

Swimming club „AQUA”



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

The competition will take place in Valmiera swimming pool
/25m 4 lines/ on May 23. – 24., 2009
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 23	Sunday, May 24
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
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

Entry fees: LVL 3,-
Evening party LVL – 10,- per person.

Awards: Diplomas will be awarded to swimmers placed 1 – 3 .

Information: **Plse confirm arrival** and participation in the evening party **until 16 of May 2009**. Please give infotmation if you need accomodation arrangements.