11	18. Jan 2014
400m Free	ZACHOSZCZ Joanna	4:20,15	18. Jan 2014	URBANIAK Jan	3:59,16	18. Jan 2014
800m Free	KADYSHEVA Olga	9:16,17	19. Jan 2014	OSSES Arkadiusz	8:16,71	19. Jan 2014
50m Breaststroke	CHAIKA Kseniya	0:32,73	18. Jan 2014	ROJDA Adam	0:29,37	18. Jan 2014
100m Breaststroke	ZACHOSZCZ Paulina	1:12,84	18. Jan 2014	BIALEK Piotr	1:03,96	2. Feb 2013
200m Breaststroke	CHAIKA Kseniya	2:40,49	19. Jan 2014	ROJDA Adam	2:17,06	19. Jan 2014
50m Backstroke	URBAŃCZYK-OLEJARCZYK Aleksandra	0:27,24	19. Jan 2014	GUREVICH Evgeny	0:27,11	19. Jan 2014
100m Backstroke	CIESLAK Joanna	1:03,09	2. Feb 2013	PIETRZAK Dawid	0:57,08	18. Jan 2014
200m Backstroke	CIESLAK Joanna	2:17,78	18. Jan 2014	PIETRZAK Dawid	2:08,54	2. Feb 2013
50m Butterfly	PAVLIKOVA Vladislava	0:29,64	19. Jan 2014	GOŹDZIK Damian	0:25,04	19. Jan 2014
100m Butterfly	CIEŚLAK Joanna	1:04,78	19. Jan 2014	GOŹDZIK Damian	0:56,10	19. Jan 2014
200m Butterfly	MENDOWSKA Paulina	2:28,45	18. Jan 2014	POWROŹNIK Konrad	2:09,48	18. Jan 2014
100m Medley	PAVLIKOVA Vladislava	1:07,67	18. Jan 2014	PAKHOMOV Pavel	0:59,01	18. Jan 2014
200m Medley	MIKHALENAK Iryna	2:25,86	19. Jan 2014	PIETRZAK Dawid	2:07,59	3. Feb 2013
400m Medley	NAGÓRSKA Monika	5:12,99	19. Jan 2014	URBANIAK Jan	4:27,49	19. Jan 2014
4x50m Freestyle	Team Region Minsk - Belarus	1:52,09	19. Jan 2014	Team Skify - Russia	1:36,56	19. Jan 2014
4x50m Medley	Team Region Minsk - Belarus	2:01,73	18. Jan 2014	Team Skify - Russia	1:46,85	18. Jan 2014

General regulations:

1. Registration and Competition requirements:

All swimmers and Masters must be registered members of clubs and teams belonging to the FINA through membership in their own federation have the right to compete.

The International 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 knee long trousers and knee long swim suits as of age 14 – at this swim meet swimmers must be born in year 2001 or older. For further information on FINA approved swimwear, please visit www.fina.org. The swimming pool at Malta Thermal has 10 lanes with dividing lines. The pool is 25 meters long, 25 meters wide and 2.00 meters deep. The water temperature is about 27°C. The lanes are divided with water-breakable lines to suppress waves. The warm up for all swimmers is allowed up to 10 minutes prior to each session starts. A second 25 meter pool with 10 lanes can be used throughout the event for warm-up and cool down.

During the registration process, Participants may get ask to present current medical certificate, stating that they have been checked and judged fit to participate in a swimming competition. Masters swimmers are obliged to provide such certificate or signed statement upon registering for the event. Coaches are responsible for providing current medical certificates for members of their teams. If no sport health record certificate can be presented, the swimmer or Master won't be able to start during this competition. For further questions of above, please contact us directly.

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. (During a false start, the race continues and won't be repeated.)

Starter, Judges and Referees are provided by the organizer.

All Heats will be arranged by entry times, without regarding the age of the swimmers. During the 50m qualifying heats, the heats are arranged so that faster swimmers won't swim in the same heats. The fastest 10 swimmers in each age group will be announced to go through to the 50m Finals, plus 2 substitute swimmers for eventual drop outs.

Finals will be held on Saturday and Sunday afternoon. *100m Individual Medley and 100m Freestyle registrations are accepted for swimmers born in 2006 and older. Please note during competition races No. 9, 10, 11, 12, 40, 41, 63, 64 – 800m, 1500m and 400m Freestyle female/male and Masters female/male races, we might have to limit the number of entrees and consider starting 2 swimmers per lane. In this case the faster heat will start before the slower heat. Electronic time may not work and hand time will be taken. Attention: At 800m Freestyle Masters for female/male a minimum norm time is implemented. Proof is required.

Additionally we are having the **150 m Freestyle Sheraton Distance Cup – Open Age Category**: the preliminaries (heats no. 42 and 43) will take place on Saturday in the 3rd Session. The Finals (heats no. 42F and 43F) are scheduled for Sunday afternoon.

Masters heats are set based on entry times and not by age groups. All Masters Races are final races including Master Relays.

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 07/06, 05, 04, 03, 02, 01/00, 99/98, 97/96 and age 1995 and older are combined. During 50m Finals the 10 fastest swimmers are qualified for it. The finals are just like above shown in age groups separately.

Masters scoring: If a swimmer decided to join the Masters classification he or she cannot be counted into the 1995 age group and older category. Switching age groups between the Masters Competition and swim session events is not possible.

Awards: Places 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 participants of the 50 m finals will receive certificates. The victory ceremony of the 150m distances will follow the Final races on Saturday and Sunday afternoon. A special decoration ceremony will be held for the 150 m distances. All other victory ceremonies are held throughout the competition and part of the swim meet. All Members of the Relay teams from place 1 to 3 will receive medals and the team will receive a certificate.

Masters Awards Places 1 to 3 will receive a medal and a certificate. All Members of Relay teams will receive certificates for places 1 to 3. Victory Medal ceremonies for Masters are done throughout the event.

Special Sheraton Cup Awards:

Sheraton Poznan International Age-Group Cup:

Presented to the best female and male swimmer in each age group category. Combine FINA points table for the individual person who will swim all 4 x 100-meter distances (Comp No. 17/18 - Backstroke, 38/39 - Breaststroke, 48/49 – Freestyle and 65/66 - Butterfly). 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 groups are 2006, 2007 and Masters Swimmers

Sheraton Poznan Relay Swim Cup:

The best 4x50m Medley Relay team and the best 4x50m Freestyle Relay team separated by age and gender (female /male) will be given this **“Special Award”**. The following age groups are eligible to compete for this trophy: female 2003 -2007, female 2002 and older, male 2003 – 2007, male 2002 and older, Masters swimmers.

150m Freestyle – Final - Sheraton Distance Cup - Open Age category – “Swimming for cash”:

We will Award the Top 3 Female and Male swimmers with a Cash Award:

1st Place – 1000 zł (approx. 250 €)
2nd Place – 500 zł (approx. 125 €)
3rd Place – 250 zł (approx. 60 €)

Best Swimmer Award:

Additionally, we will be giving an Award for the best Female and Male swimmer. The Award is measured for the single highest points achieved from the FINA points table for a single swam distance. We will present a 3 day – 2 night Weekend Starwood Hotel stay Voucher for two persons in two of our destinations.

The ceremony is part of the swim meet. All Awards, Medals and Certificates must be picked up by the end of the swim meet by the participants or the swim clubs. We will only send any Awards and Certificates, if we receive exact address information and money to cover for the postal fee.

4. Registration and Payment:

Registration is possible between Monday, 1st December 2014 until Wednesday, 28th January 2015, at 18:00 hrs. No registration, cancelation or return of money will be possible after the deadline. The registration will be confirmed by e-mail. For these reasons please give the e-mail address and the name of the responsible person, as well as the Club ID No.

The starting lists are to be sent to:

Please be aware of norm times!

mail@ismm.pl

Registrations are only accepted electronically – via splash format or e-mail. We would like to encourage all clubs and swimmers to use the splash format. The registration file and instructions on how to use it can be found on www.ismm.pl. We are anticipating a large number of entries. Therefore we reserve the right to refuse entries. Participants born in 2006 and 2007 are only allowed to have 5 starts including relay starts and finals per day. For any questions regarding the registration process, please contact us directly. We will confirm the participation of the swimmers in the competition. The start list will be posted on www.ismm.pl website prior to the event.

Contact persons:

In Polish and English: Adrian Roszak; (+48) 722 396 322; mail@ismm.pl
In English and German Marco Foelske; (+48) 600 969 412; ismm@sheraton.com

Early bird registration fee:

Sport or swimming clubs with their participants can receive a discount for individual and relay start fee, if we receive the registration entry between Monday 1st December and Tuesday, 30th December 2014:

The discounted registration fees are as following: € 4.00 or 16 PLN per single start and € 5.00 or 20 PLN per Relay entry. In order to take advantage of the early bird fee, please transfer the money via bank transfer by Tuesday 30th December 2014.

Regular registration fee applies from Wednesday 31st December 2014 until Wednesday 28th January 2015:

The **registration fee is € 5,00 or 20 PLN per single start and € 7 or 28 PLN per entry for relays**. Local and National Polish clubs must pay in advance (**latest by the deadline for entries – Wednesday 28th January 2015**)

UKSCITYZEN_ Bank account: 92 2490 0005 0000 4500 5803 3240

(IBAN – PL 92 2490 0005 0000 4500 5803 3240; BIC – ALBPPLPW)

Foreign clubs can pay on the first day of the swim event. (Friday 6th February 2015)

Paying options are in cash, credit card or bank transfer before the competition.

We will donate 1 PLN per single start from every registered swimmer to UNICEF Road to Awareness – Starwood Hotels & Resorts Partner for 20 years!

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

5. Other important information:

Lockers: The pool offers a large number of lockers available during the event. During the registration at the event bureau, clubs will receive keys to the lockers for their registered swimmers. The pool area may only be entered in bath shoes, flip flops or barefoot. Spectators in street clothes may sit in the spectators stand.

Results: Will be available live on www.megatiming.pl and in addition posted inside the pool. After the event the complete list of results will be distributed via email (PDF file format) or can be found on www.ismm.pl and Megatiming website. The results will also be published on the multilingual swimming rankings website www.swimrankings.net.

The organizer is not responsible for any injuries, losses or damages.

The organizer keeps the rights to make any changes to the event and limit the number of swimmers, if there are too many registrations in some distances or heats. We will email each club/person of any changes we may conduct.

Please be aware of flashlights, cameras taking pictures and filming during the event. Anybody who attends the event as a spectator or registered swimmer agrees that his/her image may be published in connection with the International Sheraton Swim & Masters Meet called "ISMM Sheraton Poznan Cup".

6. Accommodation including Breakfast Buffet at Sheraton Poznan Hotel and dining options:

190 PLN (approx. 46 EUR) per Single room (1 person) and
230 PLN (approx. 56 EUR) per Double room (2 persons) and
270 PLN (approx. 66 EUR) per Triple room (3 persons) and
per night inclusive of a Breakfast Buffet and 8% VAT



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

For reservation, please contact : Reservation.Poznan@sheraton.com

Booking code: **SHPOZ SwimMeet Feb 2015**

or book online: <https://www.starwoodmeeting.com/StarGroupsWeb/res?id=1407092066&key=5302C17>

(offer is valid from Thursday 5th February until Monday 9th February 2015)

Dining:

At the Pool: The Malta Thermal Pools has a **Food & Beverage venue** where swimmers and guests can purchase food and drinks at affordable prices. **Sheraton Poznan** will offer **lunch package choices** at the pool, separate order forms will be send out.

At Sheraton Poznan Hotel: In the mornings, Sheraton Poznan Hotel will be offering healthy and nutritious breakfast buffets. In the evenings, a three-course dinners will be served for special promotional price. Dinners can be pre-ordered for clubs or individual swimmers via special food order form, which will be available on www.ismm.pl prior to the event.

Party and get together: The Sheraton Poznan Hotel will organize a party for Swimmers, Coaches and Masters on Saturday evening 7th February 2015. The fee is 40 PLN and includes a pasta dish or burger with French fries, soft drink, mineral water or draft beer for adults.

7. Transportation, parking and other information:

Shuttle Bus: A complimentary shuttle bus will be transporting swimmers and guests from Sheraton Poznan Hotel to the pool and back. Detailed information about the bus itinerary will be available on www.ismm.pl prior to the event.

Parking: Around the Malta Thermal Pools pool is available for a daily charge. (starting at 2 PLN = 50 cent per day).

Public Transportation: Trams and Buses are available directly in front of the Sheraton Poznan Hotel and near the Malta Thermal pool. Take Tram line Nr. 6 or 8 (Board the Tram at Bałtyk station and exit at Termy station).

Event T-shirts: Special, customizable event T-shirts will be available for purchase on-line prior to the event as well as at the pool during the event

**We hope we will welcome many National and International Swim clubs.
See you all in Poznan!**

UKSCITYZEN
UCZNIOWSKI KLUB SPORTOWY

