



I Charytatywne Zawody  
Pływackie MASTERS  
**PŁYWAM DLA...**



## INVITATION

**1st CHARITY SWIMMING COMPETITION "PŁYWAM DLA..." (it is for...)**

**January, 11-12, 2014**

### 1. ORGANISERS:

SWIMMING ASSOCIATION "SWIMMERS" [www.swimmersteam.pl](http://www.swimmersteam.pl)

OSIR WŁOCHY (sports and recreation centre) [www.osirwlochy.waw.pl](http://www.osirwlochy.waw.pl)

### 2. OBJECTIVE OF THE EVENT

#### **Popularisation of the Masters Category swimming**

Developing physical education and sports

Promoting active recreation

Spreading social initiatives and supporting charity activities for disabled people

### 3. SPONSORS:

Jutrzenka Colian sp. z o.o., Tyr Polska, Caffè Grano Sp. z o.o., Afrodyta SPA, Hotel B&B Warszawa Okęcie,

### 4. PATRONAGE

RADIO PIN

### 5. VENUE:

The OSIR WŁOCHY swimming pool in Włochy district of Warsaw,

ul. Gładka 18, 02-172 Warsaw, phone: (22) 609 01 40 fax: (22)6090140 ext.123  
[sekretariat@osirwlochy.waw.pl](mailto:sekretariat@osirwlochy.waw.pl)

➤ **January 11, Saturday 2014**

- Competitors' registration 13:00
- Warm-up 14:00 – 14:45
- Beginning of the competition 14:50 – 15:00
- I block ( afternoon ) 15:00

RACE NO. LADIES	DISTANCE	RACE NO. GENTS
1	<b>50 FREE STYLE</b>	2
3	200 INDIVIDUAL MEDLEY	4
5	100 BACK STROKE	6
7	50 BREAST STROKE	8
9	100 BUTTERFLY STROKE	10
11	200 FREE STYLE	12
13	4 X 50 MEDLEY RELAY MIX	13
14	<b>50 FREE STYLE QUARTERFINALS</b>	15

- Official opening and decoration after block I 19:00 - 19:45
- Evening party 20:30 – 2:00

➤ **January 12, Sunday**

- Warm-up 9:00 – 10:00
- II block ( morning ) 10:00 – 12:00

RACE NO. LADIES	DISTANCE	RACE NO. GENTS
16	<b>50 FREE STYLE SEMIFINALS</b>	17
18	50 BACK STROKE	19
20	100 BREASTS STROKE	21
22	50 BUTTTERFLY STROKE	23
24	100 FREE STYLE	25
26	4 X 50 FREE STYLE RELAY MIX	26
27	100 INDIVIDUAL MEDLEY	28
29	<b>50 FREE STYLE FINALS</b>	30

- Decoration after block II, main-prizes' drawing and closing the event 11:30 – 12:00 (the gym)

**6. TECHNICAL INFORMATION:**

- 25-metre swimming pool, water temperature - 27,5°c
- Electronic time count ( omega )
- Number of lanes: 6

## 7. PARTICIPATION:

The competitors to the event must be born in 1988 and before. All the competitors must file a written declaration of their good health condition and a disclaimer with the organisers before the competition.

## 8. AGE CATEGORIES:

<b>A:</b> age 25 – 29	<b>B:</b> age 30 – 34	<b>C:</b> age 35 – 39	<b>D:</b> age 40 – 44	<b>E:</b> age 45 – 49
<b>F:</b> age 50 – 54	<b>G:</b> age 55 – 59	<b>H:</b> age 60 – 64	<b>I:</b> age 65 – 69	<b>J:</b> age 70 -74
<b>K:</b> age 75 – 79	<b>L:</b> age 80 – 84	<b>M:</b> age 85 – 89	<b>N:</b> age 90 – 94	<b>O:</b> age 95 – 99

## 9. AGE CATEGORIES FOR MATERS RALEYS:

<b>A: age 100 – 119</b>	<b>B: age 120 – 159</b>	<b>C: age 160 – 199</b>	<b>D: age 200 – 239</b>
<b>E: age 240 – 279</b>	<b>F: age 280 – 319</b>	<b>G: age 320 – 359</b>	

## 10. TECHNICAL REGULATIONS:

The competition will be conducted in series with competitors' timing. Series will depend on the times filed. Ladies and gents can have their series together. If the time is missing in an application, the competitor will be placed in the weakest series. The FINA and PZP regulation will apply during the competition. All competitors will race in age categories pursuant to the Masters competition principles. The entrance fee entitles to an unlimited number of individual races and two relay starts in each of the blocks.

## 11. APPLICATIONS:

- Competitors representing a club should apply to participate in the event as the club only. Other competitors should apply individually.
- Competitors in associations – a lenex-type of application (splashentry editor), one application per club
- Competitors outside associations – similar to associated competitors by a lenex-type of application or an excel-format application. Such an application should be e-mailed to [zawody@wmozp.pl](mailto:zawody@wmozp.pl)
- The application should include:
  - A list of competitors with birth dates
  - Name of the club
  - Events chosen
  - Current times
  - **It applies both to individual events, as well as to relays**
- Electronic applications should be emailed to: [zawody@wmozp.pl](mailto:zawody@wmozp.pl) by January 3, 2014. The application is available for download at: [www.wmozp.pl](http://www.wmozp.pl) and [www.kania.opole.pl/x/](http://www.kania.opole.pl/x/)
- The applications past the deadline will not be considered.

## 12. FUNDING PRINCIPLES:

The entrance fee for one competitor amounts to 70 PLN, regardless of the number of races participated in. The payment should credit the following account: Stowarzyszenie Pływackie „Swimmers”, ul. Gładka 18, 02-172 Warsaw, the account number: 51 1050 1012 1000 0090 3010 4203, with the following payment title: “*Name and Surname, Zawody – Pływam dla...*”, by January 3, 2014

**The income on the 1<sup>st</sup> Charity Masters Swimming Contest "Pływam dla..." will go to the treatment and rehabilitation of Ala, taken care of by the FUNDACJA DZIECIOM "Zdążyć z Pomocą" foundation, Warsaw 01-685, ul. Łomiańska 5, [www.dzieciom.pl](http://www.dzieciom.pl), KRS 0000037904.**

**Ala's sub account No. 17814**

## 13. PRIZES

**All the main prizes will be drawn at the end of the whole competition among all the participants to the contest.** Winners of places 1-3 in individual races, in all the age categories, will receive medals and diplomas. There will be **special** prizes for the 50m free style race winners.

## 14. CONTEST OFFICE

The contest office will be open on the contest day from 12:00, in room No. 1.

## 15. ADDITIONAL PROVISIONS

Any matters not regulated by the by-laws, communications and other applicable provisions will be decided upon by the following, in line with their authority: Head of the Organisational Committee, the Main Referee.

Each of the participants will receive their entrance package.

## 16. EVENING PARTY

After the end of Block I of the competition we would like to meet in the **TB Bowling&Bilard Club** for a Supper and a party, filled with music and bowling. The entrance fee for the party amounts to 30 PLN per person. Each of the teams is kindly requested to appoint 4 team members for bowling. **PRIZES ARE WAITING!**

## 17. ACCOMODATION

Free accommodation will be available in a selected area of the gym.

**Hotel B&B Warszawa Okęcie**, Al. Krakowska 193, 02-180 Warszawa. Na hasło „Charytatywne zawody Masters” cena **109zł** za pokój, śniadanie jest dodatkowo płatne **24zł**. Tel. +48 22 577 17 60, [warszawa.okęcie@hotelbb.com](mailto:warszawa.okęcie@hotelbb.com) [www.hotelbb.com](http://www.hotelbb.com)

**Noclegi Okęcie**, Al. Krakowska 236, 02-219 Warszawa. Na hasło „Charytatywne zawody Masters” zniżka. Ceny w przedziale od 90 do 110 zł. Tel. +48 22 886 00 88, kom. 697 070 040, [repcja@noclegiokecie.pl](mailto:repcja@noclegiokecie.pl), [www.noclegiokecie.pl](http://www.noclegiokecie.pl)

**Hotel Mercure Warszawa Airport**, Al. Krakowska 266, 02-210 Warszawa. Na hasło „Charytatywne zawody Masters” zniżka. Tel. +48 22 575 28 88, [h8999@accor.com](mailto:h8999@accor.com)

Pensjonat

*Afrodyta*  
s.p.a. ★★★

*Jutrzenka*

**TYR**



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