

Latvia Winter Swimming Championship

Riga, lake Babelite, Latvia, 1st of March, 2009

Dear Friends!

This is the invitation to Latvia Winter Swimming Championship 2009. We would like to welcome delegates from your country in our championship. Latvia Winter Swimming championship will be in Riga, the lake Babelite at 1st of March, 2009, at 12.00 o'clock. Ice-hole - 25x4,5 m with 2 lanes.

This is the Program for the competition day (1st March, 2009) **approximately**

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| • Registration | 10:00 – 11:30 |
| • Opening ceremony | 12:00 – 12:15 |
| • 25m head –up breaststroke (top of head and eyes above water) | 12:15 – 13:20 |
| • “Penguins” deep at the end of ice-hole and “Seals” swim 25m | 13:20 – 13:30 |
| • 50m freestyle (with swimming caps) | 13:30 – 14:00 |
| • “Polar bears” races - 50m freestyle | 14:00 – 14:10 |
| • Endurance swim – 450m | 14:10 – 14:30 |
| • 4x25m club mix relay (freestyle, with swimming caps) | 14:30 – 14:45 |
| • Award ceremony | ~15:00 |



A-series: under 20 years m/w (born at 1990 or later)
B-series: 20 - 29 years m/w (born at 1989 - 1980)
C-series: 30 - 39 years m/w (born at 1979 - 1970)
D1-series: 40 - 45 years m/w (born at 1969 -1965)
D2-series: 45 - 49 years m/w (born at 1964-1960)
E1-series: 50 - 54 years m/w (born at 1959-1955)
E2-series: 55 - 59 years m/w (born at 1954-1950)
F1-series: 60 - 65 years m/w (born at 1949-1945)
F2-series: 65 - 69 years m/w (born at 1944-1940)
G-series: 70 years and over m/w (born at 1939 or before)

At the competition place will be only 1 dress room for women, 1 dress room for men, 1 warm room for referee, bio toilet and medical personal. There is no sauna, no showers and no insurance. Fees of competition for one competitor is 5 Euro (3 Lats) for one distance, 10 Euro (7 Lats) for relay (from team). The regulations is as like as winter swimming championship in London 2008 and winter swimming championships in Finland.

Here are pictures from the year 2007.

http://foto.inbox.lv/ziemasronis/03mar2007_IceHole_VLatviaChamp

The 1st March, 2009 will be the competition day.

Here are some pictures, results and **location map**.

<http://foto.inbox.lv/ziemasronis/LatvijasCempionats> and

http://foto.inbox.lv/ziemasronis/4mar2007_LatviaChamps

All information of winter swimming in Latvia you can find at this link:

<http://www.roni.oic.lv/en/> and <http://winterswim.blogs.lv>

Accommodations: <http://www.rigahotels.lv/en/hotels> etc.

I look forward to see you,

Raitis Gultnieks

Member of Latvia Swimming federation winter swimming section and association Latvijas Ronis

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