

WINTER POLISH CHAMPIONSHIP IN SWIMMING - MASTERS CATEGORIES

POLISH MASTERS CUP

Olsztyn 16-18.NOV.2018

1. **COMPETITION ORGANIZER:** Stowarzyszenie Pływackie Masters Olsztyn
2. **CO-ORGANIZER:**
 - Ośrodek Sportu i Rekreacji w Olsztynie
 - Komitet Techniczny Masters PZP
3. **PARTNERS:**
 - Polski Związek Pływacki
 - Warmińsko-Mazurski Okręgowy Związek Pływacki
4. **HONORARY PATRONAGE:** President of Olsztyn - Piotr Grzymowicz
5. **MANAGER OF THE COMPETITION:** Paweł Gregorowicz
6. **DATE:** 16-18.11.2018r.
7. **PLACE:** Wodne Centrum Rekreacyjno-Sportowe Aquasfera w Olsztynie, al. Piłsudskiego 69B;
<http://www.aquasfera.olsztyn.eu/pl/dolne-menu/dojazd.html>
8. **TECHNICAL INFORMATION:**
 - 25m Swimming pool
 - 10 tracks
 - Water temperature 27°C
 - electronic time measurement
9. **OFFICE** will be located in the swimming pool building and will be open on:
 - November 16, 2018 from 11:00 to 19:00 and
 - November 17, 2018 during the competition.
10. **RULES FOR PARTICIPATION:**
 - The right to take part in the competition is given to competitors and athletes aged 2 (year 1998) and older;
 - Competitors must submit a written statement that they are healthy and start on their own responsibility. The completed and signed original statement should be forwarded to the organizers;
 - Competitors who do not have Polish citizenship may participate in the competition and will be included in the general classification
11. **REGISTRATRIION FORM:**
 - Competitors representing clubs must report to the competition only as part of the club entry. Non-affiliated competitors report individually
 - **Club entries** to the competition should be sent in electronic form, lxf file generated in SPLASH ENTRY EDITOR (*.lxf). Invitation to download at www.megatiming.pl
The application must contain: name and surname of the competitor, full date of birth (DD / MM / YYYY), club name, distance, competition and the best time obtained in the last 12

months. The application must contain contact details (phone and email) of the person preparing the application.

- **Submissions of non-affiliated competitors** (only single entries) should be prepared on the attached form (.doc format) by completing all headings. The form can be downloaded on the website www.megatiming.pl
- **Relay** - only in the lxf file - enter the name of the club and the age category and composition, e.g:

4 × 50 m Relay 4x50m Freestyle mix: Aquasfera Masters Olsztyn – C, (Nowak J, Kowalska I, Nowak S, Kwiatkowski A)

Changing the composition of the relay team or the start order is possible within the same age category. The change must be reported to the competition office until the end of the warm-up time in a block of the competition in which the relay competition is planned.

12. TERM OF APPLICATIONS:

- Applications should be sent in electronic form to the address: bojard@poczta.onet.pl by the deadline of 7 November 2018 (Wednesday). Each entry will be confirmed by e-mail within two days.

13. After publishing the list of registered players on the Internet, no changes will be made, except for deletions. Any complaints may only concern the time reported

14. AGE CATEGORIES:

- INDIVIDUAL COMPETITIONS

O (PK)	A	B	C	D	E	F	G	H	I	J	K	L	M
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

And older every 5 years

- RELAY

O	A	B	C	D	E	F
80-99	100-119	120-159	160-199	200-239	240-279	280+

- Relay teams can consist only of players from one club, no relay of national teams.
- The age (sum of years) of four players determines the age category.
- Participants from group "O" are not allowed in relay categories in the Masters category. Competitors from the "O" category can create a relay team consisting only of from the "O" category competitors.

15. TECHNICAL:

- The competition will be carried out in the 25 m swimming pool, the number of tracks 10, electronic time measurement
- The rules of FINA Masters and PZP apply during the competition.
- The competition will be played in series from the slowest to the fastest, with the exception of the following competitions: 400m freestyle, 800m freestyle and 1500m freestyle. At these distances the start takes place from the fastest to the slowest series.
- The spacing will be based on the application times..
- In each block of events, participants have the right to two individual starts and one start in the relay, in case of too many number of starts the player will be disqualified from all starts in the block in which the number of starts does not comply with the regulations
- In the first block of the competition, you can swim with 800m freestyle or 1500m freestyle individually. You can not combine these two competitions with each other. 800 and 1500m freestyle can be combined with only 50 or 200 alternatives.
- The organizer make time limits at distance of 800 m for women and at 1500 m for men. Players who exceed the time limit in a given age group will be disqualified and in special cases may also be withdrawn from the race.

- Due to the limited time possibilities of the facility, the organizer also reserves the limitation of the number of series played on distances: 800 m, any women and 1500 m, any men, as well as swimming two riders on one track.
- 800m freestyle women's minimum time

0	A	B	C	D	E	F	G	H	I	J	K	L	M	N
12:30	12:30	13:00	13:30	14:00	14:45	15:30	16:30	18:30	20:30	22:30	24:30	26:30	28:30	30:00

- 800m freestyle men's minimum time

0	A	B	C	D	E	F	G	H	I	J	K	L	M	N
11:00	11:00	11:30	12:00	12:45	13:30	14:15	15:00	16:00	17:00	22:00	24:00	25:30	26:30	27:00

- 1500m women's freestyle minimum time

0	A	B	C	D	E	F	G	H	I	J	K	L	M	N
22:30	22:30	24:30	25:30	27:30	28:45	30:00	34:00	36:00	39:15	41:00	44:00	46:00	48:00	50:00

- 1500m men's freestyle minimum time

0	A	B	C	D	E	F	G	H	I	J	K	L	M	N
20:00	20:00	20:30	21:40	23:00	24:15	25:30	27:00	29:00	32:00	36:00	42:00	51:00	52:00	52:00

16. PRIZES:

- The first three competitors in each individual competition in the age category will receive medals and diplomas.
 - Diplomas will be awarded for the first three places in each age category in relays.
17. Six best players and six best Champions of the Championships (classification according to the FINA Masters score - the sum of the four best results in the category of women and men) will receive cups and prizes funded by ARENA.

According to the regulations of MP Masters, competitors of the "0" category start outside the competition, i.e. they are not classified in the overall OPEN score and for the medal points for clubs. They receive individual medals and diplomas for places from 1-3

18. FINANCING RULES:

The starting fee is **135 zł**, regardless of the number of starts. The entry fee includes the payment to the Masters Technical Committee in the amount of PLN 10.

We pay the start fee to the following **account**:

(PL) 13 1750 0012 0000 0000 3107 7893

Stowarzyszenie Pływackie Masters Olsztyn, ul. Stalowa 4, 10-420 Olsztyn.

The title of the transfer: „MPM, name and surname” or „MPM, Club, surnames of the competitors”

- **Foreign swimmers –can pay the fee on the day of the competition PLN 135.**
- The starting fee is NOT refundable.
- The player / club must have a transfer confirmation with him for the start fee.
- Clubs interested in receiving an invoice for a starting fee, please provide all details necessary to issue the above-mentioned information by e-mail. the account to the address drzewickajoanna@gmail.com until 07 NOV 2018. The title of the message: "Rachunek MPM 2018"

19. PUBLICATION OF RESULTS:

www.megatiming.pl .

20. PROGRAM OF THE COMPETITION:

BLOCK I - FRIDAY	BLOCK II - SATURDAY	BLOCK III - SATURDAY	BLOCK IV - SUNDAY
16/11/2018	17/11/2018	17/11/2018	18/11/2018
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 13:45			
Competitions 14:00	Competitions 9:00	Competitions 16:00	Competitions 9:00

21. COMPETITION SPORT PROGRAM :

WOMEN		MEN	
BLOCK I			
1	50m Freestyle	2	50m Freestyle
3	200m Medley	4	200m Medley
5	Relay 4x50m Freestyle mix		
6	800m Freestyle	7	800m Freestyle
8	1500m Freestyle	9	1500m Freestyle
BLOCK II			
10	50m Backstroke	11	50m Backstroke
12	200m Breaststroke	13	200m Breaststroke
14	100m Freestyle	15	100m Freestyle
16	100m Medley	17	100m Medley
18	200m Butterfly	19	200m Butterfly
20	Relay 4x50m Medley	21	Relay 4x50m Medley
BLOCK III			
22	100m Breaststroke	23	100m Breaststroke
24	50m Butterfly	25	50m Butterfly
26	100m Backstroke	27	100m Backstroke
28	200m Freestyle	29	200m Freestyle
30	Relay 4x50m Freestyle	31	Relay 4x50m Freestyle
32	400m Medley	33	400m Medley
BLOCK IV			
34	100m Butterfly	35	100m Butterfly
36	200m Backstroke	37	200m Backstroke
38	50m Breaststroke	39	50m Breaststroke
40	Relay 4x50m Medley mix		
41	400m Freestyle	42	400m Freestyle

22. MEDIA PATRONAGE:

- www.masters.olsztyn.pl
- www.megatiming.pl
- <http://www.masters.kania.opole.pl/>

23. CONTACT:

- Applications - Bogdan Jardzioch, bojard@poczta.onet.pl,
- An invoice for a starting fee - Joanna Drzewicka, e-mail drzewicka.joanna@gmail.com,
tel. +48 608294461

24. FINAL TERMS:

- The swimming pool will be made available for warm-up an hour before the start of each starting block. A warm-up 25-meter pool will be available throughout the competition.
- In matters not covered by the regulations, the representative of the Masters Technical Committee decides in agreement with the organizers
- Each competitor will receive a starter pack. Competitor - the person who made the starting fee.
- The organizer is not responsible for items left on the premises where the competition will take place..

25. SUGGESTED ACCOMMODATION: Located in a beautiful place, at the Krzywe Lake Hotel Kur, ul. Baltic 89 Olsztyn. The slogan "Masters" prices: for a single room PLN 140, for a double room PLN 190. The prices include breakfast and parking place. We make reservations by phone: (+48) 89 521 47 00 or by e-mail: repcja@hotelkur.pl

