



INVITATION

POLISH CUP

XIV WARSAW & MAZOVIA MASTERS SWIMMING CHAMPIONSHIPS

”DNI ŚRÓDMIEŚCIA”



ORGANISERS: Warsaw Masters Team

SUPPORTERS: Śródmieście District Council
Izabelin City Council
Warsaw West District Council
PZP (Polish Swimming Federation) Masters Committee

MEDIA SUPPORTERS: Swimming Magazine 'Pływanie'; Swimming Portal www.mojeplywanie.pl

SPONSORS: Polish Scientific Publishers PWN

**HEAD OF THE ORGANISING
COMMITTEE:** Ewa Kosmol

DATES: Saturday 06 June 2009 – Sunday 07 June 2009

VENUE: Ośrodek Sportu i Rekreacji Dzielnicy Śródmieście Warszawa, ul. Polna 7a
6 lane 25m indoor pool; Water temperature: 27-28°C

TIMING: Electronic

PARTICIPANTS: All swimmers aged 25+, born 1984 or earlier.
All swimmers must sign the declaration that they are physically well, and that they participate in the Meet on their own responsibility.

ENTRIES: Entries in the Lenex format (Splash Entry Editor) must be sent to Sławek Grabiec: wmozp@wp.pl.
The Lenex invitation file will be posted on our web site: www.masters.waw.pl
and on the Polish Masters web site: www.kania.opole.pl/x/.

Entries in the Excel format must be sent to Sławek Grabiec: wmozp@wp.pl
or by regular mail to the following:
Warsaw Masters Team; ul. Poniatowskiego 65; 05-080 Izabelin

Entries must include: Name of the swimmer, year of birth, age category, name of the club, events together with entry times (see attached entry form).

Please note: The entry form applies for both individual events and relays.

Closing Date: The closing date for all entries will be Friday 29 May 2009. No changes will be allowed on the day of the competition. Start lists will be published Wednesday 03 June 2009 on the following web sites: www.masters.waw.pl and www.kania.opole.pl/x/.
Poolside entries will be accepted, in this case the swimmer will be seeded in the first available heat regardless of his/her entry time.

AGE GROUPS:

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

RELAY TEAMS: All relay swimmers must be affiliated to the same swimming club. Ages of relay teams are total age of its members.

A	100 - 119	D	200 - 239
B	120 - 159	E	240 - 279
C	160 - 199	F	280 +

REGULATIONS: Heats will be seeded according to entry times. No entry time will result in the competitor swimming in the slowest heat.
Dependent of the numbers of entries received, the organisers reserve the right to put both men and women in the same heat.
The competition runs under FINA and PZP Rules.
Age categories apply as at 31 December 2009.
A swimmer may enter a maximum of 2 individual events and 1 relay event per session.
In case of a large number of entries for 400 Freestyle, the organisers reserve the right to put two swimmers per lane. In this case the timing will be manual.

SATURDAY - SESSION ONE 4.00pm - 4.30pm – Warm Up
4.35pm – Official Opening
4.45pm – Start of the Competition

EVENTS:

Event No F/M	Event
1/2	200m Individual Medley
3/4	50m Freestyle
5/6	100m Breaststroke
7/8	50m Backstroke
9/10	100m Butterfly
11/12	400m Freestyle
13	4 x 50m Freestyle Relay Mixed

SUNDAY - SESSION TWO 9.00pm – 9.30pm – Warm Up
9.30pm – Awards Ceremony
9.45pm – Start of the Competition

EVENTS:

Event No F/M	Event
14/15	100m Freestyle
16/17	50m Breaststroke
18/19	100m Backstroke
20/21	50m Butterfly
22/23	100m Individual Medley
24/25	200m Freestyle
26	4 x 50m Medley Relay Mixed

AWARDS: In each event, medals will be awarded down to the 3rd place and diplomas down to the 6th place (during the awards ceremony). Placing will be determined by using the FINA points system.

In each event and in each age group, diplomas will be awarded down to the 3rd place (to be collected from the competition office).

COMPETITION OFFICE: Will be open at the pool on Saturday from 2.00pm.

ENTRY FEES: 40 PLN per swimmer to be paid until Friday 29 May 2009 by bank transfer to the following account:
BGK III O/W-wa
IBAN: PL 89 1130 1062 0000 0400 2220 0001
SWIFT: GOSK PLPW
with the reference: 'WPISOWE MW 2009'.

After the closing date, the entry fee rises to 60 PLN to be paid on arrival at the Meet. In this case the swimmer will be seeded in the first available heat regardless of his/her entry time. We kindly ask all competitors to check the start lists as soon as they appear on-line, and to contact the organisers to confirm the payment in case a competitor is not present on the list.

Please note that any withdrawals after the closing date will not be refundable.

ACCOMMODATION: The following hotels offer special rates for participants of the Competition (please advise when booking):

- a. Dom Nauki CMKP, ul. Schroegera 82
Tel. +48 22 560 10 00 or +48 22 560 10 16
Tourist class hotel, Double room: 38 PLN ppn
 - b. Dom Przy Rynku, ul. Rynek Nowego Miasta 4
Tel. +48 609 260 625
Prices from 40 PLN ppn
 - c. Motelik Maryle X, ul. Sabają 32
Tel. +48 22 868 13 05
Double room: 50 PLN or 60 PLN depending on the standard
 - d. Hostel Tamka, ul. Tamka 30
Tel. +48 22 826 30 95
Triple room: 200 PLN
- Other possibilities (with no preferential rates):
- e. Hotel Logos, ul. Wybrzeże Kościuszkowskie 31/33
Tel. +48 22 622 89 92
Double room: 168 PLN or 144 PLN (when booked for a group)
 - f. Hotel Etap, ul. Zagórna 1
Tel. +48 22 745 36 60
Double room: from 189 PLN
 - g. Hostel Oki-Doki, Plac Dąbrowskiego 3
Tel. +48 22 826 51 12
 - h. Tourist Information: www.warsawtour.pl
Tel. +48 22 94 31, E-mail: info@warsawtour.pl

Please note that the Organising Committee does not book any hotel rooms.

EVENING PARTY: We are planning to organise a party on Saturday evening which will take place in one of the restaurants in the Pola Mokotowskie, one of the biggest recreational park areas in Warsaw: www.polamokotowskie.pl. Details and costs will be published later on.

FINAL CONDITION: Every issue not specified in this document or any other regulations will be addressed accordingly by the Head of the Organising Committee or by the Main Judge.