

THE BALTIC AMBER OPEN MASTERS SWIMMING CUP 2009 Latvia, Riga



I. Aim of the competition and tasks:

- To make swimming popular among adults around Baltic Sea as a means of exercise and entertainment in the water and even as a means of improving state of health and maintaining good relationship.
- ***The Open Baltic States individual and nationally teams competitions.***
- The championships are open for registered masters swimmers from all nations.
- To draw the attention of people around the Baltic sea to its condition, which is catastrophic and the deteriorating condition of the Baltic Sea, which is one of the worlds most polluted sea.

II. Time, terms and venue of the competition:

Date: **21.02.2009 – 22.02.2009.**

Location: Latvia, Riga, swimming pool BJSC "Daugavas sporta nams", 107 Kr. Barona street (25 meters, 6 lanes, electronic time control).

Date of arrival and registration is: 21.02.2009

Session times:

Session 1: Saturday, 21. February 15:00

Session 2: Sunday, 22. February 10:00

III. The organization of carrying out:

The competition is held by:

- ✓ **Latvian Swimming Masters** E-mail: info@latswimmasters.com ; tel./fax +37167089177

IV. Participants and age groups of the competition:

The competitions will be held under the auspices of the rules and regulations of the FINA Masters Swimming Rules current at the time of close of entries.

- Minimum age limit is 25 years and older who are finished active sports career and paid the participation fee.
- **Entry fee is 5 EUR per event. Entry fee is 10 EUR for relay.**
- **Team consist from 20 persons (10 male from A to L and 10 female from A to L group). One sportman in each group. The other sportmans not will be valid.**
- The number of distances 4 (2 in Saturday and 2 in Sunday) and relays 2 (C 160-199, D 200-239)
- Points will be calculating by DSV Master Performance Table 2004.
 - <http://www.swimrankings.net/?page=finaPoints>
- Each participant bears the PERSONAL responsibility for a condition of the health about what undersigned for the report of the established form.
- Age groups are based on ages at 31/12/2009

Age groups: (individual)

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 70-74 • K 75-79 • L 80-84 • M 85-89 • N 90-94 • O 95+

Relay age groups: (sum of the competitors age)

A 100-119 • B 120-159 • C 160-199 • D 200-239 • E 240-279 • F 280-319 • G 320+

- there is a rule of one start in all events. The competitor with false start is failed to go to the distance.
- it is allowed to start from swimming-pool nosing or from water directly.
- a valid competitor may enter no more than 2 events per day (relays are not included),.

V. The program of competitions:

21th February 2009 (Saturday)

Warm up: 14.00; Start: 15.00

50 m breaststroke (female, male)
50 m backstroke (female, male)
100 m free (female, male)
100 m butterfly (female, male)
200 m breaststroke (female, male)
200 m backstroke (female, male)

Pause and warm up 10 min

200 m individual medley IM (female, male)
4x50 m relay medley (female)
4x50 m relay medley (male)
800 m free (female, male)

22th February 2009 (Sunday)

Warm up: 9.00; Start: 10.00

50 m butterfly (female, male)
50 m free (female, male)
100 m breaststroke (female, male)
100 m backstroke (female, male)
200 m butterfly (female, male)
100 m individual medley IM (female, male)
400 m free (female, male)
4x50 m free (female)
4x50 m free (male)

VI. Rewarding.

There will be national teams plays for cup.

The best club prize given: 1th club place – big cup, 2th place – middle cup, 3th – small cup.

Points by events will be calculating by this system:

Individual: 1th place – 10 points; 2th – 8 points; 3th – 6 points; 4th - 5 points; 5th- 4 points; 6th – 3 points; 7th - 2 points; 8th - 1 point.

Relay: 1th place – 20 points; 2th – 16 points; 3th – 12 points; 4th-10 points; 5th-8 points; 6th-6 points; 7th-4 points; 8th-2 points.

Champions of each event will get medals and certificates, the second prize and the third prize winners will get diplomas. Top ten swimmers (best by DSV Master Performance Table 2004) will be prize given.

ENTRIES: Name, club, year of birth, sex, events and times must be sent by 08 of February, 2009. E-mail: info@swimming.lv or mail: aldis.abolins@swim.lv, fax: +37167089177. (The sample of the requisition is given in the appendix)

Note: changing of events is not allowed during competitions.

VII. Financing.

Organizers of competitions bear charges on the organization and carrying out of competitions.

Payment of travel to a place of competitions, accommodations and a meal is made by the sending organizations or participants.

VIII. Accommodation.

IX. Cultural program and friendly after party.