

XXVIII TALLINN OPEN MASTERS CHAMPIONSHIPS IN SWIMMING

INVITATION

Estonian Swimming Federation and U-Club Tallinn are happy to invite you to participate in 28. Tallinn Open Masters Championships.

Time and place: The competition will be held 9th -10th of April in Tallinn, Estonia in Nõmme swimming pool (25 m, 6 lanes), Vabaduse pst. 156

Programm:

<u>Saturday, 9th of April</u>	<u>Sunday, 10th of April</u>
Warm up 14:30	Warm up 9:00
Competition starts: 15:00	Competition starts: 9:30
4x100 m medley relay W, M	50 m Fly W, M
50 m Free W, M	50 m Breast W, M
50 m Back W, M	100 m Free W, M
100 m Breast W, M	100 m Back W, M
100 m Fly W, M	4x50 m medley relay mixed
100 m IM W, M	
200 free (max.1 heat!) W, M	
4x50 m free relay mixed	

Race office is open from 13:00 on Saturday and 8:30 on Sunday.

Participation: The Tallinn Open Masters Championships are open to all registered masters swimmers 25 years of age and over. FINA rules and regulations for Masters swimming are valid. The age of competitors is determined by December 31, 2011.

Age groups for individual events as follows:

Men and women

A = 25-29 years	E = 45-49 years	I = 65-69 years
B = 30-34 years	F = 50-54 years	J = 70-74 years
C = 35-39 years	G = 55-59 years	K = 75-79 years
D = 40-44 years	H = 60-64 years	L = 80-84 years etc

Age groups for relay events as follows:

A = 100 - 119 years	C = 160 - 199 years	E = 240 - 279 years
B = 120 - 159 years	D = 200 - 239 years	F = 280 - 319 years etc

Entries: Entries, notifying the name of the competitor, club, year of birth and best achieved time, must be sent via e-mail to u-klubi@u-klubi.com. Receiving of entries will be confirmed by e-mail. **All entries must be received by 1st of April, 2011.** Relay teams (consisting from the members of the same club!) must notify the age group and estimated entry time. Swimming order can be notified at the location before the session starts.

Entry fees: 5 euros per individual event, 8 euros per relay event
Foreign participants can pay there entry fees at location in cash.

Awards: Diplomas will be given to all swimmers. Medals will be awarded to swimmers placed first (one medal per person).

Social events: Get-together party with dinner on Saturday, 9th of April after the competition. Entry fee aprox. 18 euros. More information will be added to <http://u-klubi.com> as soon as possible. Please confirm participation on party also by 1st of April.

Information: Information can be obtained by U-Club Tallinn
phone: +372 56656831 (Kristiina Arusoo)
e-mail: u-klubi@u-klubi.com, a_kristiina@hotmail.com

WELCOME TO THE SWIM MEET IN TALLINN!