

CYPRUS INTERNATIONAL MASTERS SWIMMING MEET

Limassol Olympic Pool

22-23 October 2016



INVITATION

The Cyprus Swimming Federation is delighted to invite you to the 2016 Cyprus International Masters Swimming Meet.

Dear international friends,

Combine a beautiful Mediterranean holiday in the sun with the 2016 Cyprus International Masters Swimming Meet in the beautiful city of Limassol, over the weekend of 22 - 23 October 2016.

Hosted by the Cyprus Swimming Federation with assistance from the Cyprus Swimming Masters, this inaugural event aims to promote participation in Masters Swimming in the spirit of friendship, respect and peace.

The swim program will cover all strokes from 50m to 200m, plus 400m, 800m and 1500m freestyle, 200m and 400m Individual Medley, and team events in the 4x50m Mixed Freestyle and 4x50m Mixed Medley Relays.



The Limassol Olympic Pool is situated in the heart of the tourist area of the City, right next to the beach. It is the best swimming facility on the Island and the venue for most national and international competitions organised by the Cyprus Swimming Federation.



Limassol City

Limassol is the second largest city of Cyprus with a population of approximately 180,000. It is one of six districts and covers an area of 34.87 square kilometres. Located on the southern coast, Limassol stretches around westward to the Paphos district, bordering with the district of Larnaca on the east and with Nicosia on the north.

In addition to the recognized popularity as a tourism destination, Limassol is also an administrative and business centre, a port, a resort, the centre of the wine industry and home to many archaeological sites.

The vivacious city centre, seems to offer a journey through time where the University with its bustling young students aiming for a brighter future is just a few streets away from the old market and ancient castle which link us to the past. Gracefully blending old with new continues, as across the seafront one can appreciate the cosmopolitan side of Limassol with its contemporary business structures and modern apartment buildings while only several kilometres away one can find charming areas with cobblestone streets, quaint buildings with overhanging terraces under which there are a profusion of small shops, restaurants and cafes.

Limassol is easily accessible via modern highways either from Larnaca International Airport, just 40 minutes' drive to the swimming pool area or Paphos International Airport, at just 50 minutes'

drive. October is a busy period in Limassol and we strongly suggest that you secure accommodation early to get the best deal.

Thank you for supporting the 2016 Cyprus International Masters Swimming Meet and we

look forward to welcoming you to Cyprus in October.

Best Regards,

Cyprus Swimming Federation

MEET INFORMATION

Date: Saturday 22 to Sunday 23 October 2016

Meet Format: Timed Finals Long Course (50 m)

Venue: Limassol Olympic Swimming Pool, 50m outdoor with 8 lanes
Warm up pool, 22m outdoor pool with 4 lanes

Timing: Electronic timing (DAKTRONICS)

Organiser: Cyprus Swimming Federation
Address: P.O. Box 23931, 1687 Nicosia, Cyprus
Phone: +357 22449841
Fax: +357 22449842
Email: koek@logos.cy.net

For all matters regarding the meet please use only the above contact numbers and email.

Organising Committee:

Meet Manager	Renos Onoufriou
Meet Secretary	Maria Loizidou
Meet Referee	Petros Arestis

Eligibility: The event is open to any man or woman aged over 25. Competitors must be aware of the need of being well prepared and medically fit before entering into the competition. A medical examination prior to the event is highly recommended. Each swimmer shall assume full responsibility for the risks involved in competing in such competition by signing a declaration that certifies that he/she has been cleared to take part in the competition.

Registration: Entries have to be made by stating the athlete's birthday, nationality, contact details and the entry times. All entry forms must be submitted via email or fax by midnight of 15th October 2016. No entries will be accepted after the deadline. The registration fee for the Meet is €10

At least one hour before the start of the competition each swimmer must present to the Secretariat a valid passport or identity card.

Entry Fees: Each swimmer may participate in up to 6 individual events.

Entry fees are: EUR 4,00 per individual event entry
EUR 8,00 per relay event entry

Registration and entry fees must be paid in cash on the first day of competition or may be transferred to the following bank account:

Beneficiary: CYPRUS SWIMMING FEDERATION
Bank: Bank of Cyprus
IBAN: CY02 0020 0195 0000 3570 0983 4929
SWIFT BIC: BCYPCY2N
Subject: CYPRUS MASTERS SWIMMING MEET

Results: The official results will be organised by event, gender and age group. They will be posted on bulletin board at the venue soon after each event and the Cyprus Swimming Federation website as soon as possible after each session.

MEET EVENTS & AGE GROUPS

Individual Events:

50, 100, 200, 400, 800, 1500 m Freestyle
50, 100, 200 m Backstroke
50, 100, 200 m Breaststroke
50, 100, 200 m Butterfly
200, 400 m Individual Medley

Individual Events Age Groups:

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	95-99

Relay Events:

4 x 50m Mixed Freestyle Relay (2 women and 2 men)
4 x 50m Mixed Medley Relay (2 women and 2 men)

Relay Events Age Groups:

100 – 119	120 – 159	160 – 199	200 – 239
240 – 279	280 -319	320 – 359	

MEET PROGRAMME

Saturday, 22 October 2016

Session starts at 15:00

1. 100m Freestyle M
2. 100m Freestyle W
3. 50m Breaststroke M
4. 50m Breaststroke W
5. 400m Individual Medley M & W
6. 100m Backstroke M
7. 100m Backstroke W
8. 200m Butterfly M
9. 200m Butterfly W
10. 400m Freestyle M
11. 400m Freestyle W
12. 200m Breaststroke M
13. 200m Breaststroke W
14. 50m Butterfly M
15. 50m Butterfly W
16. 800m Freestyle M & W
17. 4x50m Freestyle mixed relay

Sunday, 23 October 2016

Session starts at 15:00

18. 200m Freestyle W
19. 200m Freestyle M
20. 100m Breaststroke W
21. 100m Breaststroke M
22. 100m Butterfly W
23. 100m Butterfly M
24. 50m Backstroke W
25. 50m Backstroke M
26. 200m Individual Medley M
27. 200m Individual Medley W
28. 50m Freestyle W
29. 50m Freestyle M
30. 200m Backstroke W
31. 200m Backstroke M
32. 1500m Freestyle M & W
33. 4x50m Medley Mixed Relay

RULES & REGULATIONS

1. The competition will be held according to FINA rules and regulations.
2. Swimmers may swim only using FINA approved swimming costumes. No swimmer will be allowed to wear 2 or more suits at the same time.
3. In each event swimmers will be seeded according to their entry time and will compete against participants with similar times regardless of age. All events will be run slowest to fastest. The results will be separated according to the age groups.
4. The entry lists will be published on the Organiser's website on Thursday, 20 October 2016, at noon. Competitors are hereby asked to review and confirm their registration. Changes or amendments on the afternoon of the meet and/or during the competition will not be accepted. It is the swimmers' responsibility to confirm proper registration.
5. Cancellations for individual events must be received by Wednesday, 19 October 2016, before noon. After this date there will be no refunds or cancellations.
6. During the meet, swimmers must be present at the call room on time. Swimmers missing their heat will be automatically scratched from that event. Members of the organising team will identify swimmers before each event and send them to the start. After finishing their heat, each swimmer must remain in the pool and avoid touching the electronic touchpads. Once the next heat starts, swimmers who have completed their heat, must leave through the steps on both sides of the pool avoiding contact with the touchpads.
7. Mixed relays must be composed of 2 men and 2 women.
8. Relay teams must be submitted to Meet Management at least one hour before each session begins, Saturday and Sunday, for that day's relays. All submissions must specify the age group of the team, swimmers' names, ages as of Dec 31, 2016, each swimmer's gender and the order of swimmers. Seeding for all relay teams will be randomly drawn and posted on the bulletin board 30 minutes before they commence. Relay team members must swim in the order shown on the card as presented to the lane timers or else they will be disqualified.
9. Every swimmer will be allowed to participate in only one relay team in each relay event.
10. In case there are many heats in the 800m and 1500m events, swimmers may be seeded to compete in two (2) per lane. Please note that when swimming two per lane, front crawl is the only stroke permitted.
11. The top three swimmers of each event and each age group will be awarded medals which will be presented at the end of each session. All competitors will receive participation certificates.
12. The competition pool will be available one hour prior to the start of the meet. The warm-up pool will also be available throughout the meet.
13. Lane 8 shall be reserved for slow swimmers. Faster swimmers are encouraged to use lanes 4 and 5 during general warm up.
14. Twenty minutes prior to the end of warm-up lanes 1 and 2 shall be designated as sprint lanes. The starts shall be from the normal starting end of the pool with one-way swimming only. Upon completion of the length the swimmer shall leave the lane.
15. The warm-up session will end 15 minutes before the beginning of each day's competition programme.
16. All competitors must ensure that they observe all safety announcements and conduct themselves with safety in mind at all times. Swimmers must follow the instructions of the Referee and Safety Marshals and failure to do so may exclude them from the competition.

SAFETY CODE

All competitors should read the following Safety Code before signing the entry form. The signing and submitting of the entry form confirms that the Competitor has read, understood and agrees to abide by the following:

1. All Competitors should seek appropriate medical advice as to the state of their health and to make sure that they do not have any medical condition which would make it inadvisable to participate in Masters Swimming events or any other associated activities.
2. Understand that there are inherent risks involved in participating in competitions including the possibilities of injury and accident and undertake to conduct themselves in a responsible and proper manner.
3. Undertake at all times to use their best endeavours and compete in a safe and proper manner and not to do anything which would expose themselves or fellow swimmers to unnecessary risk of injury.
4. Undertake at all times all reasonable safety measures for the protection of themselves and fellow swimmers and to inform the Referee of any concerns they may have with regard to safety.
5. The Cyprus Swimming Federation cannot be held responsible for either personal injury or any loss or damage to personal belongings and as such you must take all reasonable steps to prevent such loss or damage.
6. Accept that in the submission of a signed entry form you are certifying that you are physically fit and able to participate in the Swimming Meet and are agreeing to abide by and be governed by the rules of FINA and the Cyprus Swimming Federation and all other related laws and regulations under which the Meet is organised.

On Sunday, October 23rd, the Cyprus Masters Club will organize an athletes' party. Food and drink will be provided. Details about the party will be announced later.





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INDIVIDUAL ENTRY FORM

Name: Surname:

Date of Birth: Nationality:

Telephone: Email:

ID or Passport No:

Entries:

	Event	Time
1		
2		
3		
4		
5		
6		

Fees:

Item	Cost
Registration	€ 10
Additional Events (€4 each)	€
Total Cost	€

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BENEFICIARY: CYPRUS SWIMMING FEDERATION, IBAN: CY02 0020 0195 0000 3570 0983 4929,

BANK: BANK OF CYPRUS, SWIFT BIC: BCYPCY2N, SUBJECT: CYPRUS MASTERS SWIMMING MEET

In submitting this form I declare that the above information is correct and that I have read, understood and agree to abide by the conditions of this swim meet as outlined in the information pack.

SIGNATURE: _____ DATE: _____



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RELAY ENTRY FORM

4 x 50m Mixed Freestyle Relay		
Order	Swimmer	Age
1		
2		
3		
4		
Combined Team Age:		

4 x 50m Mixed Medley Relay		
Order	Swimmer	Age
1		
2		
3		
4		
Combined Team Age:		

Registration and entry fees must be paid in cash on the first day of competition or may be transferred to the Organiser's bank account: **BENEFICIARY:** CYPRUS SWIMMING FEDERATION, **IBAN:** CY02 0020 0195 0000 3570 0983 4929, **BANK:** BANK OF CYPRUS, **SWIFT BIC:** BCYPCY2N, **SUBJECT:** CYPRUS MASTERS SWIMMING MEET

In submitting this form I declare that the above information is correct and that I have read, understood and agree to abide by the conditions of this swim meet as outlined in the information pack.

NAME: _____ SIGNATURE: _____ DATE: _____



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DECLARATION

I hereby declare that am aware of and appreciate the inherent risks involved in such competition and that I have recently been examined by a doctor. I am absolutely fit and healthy to participate in the above event.

The Cyprus Swimming Federation is not liable for any personal injury or any injury inflicted to other contestants from my mistake before, during or at the end of the events, or for any loss or damage to personal belongings.

Name: _____

Passport / ID Card: _____

Signature: _____ Date: _____

All competitors in individual and relay events must return this form by fax or email with their entry form not later than 15 October, 2016.