

International master's swimming Cup "Mayors CUP-2009"

REGULATIONS

1. Organization: the competition is organized by the administration of Vilnius City Municipality, Department of Physical Education and Sports under the Government of the Republic of Lithuania, Lithuanian master's sport clubs' association "Penki žiedai" and Vilnius swimming club "Poseidonas".
2. Time and location: competition will take place May 16-17, 2009 in "Vilnius health and leisure center": Erfurto st. 13, Vilnius (see directions [here](#)).

3. Programme: **May 16**

16.30 h. - registration (entry fee 25 litas per event)

17.30 h. - warm-up

18.00 h. - opening ceremony

18.15 h. - 100m butterfly

100m breaststroke

50m freestyle

50m- backstroke

400m freestyle

4x 50m freestyle relay

20.15 h. - Evening reception and cultural programme (entry fee 45 litas per person)

May 17

9.00 h. - Warm-up

9.45 h. - 100m freestyle

100m backstroke

50m butterfly

50m breaststroke

200m medley

4x 50m IM relay

4. Result calculation: the number of events per participant is not limited. Two best results of a participant will be added. The results are calculated according to the point calculation table using age group coefficients. Age groups are from 25-29 years to 85-89 years.

Relays: A 120-159 years.
 B 160-199 years.
 C 200-239 years.
 D 240-279 years.
 E 280-319 years.

5. Awards: diplomas and medals will be given to the top three winners of the event in each age group. The best top ten overall will be awarded with prizes and diplomas.
6. Entries notifying the participation in the competition and hotel reservations (sight seeing) must be sent **by May 6, 2009** via e-mail klubasposeidonas@yahoo.com (or notify via phone: **+370 615 98 640 and +370-5-230 3066** – in the evenings).

The president of masters swimming
club "Poseidonas"

Sergejus Kolokolencovas