

Warsaw, 16-18.06.2017



Letnie Mistrzostwa Polski  
w pływaniu **MASTERS**





## Letnie Mistrzostwa Polski w pływaniu **MASTERS**

# THE GENERAL INFORMATION ABOUT THE 'MASTERS' SUMMER CHAMPIONSHIP



Polski Związek Pływacki  
Komitet Techniczny Pływania Masters



SWIMMING ASSOCIATION 'SWIMMERS'  
GŁADKA STREET 18, 02-172 WARSAW  
TEL. +48 601333782,  
EMAIL: [info@swimmersteam.pl](mailto:info@swimmersteam.pl)

# GENERAL

## ORGANISER:

Swimming Association 'SWIMMERS'  
Polish Swimming Federation

## CO-ORGANISERS:

Medical University of Warsaw  
The Sports and Rehabilitation Centre of the Medical University of Warsaw  
Masters Technical Committee  
WARSAWSKO-MAZOWIECKI OKRĘGOWY ZWIĄZEK PŁYWACKI

## HONORARY PATRONAGE:

The Rector of the Medical University of Warsaw

## SPONSORS:

Hotel Twins 2, H2O SHOP, Coca-Cola HBC Polska, Pływam bez promili,  
Children Time, MGA Entertainment

## A SUPERVISOR OF THE COMPETITION:

Artur Przywara

## CONTACTS:

- ▶ Organization - Remigiusz Gołębiowski, [remog@swimmersteam.pl](mailto:remog@swimmersteam.pl), +48 601 333 782
- ▶ Registration - Sławomir Grabiec, [zawody@wmozp.pl](mailto:zawody@wmozp.pl), tel. +48 600 851 363
- ▶ Entry fee and bills - Beata Żukowska, [ksiegowosc@swimmersteam.pl](mailto:ksiegowosc@swimmersteam.pl) tel. +48 508 225 860
- ▶ Masters Technical Committee - Jacek Thiem, e-mail: [jacek.thiem@gmail.com](mailto:jacek.thiem@gmail.com)

# GENERAL

## DATE AND PLACE:

**16-18 June 2017** - The Sports and Rehabilitation Centre of the Medical University of Warsaw, Trojdena Street 2C in Warsaw <https://csr.wum.edu.pl/>

## TECHNICAL INFORMATION:

Indoor swimming pool (50 m), 10 lanes, water temperature 27°C, electronic timer

## TERMS OF PARTICIPATION:

- The male and female participants who are aged 20 years old or older (born in 1997) have the right to take part in the competition
- All participants must submit a written declaration that they are healthy and they compete at their own risk. The completed and signed declaration must be submitted to the organizers.
- The competition is open to people who do not have Polish citizenship. All participants will be included in the general classification.
- **ONLY REGISTRATION ACCORDANT WITH THE RULES AND REGULATIONS WILL BE ACCEPTED !!!**

# REGISTRATION

The participants who represent the sports clubs must register within the declaration of their sports clubs. But independent participants should register individually.

The sports club's application must be submitted electronically in the form of LXF file and generated in SPLASH ENTRY EDITOR (\*.lxf). You can download it using the website: [www.megatiming.pl](http://www.megatiming.pl)

Applications of independent competitors (only individual applications) should submit the completed application form (.doc format). You can download it on the website: [www.megatiming.pl](http://www.megatiming.pl)

Applications for a relay team- only file LXF – you should provide the name of the participants, sports club and information about the age group eg.:

**4 × 50 m freestyle mix: SPARTAN ROMA – C, (Nowak J, Kowalska I, Nowak S,  
Kwiatkowski A)**

You can change the members of your relay team or their order only within the same Age group. All the changes should be reported in our official office until the end of the warm-ups.

## DEADLINE:

All applications should be sent until the 4th of June (Sunday) in the electronic form to the following address: [zawody@wmozp.pl](mailto:zawody@wmozp.pl)

Each accepted application will be confirmed with a message within two days. If you will not receive this confirmation, please call Mr. Slawomir Grabce (+48 600 851 363).

Be aware that any changes will not be introduced after the online publication of a List of competitors.

## THE AGE GROUPS:

### INDIVIDUAL PARTICIPANTS:

0													
PK	A	B	C	D	E	F	G	H	I	J	K	L	M
20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89

And every 5 years.

### RELAYS:

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

A relay team can consist only of participants who are members of the same sports club.

The age group of a relay team is equal to the sum of the age of four members of the particular team. Participants of the category "0" cannot be members of the Masters relays.

A relay team of category "0" can only consist of the participants of the category "0".

# TECHNICAL REGULATIONS

- The competition will take place at the indoor swimming pool where the length of a lane is equal to 50 meters. There are 10 lanes and an electronic timer will be used.
- The rules and regulations of the FINA Masters and Polish Swimming Federation will obtain everyone during the event.
- The whole competition will be organized in several races from the slowest to the fastest ones.
- The order of competitors in each category will depend on the time that a particular participant declared during the registration process.
- All participants have the right to take part in two individual races and one relay.
- You can swim freestyle individually in the distance of 800 meters or 1500m meters in the first block. But you cannot combine these two competitive races together.
- The event's organiser introduces the time limits for the women's 800 meters freestyle races and the men's 1500 meters freestyle races. Competitors who exceed the permissible time limit in a particular age group will be disqualified. They can also be removed from the race in the special cases.

## minimal time for the women's 800 m freestyle

A	B	C	D	E	F	G	H	I	J	K	L	M
12:00	12:30	13:00	13:30	14:00	14:45	15:30	16:30	17:30	19:00	22:00	27:00	29:00

## minimal time for the men's 800 m freestyle

A	B	C	D	E	F	G	H	I	J	K	L	M
10:30	11:00	11:30	12:15	13:00	13:45	14:45	15:45	17:00	26:00	27:00	27:30	28:00

## minimal time for the women's 1500 m freestyle

A	B	C	D	E	F	G	H	I	J	K	L	M
23:00	25:30	27:00	28:30	30:00	31:30	34:30	36:30	38:30	42:30	45:30	46:00	46:00

## minimal time for the men's 1500 m freestyle

A	B	C	D	E	F	G	H	I	J	K	L	M
20:30	21:00	22:30	23:30	25:00	26:30	28:00	29:30	32:30	42:30	50:30	55:30	55:30

### PRIZES:

- The first three individual competitors who will win in a particular age group will receive medals and diplomas.
- The relay teams will be also awarded with diplomas for taking the first three places in each age group.
- The ten best female competitors and ten best male competitors of the Championship (the general classification of competitors will be made according to FINA Masters scoring – it is the sum of four best results for men and women) will be awarded with prizes.
- According to the rules and regulations of Polish Masters Championship, all
- participants of the category "0" will not be classified in the general 'OPEN' scoring and the sports clubs scoring. However, the individual winners will receive medals and diplomas for the first, second and third places.



## **FUNDING:**

The organizational costs are covered by the event's organisers.

The participants pay the costs for the participation in the championship.

Participation fee is equal to 110 zł regardless of the number of starts. The fee includes the cash deposit of 10 zł into the Masters Technical Committee.

### **PARTICIPATION FEE SHOULD BE PAID BY BANK TRANSFER FOR THE FOLLOWING BANK ACCOUNT:**

**29 1050 1012 1000 0090 3010 4211**

**Recipient:**

**Swimming Association 'SWIMMERS',  
Gładka Street 18, 02-172 Warszawa.**

**Tytuł: Title of the bank transfer:**

**„MPM, name and surname of the participant” or  
„MPM, name of the sports club,  
last names of the participants”**

The foregoing fee is valid until the 30th of May 2017. After this date the fee will be equal to 150 zł (including 10 zł for the Masters Technical Committee) for every participant. It should be paid by bank transfer on the mentioned above account or at the office during the event on the 16th of June 2017 (Friday) from 11:00 a.m. to 8:00 p.m. Please bring your confirmation of the bank transfer.

The foreign participants are obliged to pay the fee on the day of the competition.

The payment is equal to 110 zł.

The sports clubs which are interested in receiving the bill should send an e-mail with all details until 30 May 2017 to: [ksiegowosc@swimmersteam.pl](mailto:ksiegowosc@swimmersteam.pl) Title of the e-mail:

"Rachunek LMPM 2017"

# THE PUBLICATION OF THE RESULTS:

All organizational or technical messages and the latest results of the competitors will be published on the website: [www.megatiming.pl](http://www.megatiming.pl)

## A SCHEDULE OF THE COMPETITION:

<b>FRIDAY I BLOCK</b>	<b>FRIDAY II BLOCK</b>	<b>SATURDAY III BLOCK</b>	<b>SATURDAY IV BLOCK</b>	<b>SUNDAY V BLOCK</b>
<b>16.06.2017</b>	<b>16.06.2017</b>	<b>17.06.2017</b>	<b>17.06.2017</b>	<b>18.06.2017</b>
Warm-up 9:00-9:50	Warm-up 14:30-15:45	Warm-up 8:30-9:50	Warm-up 14:30-15:50	Warm-up 8:30-9:50
	<b>Opening Ceremony 15:45</b>			
<b>COMPETITION 10:00</b>	<b>COMPETITION 16:00</b>	<b>COMPETITION 10:00</b>	<b>COMPETITION 16:00</b>	<b>COMPETITION 10:00</b>

# PLAN OF THE COMPETITION

	WOMEN		MEN
<b>BLOCK I</b>			
1	800 m freestyle	2	800 m freestyle
3	1500 m freestyle	4	1500 m freestyle
<b>BLOCK II</b>			
5	50 m freestyle	6	50 m freestyle
7	200 m medley	8	200 m medley
<b>BLOCK III</b>			
10	50 m backstroke	11	50 m backstroke
12	200 m breaststroke	13	200 m breaststroke
14	100 m freestyle	15	100 m freestyle
16	200 m butterfly stroke	17	200 m butterfly stroke
18	4x50 m medley	19	4x50 m medley
<b>BLOCK IV</b>			
20	100m breaststroke	21	100m breaststroke
22	50 m butterfly stroke	23	50 m butterfly stroke
24	100 m backstroke	25	100 m backstroke
26	200 m freestyle	27	200 m freestyle
28	4x50 m freestyle	29	4x50 m freestyle
30	400 m medley	31	400 m medley
<b>BLOCK V</b>			
32	100m breaststroke	33	100m breaststroke
34	200 m backstroke	35	200 m backstroke
36	50 m breaststroke	37	50 m breaststroke
38	Relay 4x50 m medley mix		
39	400 m freestyle	40	400 m freestyle

# FINAL PROVISIONS

The swimming pool (50 m) will be available for the warm-up about 90 minutes before each block of races. A short swimming pool (25 m) will be available for the warm-up during the whole event.

A representative of the Masters Technical Committee in consultation with the organizers will decide about issues which will not be covered by the rules and regulations.

Every competitor will receive a starter package. A competitor is considered a person who pays the participation fee.

The acceptance of the rules and regulations is necessary to take part in the event. By accepting the offer of the competition, you are also accepting the provisions of this paper.

## THE OFFICIAL OFFICE

**THE OFFICIAL OFFICE** will be located in the same building as the swimming pool and will be open on the 16th of June 2017 from 8:00 a.m. to 7:00 p.m. and on the 17th of June 2017 during the competition.

## ACCOMMODATION AND FOOD & OTHERS:

It is possible to order dinner at the swimming pool. A typical dinner (2 courses + beverage) costs 25 zł. The orders about dinner should be sent by the 8th of June on the following address: [urszulas@swimmersteam.pl](mailto:urszulas@swimmersteam.pl) with a short note "obiady masters" + name, surname, name of the sports club, date, etc.

If you come to the event with your child up to and including 12 years old, it is possible to leave the child under the care of a kids entertainer in the playroom located on the premises, subject to your written approval.

### **HOTEL TWINS2** <http://www.hoteltwins.pl/>

Żywnicza Street 57, 03-179 Warsaw

Telephone number: 512 304 304

Telephone number: +22 889 55 05

email: [hotel@hoteltwins.pl](mailto:hotel@hoteltwins.pl)

Bed & breakfast room for 2 people : 100 PLN

Bed & breakfast room for 3 people : 120 PLN

Booking with a short note: "Pływanie Masters"

### **HOTEL ATOS\*\***

Mangalia Street 1, 02-758 Warsaw

Telephone number: 22 207 70 00

Bed & breakfast room for 1 person: 130 PLN

Bed & breakfast room for 2 people: 150 PLN

Booking with a short note: "Pływanie Masters"