



REGULATIONS

IV International Swimming Competitions „MASTERS”

MAZOVIAN DISTRICT CHAMBER OF CIVIL ENGINEERS

Chairman's Cup

- Name:** IV International Swimming Competitions „MASTERS” Mazovian District Chamber of Civil Engineers Chairman's Cup
- Organizers:**
- Mazovian District Chamber of Civil Engineers in Warsaw,
 - Federation of Engineering Associations NOT Regional Council in Ostrołęka,
 - Association of Polish Engineers and Technicians in Lithuania, based in Vilnius,
- Co-organizers:**
- Municipal Centre of Sports and Recreation in Ostrow Mazowiecka,
 - Aquatic Volunteer Emergency Corps in Ostrołęka,
 - Partners of the „RISKY Knowledge” project
- Honorary Patronage:**
- Ewa Mankiewicz-Cudny – President of the Federation of Engineering Associations NOT;
 - Andrzej Roch Dobrucki – President of the Polish Chamber of Civil Engineers.
- Media Patronage:** „Technical Review”, „Engineer of Mazovia”
- Date:** **December 7, 2013 / Saturday/**
Starting at 11:00 a.m. /warm-up 30 minutes earlier/
- Place:** Indoor Swimming Pool in Ostrow Mazowiecka, Henryk Trebicki 10 Street.
- Aims of the competitions:**
- Popularization of swimming as an active form of recreation and sports, leisure activities and the promotion of healthy lifestyle;
 - Encouragement to active leisure as a form of struggling with stress;
 - Integration of engineering and technology environments;
 - Allowing to test your swimming skills.
- Uczestnicy:**
- Members and employees of District Chamber of Civil Engineers (OIIB);
 - Members and employees of SNT, FSNT NOT;
 - Persons reported by the partners of the „RISKY Knowledge” project;
 - Invited guests and partners from other countries.
- Registration of contestants:** **Team with the name:** the minimum number of people 1 (male or female), max. number of people 8 (4 women and 4 men).
There is an opportunity to register more than one team.
Applications will be accepted in the Office of the Regional Council FSNT NOT

FSNT NOT Rada Regionalna oraz MOIIB Biuro Terenowe w Ostrołęce

07-410 Ostrołęka, ul. Mazowiecka 6, tel. (+48) 29 764 78 69, (+48) 29 764 58 58, e-mail: not@notostroleka.pl, btostroleka@maz.piib.org.pl

in Ostroleka, in the Field Office of Mazovian District Chamber of Civil Engineers (MOIIB) in Ostroleka. Application should be made on the enclosed entry form and sent to the address of Field Office in Ostroleka (Field Office of Mazovian District Chamber of Civil Engineers (MOIIB) in Ostroleka, Mazowiecka 6 Street, 07-410 Ostroleka (Technician House) or sent via fax 29/764-58-58, e-mail: not@notostroleka.pl; btostroleka@maz.piib.org.pl). Application may also be made through Field Offices of MOIIB, organizational units FSNT NOT or SIITPnL in Vilnius (info@plt.lt).

Applications will be accepted until November 26, 2013.

Entry fee:

Participation in the competitions is **free of charge**

Competitions Program:

Competitions will be played out in the category of Women and Men, with the division into age categories in accordance with the provisions of the Polish Swimming Association.

– **Events:**

- 1/2 . 25 m butterfly stroke - women and men
- 3/4 . 25 m freestyle - women and men
- 5/6 . 25 m breaststroke - women and men
- 7/8 . 25 m backstroke – women and men
- 9/10 . 50 m freestyle - women and men
- 11/12 . 50 m breaststroke - women and men
- 13/14 . 4 x 25 m freestyle relay - women and men
- 15 . 4 x 25 m medley relay mix (2 women and 2 men)

– **Age categories:**

A : 25 - 29	B : 30 - 34	C : 35 - 39	D : 40 - 44
E : 45 - 49	F : 50 - 54	G : 55 - 59	H : 60 - 64
I : 65 - 69	J : 70 - 74	K : 75 - 79	L : 80 - 84
Ł : 85 - 89	M : 90 - 94		

– **Relay age categories:**

A : 100 - 119	B : 120 - 159	C : 160 - 199	D : 200 - 239
E : 240 - 279	F : 280 - 319	G : 320 - 359	

Each contestant may take part twice individually and in relays.

Scoring:

12 positions will be scored in each age category in each event, according to the key:

- I** position - 15 points
- II** position - 13 points;
- III** position - 11 points;
- IV** position - 9 points;
- and further 1 point less XII place - 1 point;
- Relays will be scored twice.
- Total scoring for women and men.

Awards:

- Contestants receive medals and diplomas for taking the first 3 positions (decorations during the competition).
- Winning team receives MOIIB Chairman's Cup

Final provisions:

Qualification of contestants and teams is made on a first-come-first-served basis. Due to the recreational nature of the competitions, each adult person

declares that there are no contraindications to take part in the swimming competitions and takes a part for his own responsibility. Guests and supporters may use the grandstands. Number of seats is limited.

Regulations will be hanged in the main lobby of the pool and will be also available on the websites www.maz.piib.org.pl; www.notostroleka.pl; www.riskyknowledge.com; plt.lt.

In case of dispute or not covered by the regulations – the decision is up to the Head of the Competitions and the Chief Referee.

On behalf of the Board

Chairman of the Board
/-/ M. Sc. Piotr Mrozek

FEDERATION OF ENGINEERING ASSOCIATIONS NOT

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On behalf of the Presidium

Chairman of the Supervisory
/-/ Eng. Mieczysław Grodzki

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