



**POLISH OPEN  
MASTERS SWIMMING  
CHAMPIONSHIPS  
GLIWICE 17-19.06.2011**

**Date: 17-19.06.2011 r.**

**Venue:** Indoor swimming pool „OLIMPIJCZYK” Oriona 120 str., 44-100 Gliwice  
- long course: 50 m, 10 lanes  
- electronic timing

## 1. Participation

- Swimmers – 20 years and older (born in 1991 and older),
- A swimmer may enter a maximum of 8 individual events, with a maximum of 2 individual events per session, not including relays.
- Swimmers may participate in the competition after signing a declaration concerning the responsibility for one's own health;
- Participation in 400 m, 800m free and 400 IM style should be confirmed personally in the bureau of organizer before competition. Additional to the above distances time limits has apply.
- Age groups:
  - individual: 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, 90-94 and five year age increments as high as necessary.
  - relays: based on the total age of team members in whole years: 80-99, 100-119,120-159, 160-199, 200-239, 240-279,280-319, 320-359, and forty year increments as high as necessary.

## 2. Entries

The deadline for entries is **Monday 06th June 2011**.

Entries in LENEX File (you can download Entry Editor program from the internet-<http://www.splash-software.ch>) or complete entry form shall be send by email to: [wisniowicz@interia.pl](mailto:wisniowicz@interia.pl) and copy to [mwitkowski@tur.gliwice.pl](mailto:mwitkowski@tur.gliwice.pl) till **06.06.2011**.

Please use as subject line of the email: "**Entry Masters2011 + your swim club name**".

Lists of participants will be available on the website [www.tur.gliwice.pl](http://www.tur.gliwice.pl) and <http://masters.kania.opole.pl/> till 12.06.2011.

## 3. Rules:

The competition is held in accordance with FINA Masters and Polish Masters Swimming Federation rules. Swimmers will be put into heats according to entered times, races will be timed directly, without final.

## 4. Schedule:

### ***I session 17.06.2011 – Friday afternoon***

12.00 - 15.00	registration		
14.30 - 15.45	Warm-up		
15.50 – 16.00	Opening ceremony		
16.00	Start session		
events:			
<i>number</i>	<i>distance</i>	<i>style</i>	<i>category</i>
1/2	50	FLY	W/M
3/4	200	I.M.	W/M
5/6	4x50	I.M.	W/M
7/8	100	BREAST	W/M
9/10	800	FREE	W/M

### ***II session 18.06.2011 – Saturday morning***

8.30 - 9.20	Warm-up		
9.30	Start session		
events:			
<i>number</i>	<i>distance</i>	<i>style</i>	<i>category</i>
11/12	50	BACK	W/M
13/14	200	FREE	W/M
15/16	4x50	FREE	W/M
17/18	100	FLY	W/M
19/20	400	I.M.	W/M

### **III session – 18.06.2011 Saturday afternoon**

#### **morning**

15.00 - 15.50	Warm-up		
16.00	Start session		
events:			
<i>number</i>	<i>distance</i>	<i>style</i>	<i>category</i>
21/22	50	BREAST	W/M
23/24	200	FLY	W/M
25	4x50	FREE	MIX
26/27	200	BACK	W/M
28/29	100	FREE	W/M

### **IV session – 19.06.2011 Sunday**

8.30 - 9.20	Warm-up		
9.30	Start session		
events:			
<i>number</i>	<i>distance</i>	<i>style</i>	<i>category</i>
30/31	50	FREE	W/M
32/33	100	BACK	W/M
34	4x50	I.M.	MIX
35/36	200	BREAST	W/M
37/38	400	FREE	W/M

#### **5. Awards, results:**

Results will be posted on central locations in the pool and placed on **[www.masters.kania.opole.pl](http://www.masters.kania.opole.pl)**.

There will be 3 medals and diplomas per age group in each individual event.

There will be no medals for relays, but diplomas.

#### **6. Entry fees and payment:**

Entry fee for the Polish Open Masters Championships - **95 zł** per person till 06.06.2011, money transfer to:

**Śląski Okręgowy Związek Pływacki**  
**ul. Gwarków 1**  
**41-400 Mysłowice**

#### **Bank account:**

**Bank PEKAO S.A. O/Mysłowice**  
**44 1240 4315 1111 0000 5302 6763**

(with notice **MASTERS** and name and surname of all competitors)

#### **7. Party:**

After competition there will be party organized. It shall begin at 8.30 p.m. 18.06.2011.

Sign up with entries - **30 zł** (in the office of competition till 17.06.2011 6.00 p.m.)

#### **8. Accommodation:**

1. Centrum Konferencyjno-Wypoczynkowe „Leśny” Adres: **44-100 Gliwice, Toszecka 137str**, phone:+4832 / 279 97 00 email: [lesny@tur.gliwice.pl](mailto:lesny@tur.gliwice.pl)
2. Hotel „Łabędy” - Adres: **44-109 Gliwice, Karola Marksa 11 str**, phone: +48 32 / 230 09 29 email: [repcja@agrobakal.com.pl](mailto:repcja@agrobakal.com.pl)
3. Hotel „Piast” Adres: **44-100 Gliwice, Chodkiewicza 33 str** phone:+48 32 / 279 11 37, 32 / 279 11 40 email: [info@piasthotel.pl](mailto:info@piasthotel.pl)
4. Hotel „Royal” **44-100 Gliwice, Matejki 10 str**, phone: +48 32 / 400 00 00 32 / 231 61 21 email: [hotel@hotelroyal.com.pl](mailto:hotel@hotelroyal.com.pl)

#### **9. Miscellaneous**

- Times made by the first swimmer in a relay will be accepted, as long as they were marked in the official results.
- Split times may be used as entry times, as long as they were marked in the official results.
- More than one relay team per club may be entered in an event.
- A swimmer will only be allowed to swim in one team in each relay event.

- Changes in relay teams must be made by submitting a new start card to the secretariat before the start of the warming up of the session in which the relay will be swum.

**10. Additional information:**

If you have any question please contact with:

Tadeusz Stuchlik

e-mail: [tstuchlik@wp.pl](mailto:tstuchlik@wp.pl)

mobile +48 605 858 158

***You will be very welcome guests here.***