

# 4<sup>th</sup> CYPRUS INTERNATIONAL MASTERS SWIMMING MEET

Limassol Olympic Swimming Pool  
19-20 October 2019



# INVITATION

**The Cyprus Swimming Federation is delighted to invite you to the 4<sup>th</sup> Cyprus International Masters Swimming Meet.**

Dear international friends,

Combine a beautiful Mediterranean holiday in the sun with the 4<sup>th</sup> Cyprus International Masters Swimming Meet in the beautiful city of Limassol, over the weekend of 19 - 20 October 2019. Hosted by the Cyprus Swimming Federation aims to promote participation in Masters Swimming in the spirit of friendship, respect and peace.

The swimming 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 Freestyle, 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 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 4<sup>th</sup> 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 19 to Sunday 20 October 2019

**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  
Web site: www.koek.org.cy

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

**Organising Committee:** Meet Manager: Alexandros Christoforou  
Meet Secretary: Maria Loizidou Kyriacou  
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.

**Entries:** 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 11th October 2019. No entries will be accepted after the deadline.

**Registration:** The registration will take place at the swimming pool as follows:  
Friday, 18 October 2019 09.00-12.00hrs & 17.00-19.00

The registration fee for the Meet is €20 and must be paid **during the registration.**

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: EUR 5,00 per individual event entry  
 EUR 10,00 per relay event entry
- Entry fees must be paid in cash **during the registration.**
- Training:** The pool will be available for training on 18<sup>th</sup> of October 2019 between 10.00-12.00hrs
- 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.
- Dates to remember:** 11/10/2019 Deadline to submit the entry and Declaration Forms  
 16/10/2019 Cancellation of entries
- Awards:** Medals for the 1st, 2nd and 3rd place winners for each event in each category.  
 Cup for the oldest competitor in each gender.

## 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 Freestyle  
 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, 19/10/2019

### 1<sup>st</sup> Session

Warm up starts at 07.45

Session starts at 09:00

1. 50m Backstroke M
2. 50m Backstroke W
3. 400m Freestyle M
4. 400m Freestyle W
5. 200m Butterfly M
6. 200m Butterfly W
7. 200m Individual Medley M
8. 200m Individual Medley W
9. 4 x 50m Freestyle Mixed Relay

**Awards ceremony**

## Saturday, 19/10/2019

### 2<sup>nd</sup> Session

Warm up starts at 15.45

Session starts at 17:00

10. 50m Freestyle M
11. 50m Freestyle W
12. 200m Breaststroke M
13. 200m Breaststroke W
14. 400m Individual Medley M
15. 400m Individual Medley W
16. 800m Freestyle M
17. 1500m Freestyle W
18. 4 x 50m Freestyle M Relay

**Awards Ceremony**

## Sunday, 20/10/2019

### 3<sup>rd</sup> Session

Warm up starts at 07.45

Session starts at 09.00

19. 200m Freestyle W
20. 200m Freestyle M
21. 50m Butterfly W
22. 50m Butterfly M
23. 100m Backstroke W
24. 100m Backstroke M
25. 100m Breaststroke W
26. 100m Breaststroke M
27. 800m Freestyle W
28. 1500m Freestyle M
29. 4 x 50m Freestyle W Relay

**Awards ceremony**

## Sunday, 20/10/2019

### 4<sup>th</sup> Session

Warm up starts at 15.45

Session starts at 17:00

30. 50m Breaststroke W
31. 50m Breaststroke M
32. 100m Freestyle W
33. 100m Freestyle M
34. 100m Butterfly W
35. 100m Butterfly M
36. 200m Backstroke W
37. 200m Backstroke M
38. 4 x 50m Medley Mixed Relay

**Awards Ceremony**

# 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, 17 October 2019, at noon. 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, 16 October 2019, before noon. After this date, there will be no 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. All submissions must specify the age group of the team, swimmers' names, ages as of Dec 31, 2019, 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 and 15' minutes 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 session.
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.



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## INDIVIDUAL ENTRY FORM

Name: ..... Surname: .....

Date of Birth: ..... Nationality: .....

ID or Passport No: ..... Gender: Male  Female

Club: .....

Telephone: ..... Email: .....

### Entries:

	Event	Time
1		
2		
3		
4		
5		
6		

### Fees:

Item	Cost
Registration	€ 20
Events (€5 each)	€
Total Cost	€

**Registration and entry fees must be paid during the registration on Friday 18<sup>th</sup> of October 2019.**

**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: \_\_\_\_\_





# 4<sup>th</sup> CYPRUS INTERNATIONAL MASTERS SWIMMING MEET

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## RELAY ENTRY FORM

**CLUB:** .....

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

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

Registration and entry fees must be paid during the registration on Friday 18<sup>th</sup> of October 2019.

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: \_\_\_\_\_



# 4<sup>th</sup> CYPRUS INTERNATIONAL MASTERS SWIMMING MEET

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## RELAY ENTRY FORM

**CLUB:** .....

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 during the registration on Friday 18<sup>th</sup> of October 2019.

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 11 October, 2019.

**Copy of the passport or I.D. card must be sent with the Declaration Form.**