



General Information

POLAND MASTERS NATIONAL SWIMMING CHAMPIONSHIPS (25m) – 2019

15-17 November | ZATOKA SPORTU, ŁÓDŹ

1. ORGANIZER:

Masters Lodz, UTW Masters Zgierz

2. COMPETITION DATE:

15-17 November 2019 (Friday-Sunday)

3. ADDRESS:

Zatoka Sportu Politechniki Łódzkiej
Lodz, Aleja Politechniki 10

4. POOL SPECIFICATION:

- a. Competition pool length 25m (adapted from Olympic size 50m pool)
- b. 10 lanes
- c. Training Pool for warm up will be available during all sessions
- d. Electronic time measurement

5. CHAMPIONSHIPS ADMINISTRATOR OFFICE:

Based on the ground floor of the pool building.

Opening hours: 15th November 11:00 – 19:00

16th November during the event times.

Chief of the Administrator Office: **Rafał Trudnos** – sport@masterslodz.pl (+48) 604 184 311.

6. GENERAL CONDITIONS

- a. All competitors must be 20 years or over. Born in 1999 year or earlier.
- b. All competitors have to declare in writing that are capable to swim and have no medical restrictions to participate in swimming championships. Signed declaration will be kept by the Championship Administrator.
- c. The event is open and not restricted by nationality.
- d. Competitors representing their own club need to be registered on the team lists. Individual competitors who are not members of any club have to be registered individually at the championships administrator.

Clubs Entries: have to be sent electronically via lfx file generated in a SPLASH ENTRY EDITOR program. Here is the link where the file can be downloaded www.megatiming.pl

Entry must have: Name and Surname of competitor, full date of birth (DD/MM/YYYY), the name of the club and license number, chosen events with the best times achieved on each of them in the last 12 months. The club entry must have contact details (phone and email) of the person in charge for club entry registry.



Individual competitors entries: (only single one) have to be prepared on document which link can be found on www.megatiming.pl. All required data need to be provided.

Relays entries: only as pdf file – where the name of the club, combined age and order of the swimmers need to be provided. Any changes of the relay team members or order can be only applied within the same age category. All changes have to be registered at the championships administrator before the end of the warm up time of each session.

7. ENTRY TIME:

Entries have to be sent electronically to provided email address (zawody@swimart.pl). No later than by **30th October 2019 (Wednesday)**. All entries will be confirmed by email within 3 working days.

After publication of entry lists of competitors there won't be any possibilities for changes. Apart of any mistakes or resignation. Any complaints will be reviewed within 7 days from the date of list publication.

8. THE AGE GROUPS:

Individual

0 (PK)	A	B	C	D	E	F	G	H	I	J	K	L	M	N
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	90-94

and further every 5 years.

Team Relays

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

- Only members of the same club can take part in team relays.
- The age group category is determined by the sum of the age of swimmers taking part in the relay.
- Competitors from category „0” are not allowed to take part in the other age category relays.
- Competitors from category „0” can only make relay team with members from this age group.

9. RULES AND CONDITIONS:

- The Championships will take place on the 25 metres swimming pool, fitted with 10 lanes and electronic time devices.
- The Championships shall be held under FINA Swimming Rules, FINA Masters Rules and local PZP federation.
- The Championships will be organised by events with heats run from the slowest to the fastest. Where competitors will be seeded according to their entry time and will compete against those with similar times from the various age groups taking part in the event. Different rules will apply to 400m, 800m i 1500m freestyle events.
- In case of many competitors registered to swim 800m and 1500m freestyle organizer reserve rights to run each heat with two swimmers per lane. In order of registered times.
- During each session competitors have rights to take part only in two individual events and one team relay. In case when this rule won't be respected all results from that session will be canceled. During the first session competitors who would like to compete on long distance



event will be asked to choose from one of them. There won't be any possibility to take part in both the 800m and 1500m freestyle event during this session.

- f. The Championships administrator will apply time limits for 800m freestyle and 1500m freestyle events for Women and Men. Competitors who will exceed these time limits will be disqualified or in extreme cases withdrawn from the race.
- g. Due to limited time when pool operates organizer reserve rights to reduce the number of heats in each from the 800m and 1500m freestyle events.

Time Limits:

Women 800m Freestyle

A	B	C	D	E	F	G	H	I	J	K	L	M	N
25+	30+	35+	40+	45+	50+	55+	60+	65+	70+	75+	80+	85+	90+
12:15,0	12:30,0	13:00,0	13:30,0	14:00,0	15:00,0	15:30,0	16:00,0	18:30,0	20:30,0	22:30,0	25:00,0	28:00,0	30:00,0

Men 800m Freestyle

A	B	C	D	E	F	G	H	I	J	K	L	M	N
25+	30+	35+	40+	45+	50+	55+	60+	65+	70+	75+	80+	85+	90+
10:45,0	11:15,0	11:45,0	12:30,0	13:15,0	14:00,0	14:45,0	15:45,0	16:45,0	18:00,0	19:45,0	22:15,0	23:45,0	25:45,0

Women 1500m Freestyle

A	B	C	D	E	F	G	H	I	J	K	L	M	N
25+	30+	35+	40+	45+	50+	55+	60+	65+	70+	75+	80+	85+	90+
22:15,0	23:30,0	24:30,0	26:15,0	28:00,0	30:00,0	33:30,0	35:30,0	37:00,0	41:00,0	44:00,0	45:00,0	45:00,0	45:00,0

Men 1500m Freestyle

A	B	C	D	E	F	G	H	I	J	K	L	M	N
25+	30+	35+	40+	45+	50+	55+	60+	65+	70+	75+	80+	85+	90+
19:45,0	20:15,0	21:00,0	22:30,0	24:00,0	25:15,0	26:45,0	28:00,0	29:45,0	32:00,0	36:00,0	48:00,0	50:00,0	50:00,0

10. AWARDS:

- a. First 3 individual winners of each event in each age category and sex will receive medals and diplomas.
- b. The Poland Masters National Swimming Championships are run as open event and competitors from other countries are also able to win medals and diplomas.
- c. First 3 team relays winners in each age, sex category will receive diplomas.
- d. First 5 the best competitors according to the points system run by Masters FINA from each sex group will receive trophies and cups and material prizes.
- e. Swimmers from the category „0" are taking part in these Championships as out of the competition category and won't be taken into account in general classification for medals.

11. PAYMENT RULES:

- a. Cost of event organisation are paid by main organizers.
- b. Cost of participation are paid by Clubs or Individual competitors.

Entry fee 155 PLN, no matter of number of events participated. The fee includes 15 PLN, which will be sent to Technical Committee of Masters.

For the competitors paying from abroad in Euro the bank fee is 38 EUR.

ENTRY FEE: bank transfer to BNP Paribas (formerly Raiffeisen Bank Polska): 32 1750 0012 0000 0000 4120 5903

RECIPIENT: MASTERS LODZ



REFERENCE: ZMP LODZ, Name and Surname of competitor or ZMP Lodz, name of the club and total number of members taking part in the Championships

- c. All fees must be transferred until **6th November 2019**
- d. After this date starting fee will increase to 200 PLN
- e. **There won't be any possibility to make payments in the Championships Administrator Office.**
- f. The starting fee is **not refundable**.
- g. **Individual competitors or clubs are required to present proof of payment during the registration date at the Championships Administrator Office.**
- h. Clubs who require invoice for the entry fees payment, please send your request to provided email address: finanse@masterslodz.pl Until 6th November 2019

12. RESULTS PUBLICATION:

All general conditions, protocols and results will be published on: www.megatiming.pl

13. SCHEDULE OF CHAMPIONSHIPS:

SESSION 1 - FRIDAY	SESSION 2 - SATURDAY	SESSION 3 - SATURDAY	SESSION 4 - SUNDAY
15th November 2019	16th November 2019	16th November 2019	17th November 2019
Warm Up 13:00 – 13:45	Warm Up 8:00 – 8:50	Warm Up 15:00-15:50	Warm Up 8:00 – 8:50
Opening Ceremony 13:45	-	-	-
Events from 14:00	Events from 9:00	Events from 16:00	Events 9:00

14. SCHEDULE OF EVENTS:

WOMEN		MEN	
SESSION 1			
1	50 m Freestyle	2	50 m Freestyle
3	200 m Medley	4	200 m Medley
5	Relay 4x50 m Freestyle MIX (both sex)		
6	800 m Freestyle	7	800 m Freestyle
8	1500 m Freestyle	9	1500 m Freestyle
SESSION 2			
10	50 m Backstroke	11	50 m Backstroke
12	200 m Breaststroke	13	200 m Breaststroke
14	100 m Freestyle	15	100 m Freestyle
16	100 m Medley	17	100 m Medley
18	200 m Butterfly	19	200 m Butterfly
20	Relay 4x50 m Medley	21	Relay 4x50 m Medley
SESSION 3			
22	100 m Breaststroke	23	100 m Breaststroke
24	50 m Butterfly	25	50 m Butterfly
26	100 m Backstroke	27	100 m Backstroke
28	200 m Freestyle	29	200 m Freestyle
30	Sztafeta 4x50 m Freestyle	31	Sztafeta 4x50 m Freestyle
32	400 m Medley	33	400 m Medley
SESSION 4			
34	100 m Butterfly	35	100 m Butterfly
36	200 m Backstroke	37	200 m Backstroke
38	50 m Breaststroke	39	50 m Breaststroke

40	Relay 4x50 m Medley MIX (both sex)		
41	400 m Freestyle	42	400 m Freestyle

15. CONTACTS:

- **General Queries:** Łukasz Raj, e-mail: prezes@masterslodz.pl phone: +48 606 917 114 or Andrzej Wenclaw tel. +48 602 691 233
- **Finance:** Jakub Karczmarczyk, e-mail: finanse@masterslodz.pl phone: +48605561416
- **Registration:** Artur Żak, e-mail: zawody@swimart.pl phone: +48 501 689 458

16. MEDIA PARTNER: TVP3 Łódź



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