

### Aim of the competition and tasks:

- 1. To improve sportsmanship of master swimmers.
- 2. To promote swimming sport and healthy life style.
- 3. To strength a friendship between the various national master swimming clubs and master swimmers.

### **Administration of the competition:**

The competition is organized by the swimming club "AQUA".

The competition supported by Valmiera City Municipality and Valmiera Olympic centre swimming pool.

Competition is certified generally in accordance with FINA rules and under the event regulations Automatic competition management and timing system will be used (OMEGA Quantum Aquatics) Head referee – V.Sirjajevs

#### **Participants:**

Competition is open to all registered Masters Swimmers 25 years of age and over.

The age of competitors is determined as of 31st December 2023.

Age groups for individual events are as follows:

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 - ....

<u>Each participant bears personal responsibility for health condition and must confirm it by signing special form at the registration.</u>

## The competition time and location:

 $May 27^{th} - 28^{th}, 2023$ 

Valmiera swimming pool /25m 8 lines/

Address: Cempionu iela 4, Valmiera LV-4201, Latvia

#### **Schedule:**

Saturday, May 27th	Sunday, May 28th
14:30 Warm up	9:30 Warm up
15:00 Competition	10:00 Competitions

200m Free W, M.50m Free W, M.200m Breast W, M.50m Back W, M.200m Fly W, M.50m Breast W, M.200m Back W, M.50m Fly W, M.100m Free W, M.100m IM W, M.200m IM W, M.Relay 4 x 25m (2+2)

800m Free W, M.

## **Awarding:**

All participants will be awarded with Diploma and medal.

**Top 10 men and women** will be awarded **with prizes**. Rating according to points of master swimming calculator system of two best results.

#### **Entry fees:**

20,- € Entry fee for competition should be paid by arrival on May 27th, till 14:30

#### <u>Entries:</u>

Final Entries should be submitted using the Online Entry System that can be found on the address: https://www.swimrankings.net/manager/.

Entry Reports must be sent by the team representative by 23rd May by e-mail to the address aiva.mikelsone@inbox.lv

Last corrections must be sent by 8pm, 25th May.

Entries sent after the deadline will not be accepted.

# **Evening party**:

Party with dinner will be held on Saturday evening after the competition 25,-€, should be paid by arrival on May 27<sup>th</sup>, till 14:30

## **Suggested accommodation in Valmiera:**

- 1. SPORTS HOTEL www.sportshotel.lv (0,05km from the swimming pool)
- 2. STADIUM HOTEL <a href="https://janadalinastadions.lv/stadium-hotel/">https://janadalinastadions.lv/stadium-hotel/</a> For bookings: <a href="mailto:info@janadalinastadions.lv">info@janadalinastadions.lv</a> (4,00km from the swimming pool)
- 3. BESTES APARTAMENTI https://www.facebook.com/bestesapartamenti/

iveta@bestesapartamenti.lv, +37126428639 (3,80 km from the swimming pool)