



Sponsor Pływania Masters



## POLISH OPEN

### MASTERS SWIMMING CHAMPIONSHIPS

**GLIWICE 7-9.05.2010**

Date: **7-9.05.2010 r.**

Venue: Indoor swimming pool „OLIMPIJCZYK” Oriona str., 44-100 Gliwice  
- long course: 50 m, 10 lanes  
- electronic timing

#### 1. Participation

- Swimmers – 25 years and older (born in 1985 and older),
- A swimmer may enter a maximum of 8 individual events, with a maximum of 2 individual events per session, not including relays.
- Swimmers may participate in the competition after signing a declaration concerning the responsibility for one's own health;
- Participation in 400 m, 800m free and 400 IM style should be confirmed personally in the bureau of organizer before competition. Additional to the above distances time limits has apply.

- Age groups:
  - individual: 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 five year age increments as high as necessary.
  - relays: based on the total age of team members in whole years: 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, and forty year increments as high as necessary.

## 2. Entries

The deadline for entries is **Friday 24th April 2010**.

Entries in LENEX File (you can download Entry Editor program from the internet-<http://www.splash-software.ch>) or complete entry form shall be send by email to: [w.szulcik@interia.pl](mailto:w.szulcik@interia.pl) or [w.szulc1@interia.pl](mailto:w.szulc1@interia.pl) till **24.04.2010** r. Please use as subject line of the email: "**Entry Masters2010 + your swim club name**".

Lists of participants will be available on the website [www.masters.kania.opole.pl](http://www.masters.kania.opole.pl) till 28.04.2010.

## 3. Rules:

The competition is held in accordance with FINA Masters and Polish Masters Swimming Federation rules. Swimmers will be put into heats according to entered times, races will be timed directly, without final.

## 4. Schedule:

### ***I session 07.05.2010 – Friday afternoon***

12.00 - 15.00	registration		
15.00 - 15.50	Warm-up		
16.00	Start session		
events:			
<i>number</i>	<i>distance</i>	<i>style</i>	<i>category</i>
1/2	50	FLY	W/M
3/4	200	I.M.	W/M
5/6	4x50	I.M.	W/M
7/8	100	BREAST	W/M
9/10	800	FREE	W/M

### ***II session 08.05.2010 – Saturday morning***

8.30 - 9.20	Warm-up		
9.30-9.50	Opening ceremony		
10.00	Start session		
events:			
<i>number</i>	<i>distance</i>	<i>style</i>	<i>category</i>
11/12	50	BACK	W/M
13/14	200	FREE	W/M
15/16	4x50	FREE	W/M
17/18	100	FLY	W/M
19/20	400	I.M.	W/M

### ***III session – 08.05.2010 Saturday afternoon***

15.00 - 15.50	Warm-up		
16.00	Start session		
events:			
<i>number</i>	<i>distance</i>	<i>style</i>	<i>category</i>
21/22	50	BREAST	W/M
23/24	200	FLY	W/M
25	4x50	FREE	MIX
26/27	200	BACK	W/M
28/29	100	FREE	W/M

### ***IV session – 09.05.2010 Sunday morning***

8.30 - 9.20	Warm-up		
9.30	Start session		
events:			
<i>number</i>	<i>distance</i>	<i>style</i>	<i>category</i>
30/31	50	FREE	W/M
32/33	100	BACK	W/M
34	4x50	I.M.	MIX
35/36	200	BREAST	W/M
37/38	400	FREE	W/M

## 5. Awards, results:

Results will be posted on central locations in the pool and placed on [www.masters.kania.opole.pl](http://www.masters.kania.opole.pl).

There will be 3 medals and diplomas per age group in each individual event.

There will be no medals for relays, but diplomas.

## 6. Entry fees and payment:

Entry fee for the Polish Open Masters Championships - **85 zł** per person, paid in cash in the office of competition (**only for foreigners**).

## 7. Party:

After competition there will be party organized. It shall begin at 8.00 p.m.

Sign up with entries - **30 zł** (in the office of competition till 07.05.2010 6.00 p.m.)

## 8. Accommodation:

1. „Hotel Leśny” Gliwice, ul. Toszecka 137 phone/fax (032) 279 97 00, e-mail: [lesny@tur.gliwice.pl](mailto:lesny@tur.gliwice.pl)

2. „TUR” Czechowice w Gliwicach, ul. Ziemięcicka 62, phone/fax (032) 238 88 70, e-mail: [osrodek@tur.gliwice.pl](mailto:osrodek@tur.gliwice.pl)

3. Hotel Łabędy w Gliwicach, ul. Marksa 11, phone(32)230 09 29, fax (32) 230 02 94, e-mail: [recepca@agrobakal.com.pl](mailto:recepca@agrobakal.com.pl)

## 9. Miscellaneous

- Times made by the first swimmer in a relay will be accepted, as long as they were marked in the official results.

- Split times may be used as entry times, as long as they were marked in the official results.

- More than one relay team per club may be entered in an event.

- A swimmer will only be allowed to swim in one team in each relay event.

- Changes in relay teams must be made by submitting a new start card to the secretariat before the start of the warming up of the session in which the relay will be swum.

## 10. Additional information:

If you have any question please contact with:

Tadeusz Stuchlik

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*You will be very welcome guests here.*