

Swimming club „AQUA”



**INVITATION**  
**15.OPEN MASTERS CHAMPIONSHIPS**  
**IN SWIMMING „THE SECOND BREATHE”**

The competition will take place in Valmiera swimming pool  
/25m 4 lines/ on May 29. – 30., 2010  
Address: Valmiera, Zvaigžņu 4 Ph. 371-42-35691

**Eligibility:** Competitions is open to all registered Masters Swimmers 25 years of age and over. FINA rules and regulations of Masters swimmers are valid. The age of competitors is determined as of 31st December 2009. Age groups for individual events as follows: men and women  
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 - ....

**The order of events:**

Saturday, May 29	Sunday, May 30
13:30 Warming up	9:30 Warming up
14:00 Competitions	10:00 Competitions
100m Free W, M	50m Free W, M
200m Free W, M	50m back W, M
200m Breast W, M	50m Breast W, M
200m Fly W, M	50m Fly W, M
200m Back W, M	
200, 400m IM W, M	Relay 4 x 25m (2+2)
400; 800; 1500m Free W, M	

**Entries:** Entries, notifying the best achieved time, must be sent to:  
FAX 371 – 42 31073, e-mail [ritvarsaqua@inbox.lv](mailto:ritvarsaqua@inbox.lv)

**Entry fees:** LVL 3,-  
Evening party LVL – 8,- per person.

**Awards:** Diplomas will be awarded to all swimmers.

**Information:** **Please confirm arrival** and participation in the evening party **until 24 of May 2010**. Please give information if you need accommodation arrangements.