

Swimming club „AQUA”



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

The competition will take place in Valmiera swimming pool
/25m 4 lines/ on May 28 – 29, 2011
Address: Valmiera, Zvaigžņu 4, Phone +371 642 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 28	Sunday, May 29
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:
e-mail: andrejs.aqua@gmail.com, mob. +37126448055 Andrejs Lismanis
e-mail: ritvarsaqua@inbox.lv, mob.+371 29118214 Ritvars Viļmanis

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

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

Information: **Plese confirm arrival** and participation in the evening party **until 20 of May 2009.**
Please give infotmation if you need accomodation arrangements.