



Växjö Simsällskap & the Swedish Swimming Federation
are pleased to invite you to

The Swedish Open Masters Swimming Championships 2010

This championships is open for registered Masters
swimmers from all nations

in cooperation with



Date: 19-21 March 2010

Location: Aquamera Simhallen Växjö, a 25m pool with 7 lanes

Session times:

Session 1.	Friday 19 March	17:00
Session 2.	Saturday 20 March	09:00
Session 3.	Saturday 20 March	15:00
Session 4.	Sunday 21 March	10:00

Warm-up swim can begin one hour before the sessions start.
Friday the 19th the pool will be available for warm ups at 15:30.

Entries: Entries must be received by VÖSS latest on Friday March 5th via e-mail: masters-sm@vaxjosimsallskap.com

It is preferred that entries are sent using the computer program "Grodan".

Swedish swimmers must list their license number with their entry (can be obtained from the OTCO database).

Entry fees: SEK 70 for each individual start. SEK 100 for each relay team start.

The entry fees are to be paid to VÖSS bg account 173-1744 at the same time as the entry. You must specify "Masters SM" on the payment slip.

Incomplete entries will not be processed.

For international bank transfer to Växjö SS:
Swedbank, Bic-code: SWEDSESS, IBAN no: SE73 8000 0008 1695 8710

Late entry: Late entry is possible until March 12th.
Late entries will be charged double entry fee.

Cancellation: Cancellation for the session on Friday must be received no later than Thursday March 18th at 20.00 hrs. Cancellation for the other sessions must be received no later than 30 minutes after the end of the previous session. Paid entry fee will not be refunded. If a cancellation is received after the deadlines specified, a fee of SEK 300 will be levied.

Relay teams: The composition of relay teams must be given to the meet secretary at the latest 60 minutes before the start of the session. Changing of the age classification of a relay team will be regarded as a cancellation of the original entry and a late entry of the new team. A late entry fee must be paid.

Rules: The one-start rule will be applied.
MSW 3.10: A breaststroke kicking movement is permitted for butterfly. Only one breaststroke kick is permitted per arm pull except that a single breaststroke kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull.

Swimwear: The competitor must wear only one swimsuit in one or two pieces.

Swimwear for women shall not cover the neck, extend past the shoulder, nor shall extend below knee.

Swimwear for men shall not extend above the navel nor below the knee.

All swimsuits shall be made from textile materials, ie produced by weaving, knitting, and/or braiding.

No zippers or other fastening system is allowed.

The swimwear shall in all other regards comply with the criteria laid out by FINA (FINA BL 8.3).

National and International records can be established only by swimmers wearing swimsuits in accordance with "FINA 2010 List of Approved Swimsuits":
http://www.fina.org/project/index.php?option=com_content&task=view&id=2768&Itemid=9

Competition Doctor: Will be available, times to be posted later.

SM points: SM (Swedish Championships) points will only be calculated for Swedish clubs as specified in SSF Rule 310: "Points are awarded for results in SM in Masters swimming, with 7, 5 and 3 points being awarded for the first three (Swedish) club participants in each event and age class, provided that at least three participants from at least two (Swedish) clubs started in the event. Team points are awarded only in events in which at least two teams from at least two Swedish clubs have participated in the event."

Medals/prizes: Medals will be awarded for places 1-3.

The Swedish Championships Medal will be awarded to the best swimmer representing a Swedish club where there are at least 2 competitors. Swedish winners of the 70 yrs and older classifications will receive a Championship medal even if competing solo. All others must be within 5% of the Swedish record in order to receive the Championship medal.

Ann's and Glenn's Challenge Trophy will be awarded to the best female and male performer, with regards to MASTERS FINA POINTS.

Food: Lunch on Saturday and Sunday as well as dinner on Friday will be served.

Lunch: SEK 70

Dinner: SEK 80

Booking of meals must be made together with the entry.

The food will be invoiced afterwards. Cash payment will be accepted from international participants

Social Dinner Party: A party will be held Saturday
An invitation will be issued separately and put on the VÖSS website no later than January 31.

Accommodation: You must make your own reservations for accommodation.
More information to be posted at a later date.

Opening ceremony: Official opening of the meet will be held on Saturday morning 08:45.

Information:*Växjö Simsällskaps Office*

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Web Page Masters-SM www.vaxjosimsallskap.com/masters-sm-2010

Class specification:

The age for class specification is the age held by the swimmer at 31/12 2010.

Individual Class: Pre-Masters 20-24
 A 25-29 E 45-49 I 65-69 M 85-89
 B 30-34 F 50-54 J 70-74 N 90 –
 C 35-39 G 55-59 K 75-79
 D 40-44 H 60-64 L 80-84

Team Relay Class: Pre-masters 80-96 (max individual age is 24 yrs)
 A 100-119 C 160-199 E 240-279
 B 120-159 D 200-239 F 280-319
 G 320-359

Order of Events:

New for 2010 (*)

All events 200m or longer will be seeded after the time of entry (!)

Friday March 19, 17:00

1.	200m IM	Women !
2.	400m IM	Men * !
3.	1500m freestyle	Women * !
4.	800m freestyle	Men !

Saturday March 20, 09:00

5.	50m freestyle	Women
6.	50m freestyle	Men
7.	100m breaststroke	Women
8.	100m breaststroke	Men
9.	50m backstroke	Women
10.	50m backstroke	Men
11.	100m butterfly	Women
12.	100m butterfly	Men
13.	4x50m freestyle	Mix

Saturday March 20, 15:00

14.	4x50m medley	Mix
15.	100m medley	Women
16.	100m medley	Men
17.	200m freestyle	Women * !
18.	200m freestyle	Men * !
19.	200m backstroke	Women * !
20.	200m backstroke	Men * !
21.	4x50m freestyle	Women
22.	4x50m freestyle	Men

Sunday March 21, 10:00

23.	100m freestyle	Women
24.	100m freestyle	Men
25.	50m breaststroke	Women
26.	50m breaststroke	Men
27.	100m backstroke	Women
28.	100m backstroke	Men
29.	50m butterfly	Women
30.	50m butterfly	Men
31.	4x50m medley	Women
32.	4x50m medley	Men