



swimming  
water polo  
synchronised  
diving  
open water  
swimming



## FINA WORLD MASTERS CHAMPIONSHIPS



**BOOKLET**

**SWIMMING**





## REMINDER

### COMPETITION

#### A. Dates

- from Sunday 10 June 2012 to Wednesday 13 June 2012 included, and from 7.30 a.m. daily until the end of the daily program;
- from Thursday 14 June 2012 to Saturday 16 June 2012 included, and from 8.30 a.m. daily until the end of the daily program.

#### B. Pools

- the 50m indoor and outdoor pools will be used, by alternate days, for the men's and women's competitions starting June 10th with the indoor pool used by women and the outdoor by men;
- on the relay day, June 14th, the indoor pool used by all mixed and women relays and the outdoor pool by men relays.

#### C. Start

- the one-start rule will apply for all swimming events. For all swimming events the start will be "over the top", i.e. swimmers from the previous race will stay in the water until the next race has started.

#### D. Pre-seeding

- the 800 meter freestyle will be pre-seeded using the times entered, slowest to fastest regardless of age or age group;
- all other events will be pre-seeded using the times entered with the oldest age groups first and with the slowest heats swum first in each age group.

#### E. Relays

- **each relay has to be confirmed by team representatives from June 7th till 1:00pm of June 12th at the Technical Secretariat;**
- starting from June 7th until 1:00 p.m. of June 12th, it will be possible to replace the swimmers at the Technical Secretariat with other swimmers entered individually within the same club.

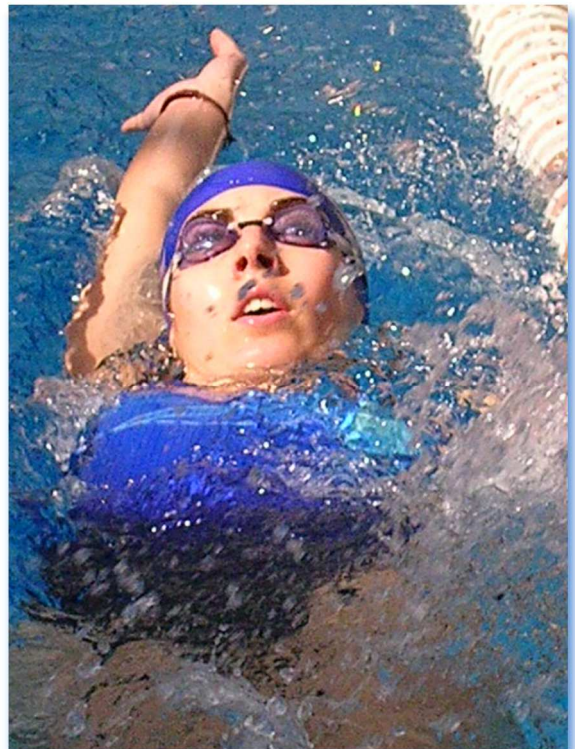
#### F. Call room

- it is up to the swimmer to be present at the call room at least 15 minutes before the start of the race with his accreditation card.

### ACCREDITATION

In order to collect your accreditation card, you are kindly requested to present at the Accreditation Center your ID code, your personal document (passport, id card, driving licence) and the liability form signed which you can download from [www.finamasters2012.org](http://www.finamasters2012.org)

**Warning: if you didn't upload a correct portrait photograph, you should bring one with you and give it at the accreditation desk.**





## COMPETITION PROGRAMME AND TRAINING SCHEDULE

### COMPETITION PROGRAMME

DAY	Event	Indoor pool	Outdoor pool
		SEX	
10-Jun	starting 7.30		
	800m Freestyle	W	M
11-Jun	starting 7.30		
	200m Backstroke	M	W
	100m Freestyle	M	W
	100m Breaststroke	M	W
12-Jun	starting 7.30		
	400m Individual medley	W	M
	200m Freestyle	W	M
	50m Butterfly	W	M
13-Jun	starting 7.30		
	50m Freestyle	M	W
	200m Individual medley	M	W
	100m Butterfly	M	W
14-Jun	starting 8.30		
	4x50 Mixed Medley Relay	Mixed	
	4x50 Mixed Freestyle Relay	Mixed	
	4x50 Freestyle Relay	W	M from 12.00 (estimated)
15-Jun	starting 8.30		
	200m Breaststroke	W	M
	100m Backstroke	W	M
	200m Butterfly	W	M
16-Jun	starting 8.30		
	50m Backstroke	M	W
	400m Freestyle	M	W

### TRAINING SCHEDULE

Day	Indoor pool 50 mt	Outdoor pool 50 mt	Indoor pool 25 mt	Outdoor pool 25 mt (six lanes)
Thursday 7 June	N.A.	N.A.	N.A.	N.A.
Friday 8 June	15.00 – 20.00	N.A.		
Saturday 9 June	8.00 – 21.00	8.00 – 21.00		
Sunday 10 June - Wednesday 13 June	6.30 – 7.15 Reserved only to swimmers competing in the day  Competition start 7.30  One (1) hour from the end of the competition until 21:00 in pools available (where no competition)  FOR ALL SWIMMERS	6.30 – 7.15 Reserved only to swimmers competing in the day  Competition start 7.30  One (1) hour from the end of the competition until 21:00 in pools available (where no competition)  FOR ALL SWIMMERS	Competition start - Competition end	Competition start - Competition end
	Thursday 14 June - Saturday 16 June	7.30 – 8.15 Reserved only to swimmers competing in the day  Competition start 8.30  One (1) hour from the end of the competition until 21:00 in pools available (where no competition)  FOR ALL SWIMMERS	7.30 – 8.15 Reserved only to swimmers competing in the day  Competition start 8.30  One (1) hour from the end of the competition until 21:00 in pools available (where no competition)  FOR ALL SWIMMERS	Reserved only to swimmers competing in the day



## SWIMSUIT RULES

**REMINDER:** All swimsuits bearing valid FINA approval labels can be used.

**IN ADDITION:** Swimsuits with no approval number can be accepted provided they evidently fulfil the minimum requirements below:

		<b>MEN</b>	<b>WOMEN</b>
Shape	According to FINA rule FRSA §3.1a Design	Navel-to-knee	max. shoulder-to-knee
Material	According to FINA rule GR5 §3.1b-c Material	Traditional textile fabric (permeable), with no mesh-closing surface treatment. <i>Comment: Suits or parts of suits made of "Polyurethane" (or similar non-textile material) are of course prohibited.</i>	

### CONTROL

The FINA Masters Committee will conduct unannounced checks

### IN CASE OF DOUBTS

Swimsuits can be forwarded to FINA for control

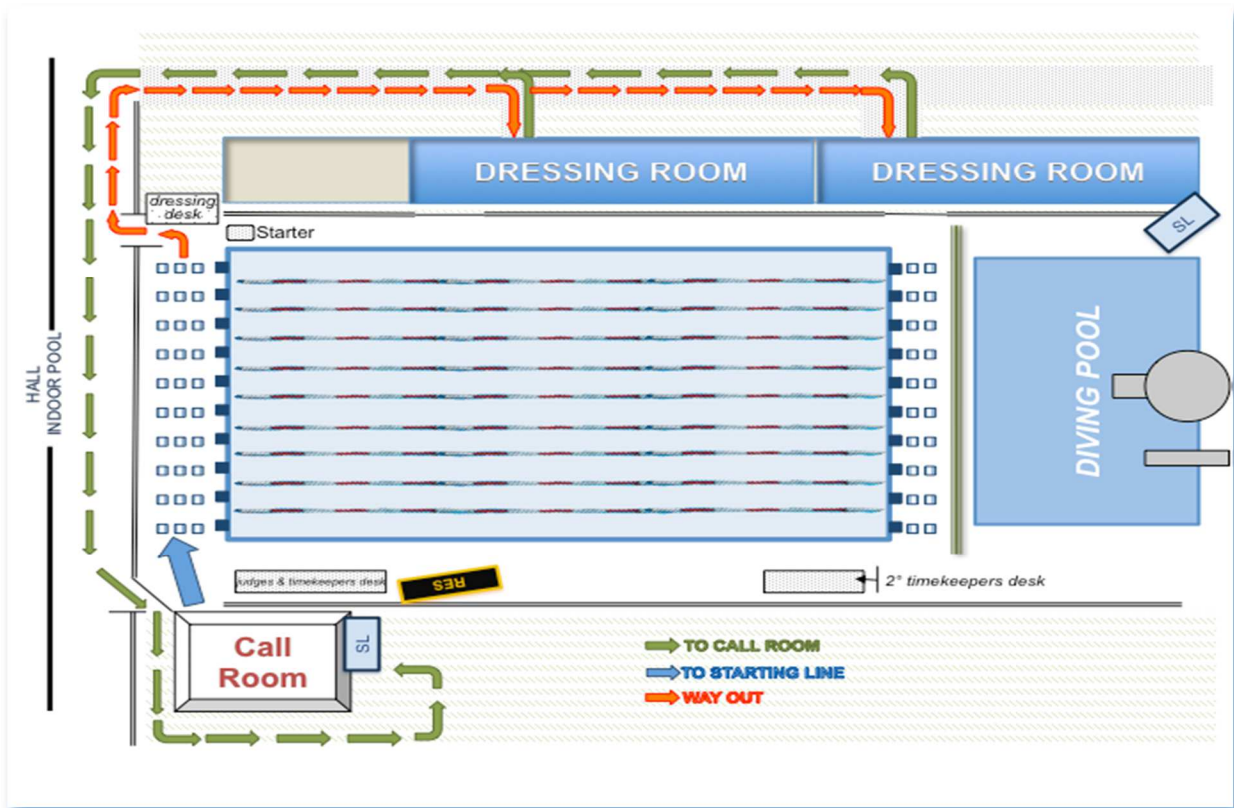


## VENUES AND COMPETITION DAYS PATHS

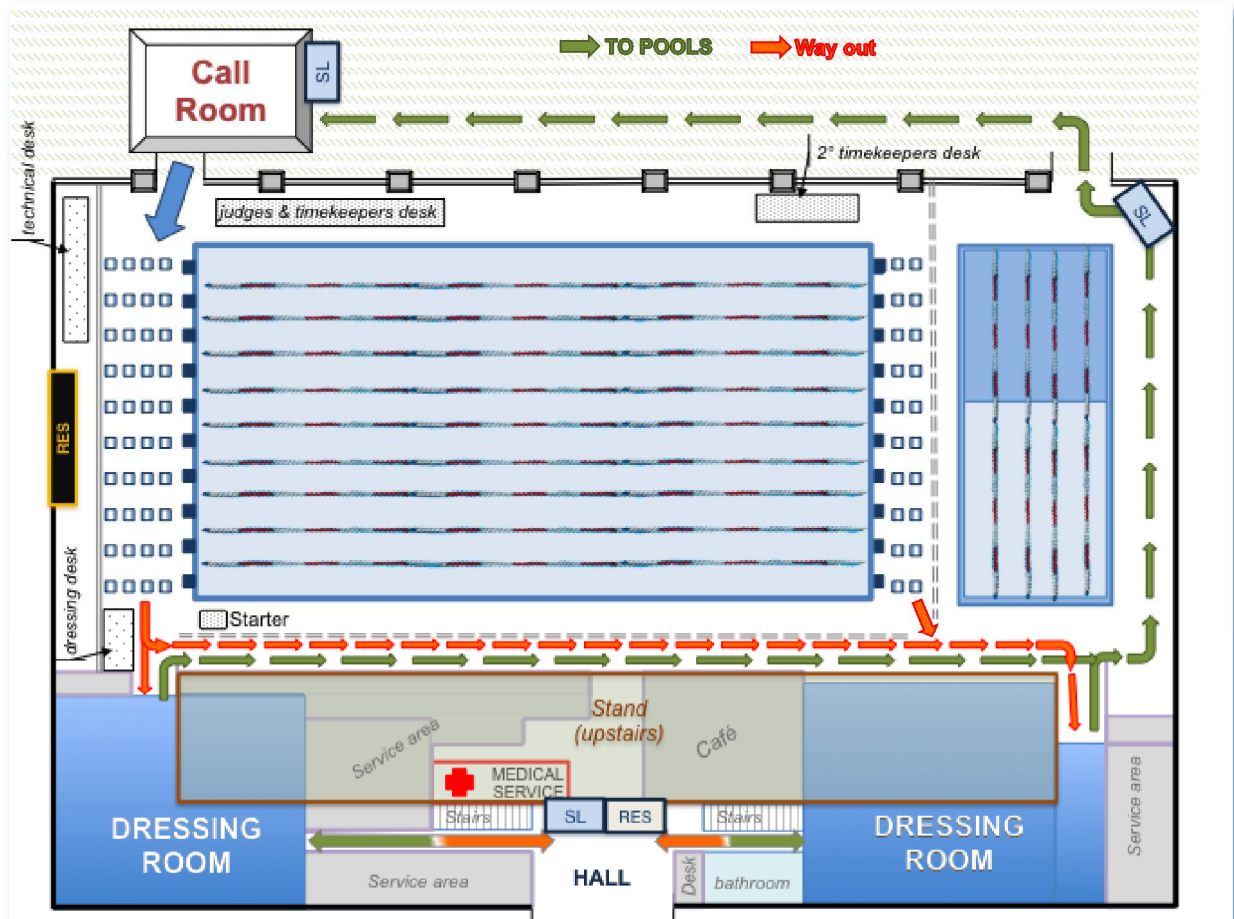




## OUTDOOR POOL - COMPETITION DAYS PATHS



## INDOOR POOL - COMPETITION DAYS PATHS





## DISQUALIFICATION CODES

### GENERAL:

		BrC	Arm movements not always simultaneous and in horizontal plane
GA	False start	BrD	Leg Movements not always simultaneous and in horizontal plane
GB	Delay of meet	BrE	Hands not pushed forward on, under or over water
GC	Unsportsmanlike manner	BrF	Elbows not always submerged during race
GD	Interference with another swimmer	BrG	Feet not turned outward during propulsive part of kick
GE	Did not swim stroke specified	BrH	Did not touch wall with both hands simultaneously at turn and/or finish
GF	Did not swim distance specified	BrI	Body not on breast from beginning of first arm stroke after start and/or turn
GG	Did not finish in same lane	BrJ	Illegal downward butterfly kick
GH	Standing on bottom during any stroke but freestyle	BrK	Broke Stroke Cycle
GI	Swimmer swam in wrong lane	BrL	More than one butterfly kick during the first arm stroke after start or turn
GJ	Swimmer made use of aids	BrM	Butterfly kick after turn not followed by breaststroke kick
GK	Swimmer did not finish		
GL	Pulled on lane ropes	<b><u>BUTTERFLY:</u></b>	
GM	Use of not FINA approved swim suit	BfA	Head did not break surface 15 meters after start or turn
GN	Use of more than one swim suit	BfB	More than one arm pull under water after start or turn
GO	Use of tape on the body	BfC	Not toward breast off the wall

### FREESTYLE:

FrA	No touch at turn or finish	BfE	Did not bring arms forward over water
FrB	Swam under water more than 15 meters after start or turn	BfF	Did not execute movement of both feet in same way
FrC	Walked on pool bottom and/or pushed off bottom	BfG	Did not touch wall with both hands simultaneously at turn and/or finish
		BfH	No touch at turn and/or finish
		BfI	Arm movements did not continue throughout race
		BfJ	More than one breaststroke kick per arm pull

### BACKSTROKE:

BaA	Toes over the gutter		
BaB	Head did not break surface by 15 meters after start or turn	<b><u>INDIVIDUAL MEDLEY:</u></b>	
BaC	Shoulders past vertical	IMA	Freestyle swum as backstroke, breaststroke or butterfly
BaD	No touch at turn and/or finish	IMB	Not swum in right order
BaE	Not on back off wall	IMC	Stroke infraction - use stroke codes
BaF	Did not finish on back	<b><u>RELAYS:</u></b>	
BaG	Past vertical at turn: non continuous turning action	RA	Early swimmer take-off # (RA#)
BaH	Past vertical at turn: independent kicks	RB	Medley not swum in right order
Bal	Past vertical at turn: independent strokes	RC	Changed order of swimmers
		RD	Non listed swimmer swam
		RE	Stroke infraction - use stroke codes and swimmer #

### BREASTSTROKE:

BrA	Head did not break surface before hands turned inside at widest part of second stroke	<b>(RE#)</b>	
BrB	Head did not break surface of water during each complete stroke cycle	RF	Swimmer other than the swimmer designated to swim entered race area before all finished



**MIKASA**  
Sports every day!

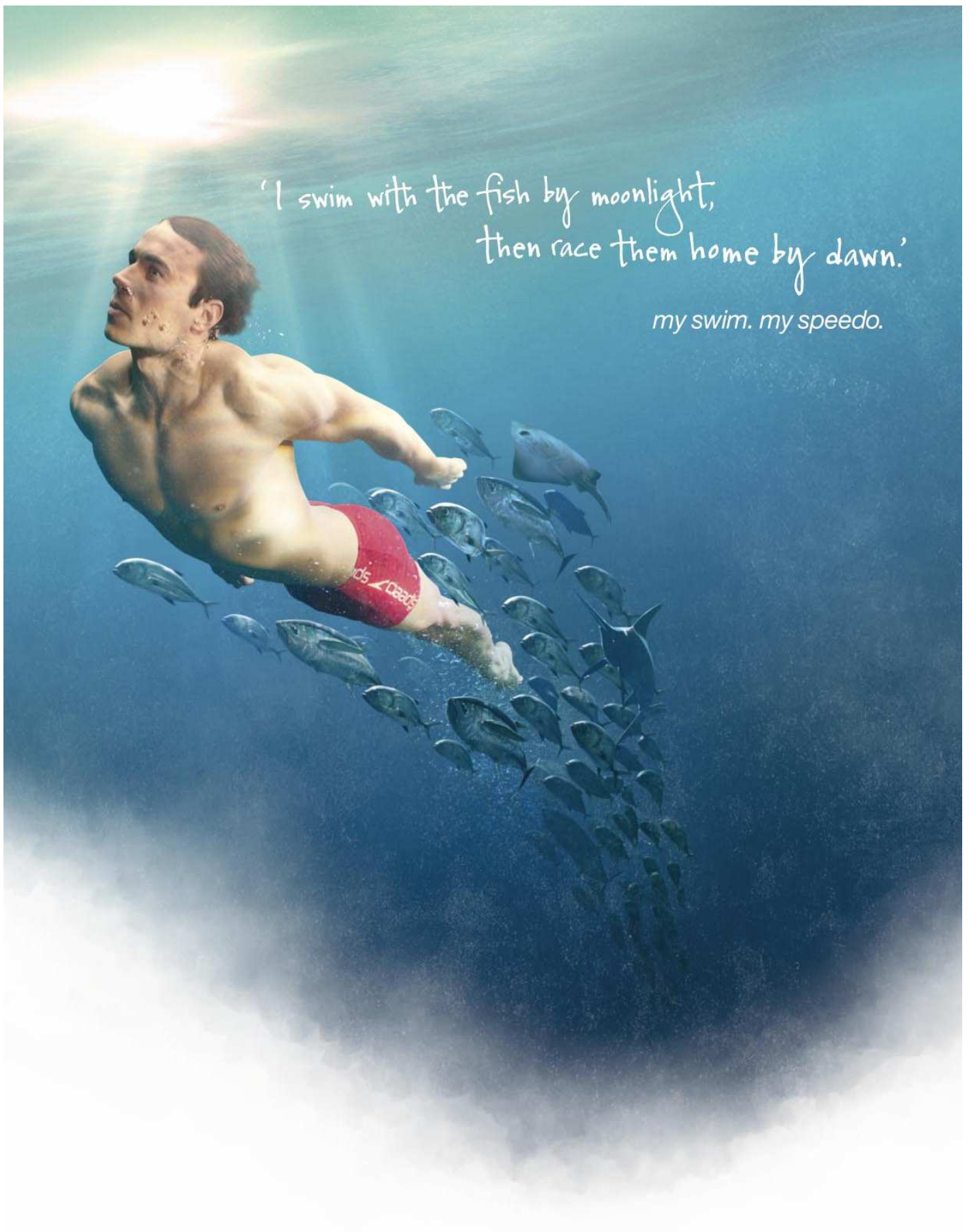
## Better Ball Better Game

*FINA's only choice - MIKASA - the world demands the best*



# MIKASA

MIKASA CORPORATION, Japan [www.MikasaSports.co.jp](http://www.MikasaSports.co.jp) MIKASA SPORTS, USA [www.MikasaSports.com](http://www.MikasaSports.com)

A man in red Speedo briefs is swimming underwater, looking upwards. He is surrounded by a large school of fish. Sunlight filters through the water from the top left, creating a bright, hazy atmosphere. The man's briefs have the Speedo logo and 'Speedo' written on them.

*'I swim with the fish by moonlight,  
then race them home by dawn.'*

*my swim. my speedo.*

**speedo** 

Share your story at [speedo.com](http://speedo.com)