

8TH CYPRUS INTERNATIONAL MASTERS SWIMMING MEET

**Limassol Olympic Swimming Pool
18-19 October 2025**



INVITATION

Dear Friends,

We are thrilled to extend a warm invitation to you for the 8th Cyprus International Masters Swimming Competition, hosted by the Cyprus Swimming Federation. This exciting event will take place on October 18th and 19th, 2025, in the vibrant city of Limassol, Cyprus.

Limassol, renowned for its picturesque coastline, rich history, and lively atmosphere, provides the perfect backdrop for this competition. As the second-largest city in Cyprus, Limassol offers a unique blend of modern amenities and traditional charm. From its beautiful beaches to its bustling old town, there is something for everyone to enjoy.

The city is home to several cultural and historical sites, such as the Limassol Castle, the Archaeological Museum, and the Marina. We encourage you to take some time to explore and experience the beauty and hospitality of Limassol during your visit.

Limassol is easily accessible via modern highways from both Larnaca International Airport, a 40-minute drive, and Paphos International Airport, a 50-minute drive. As October is a busy period in Limassol, we strongly urge you to secure accommodation early to get the best deal.

We look forward to welcoming athletes, coaches, and swimming enthusiasts from around the world to this exceptional event. Your participation will contribute to the success of the competition and promote the spirit of sportsmanship and camaraderie.

Please find below the event schedule and registration details. Should you have any questions or require further information, do not hesitate to contact us.

We eagerly anticipate your presence at the International Masters Swimming Competition in Limassol.

Warm regards,

Alexandros Christoforou
President, Cyprus Swimming Federation



MEET INFORMATION

Date: Saturday 18th and Sunday 19th October 2025

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
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 to be well-prepared and medically fit before entering 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 an event by signing a declaration that certifies they have been cleared to take part in the competition.

Individual Entries: Entries for individual events must be made through the online system at https://koek.org.cy/member_area by completing the Individual Entry Form. It is mandatory to attach a copy of your passport or I.D. card, accept the Declaration Form, and proceed with the payment of the participation fees (registration fee and fees for the individual events). After the payment is completed, no fees are refundable, and no corrections will be accepted.

The electronic system will open on Monday, June 2, 2025, and will close on Wednesday, October 15, 2025, at 09:00 hrs. After the system closes, no further applications will be accepted.

Relay Entries: For relay entries, applications can be submitted to the secretariat at the pool at least one hour before the start of the competition day by filling out the relevant form and paying the participation fees.

It is mandatory for all relay participants to be registered in advance for individual entries as described above and to pay through the online system by the specified deadline.

<u>Registration & Fees:</u>	Registration fee:	EUR 30,00
	Entry fees:	EUR 10,00 per individual event entry EUR 20,00 per relay event entry

Each swimmer may participate in up to six individual events.

Training: The pool will be available for training on October 17th, 2025, between 09:00 and 12:00 hrs.

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

Dates to remember: 02/06/2025 Opening of the electronic system
15/10/2025 Closing of the electronic system (09.00hrs)

Awards: Medals for the 1st, 2nd, and 3rd place winners of each event in each category.
Cup for the oldest competitor in each gender.

MEET EVENTS & AGE GROUPS

Individual Events:

50m, 100m, 200m, 400m, 800m, 1500m Freestyle
50m, 100m, 200m Backstroke
50m, 100m, 200m Breaststroke
50m, 100m, 200m Butterfly
200m, 400m 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, 18/10/2025

Warm up starts at 09:45

Session starts at 11:00

1. 100m Freestyle M
2. 100m Freestyle W
3. 50m Breaststroke M
4. 50m Breaststroke W
5. 400m Individual Medley M
6. 400m. Individual Medley W
7. 100m Backstroke M
8. 100m Backstroke W
9. 200m Butterfly M
10. 200m Butterfly W
11. 4 x 50m Freestyle M Relay
12. 400m Freestyle W
13. 400m Freestyle M
14. 200m Breaststroke W
15. 200m Breaststroke M
16. 50m Butterfly W
17. 50m Butterfly M
18. 800m Freestyle W
19. 800m Freestyle M
20. 4 x 50m Freestyle Mixed Relay

Sunday, 19/10/2025

Warm up starts at 09:45

Session starts at 11:00

21. 200m Freestyle W
22. 200m Freestyle M
23. 100m Breaststroke W
24. 100m Breaststroke M
25. 100m Butterfly W
26. 100m Butterfly M
27. 50m Backstroke W
28. 50m Backstroke M
29. 200m Individual Medley W
30. 200m Individual Medley M
31. 4 x 50m Freestyle W Relay
32. 50m Freestyle M
33. 50m Freestyle W
34. 200m Backstroke M
35. 200m Backstroke W
36. 1500m Freestyle M
37. 1500m Freestyle W
38. 4 x 50m Medley Mixed Relay

The awards will be given during the events

RULES & REGULATIONS

1. The competition will be held according to World Aquatics rules and regulations.
2. Swimmers may compete only in World Aquatics approved swimming costumes. No swimmer is allowed to wear two or more suits simultaneously.
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 from slowest to fastest. The results will be separated according to age groups.
4. The entry lists will be published on the organiser's website on Thursday, October 16, 2025, at noon.
5. 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 escort 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.
6. Mixed relays must be composed of two men and two women.
7. Relay teams must be submitted to Meet Management at least one hour before each session begins, on Saturday and Sunday, for that day's relays. All submissions must specify the age group of the team, swimmers' names, ages as of December 31, 2025, 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 they will be disqualified.
8. Each swimmer is allowed to participate in only one relay team in each relay event.
9. In case there are many heats in the 800m and 1500m events, swimmers may be seeded to compete two (2) per lane. When swimming two per lane, front crawl is the only stroke permitted.
10. The top three swimmers in each event and each age group will be awarded medals, which will be presented right after the completion of each event. All competitors will receive participation certificates.
11. 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.
12. Lane 8 shall be reserved for slow swimmers. Faster swimmers are encouraged to use lanes 4 and 5 during the general warm-up.
13. Twenty minutes prior to the end of warm-up, lanes 1 and 2 shall be designated as sprint lanes. 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.
14. The warm-up session will end 15 minutes before the beginning of each day's competition programme.
15. All competitors must ensure that they observe all safety announcements and always conduct themselves with safety in mind. Swimmers must follow the instructions of the Referee and Safety Marshals; failure to do so may exclude them from the competition.

SAFETY CODE

All competitors should read the following Safety Code before submitting the online entry form. By submitting the entry form, the competitor confirms they have read, understood, and agree to abide by the following:

1. All competitors should seek appropriate medical advice regarding the state of their health to ensure they do not have any medical conditions that would make it inadvisable to participate in Masters Swimming events or any other associated activities.
2. Competitors 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. Competitors always undertake to use their best endeavours and compete in a safe and proper manner, avoiding any actions that could expose themselves or fellow swimmers to unnecessary risks of injury.
4. Competitors always undertake to take all reasonable safety measures for the protection of themselves and fellow swimmers and to inform the Referee of any concerns regarding safety.
5. The Cyprus Swimming Federation cannot be held responsible for personal injury or any loss or damage to personal belongings. Competitors must take all reasonable steps to prevent such loss or damage.
6. By submitting the online entry form, competitors certify that they are physically fit and able to participate in the Swimming Meet and agree to abide by and be governed by the rules of World Aquatics and the Cyprus Swimming Federation, as well as all other related laws and regulations under which the Meet is organized.



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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:	

For relay entries, applications can be submitted to the secretariat at the pool at least one hour before the start of the competition day by filling out the relevant form and paying the participation fees.

It is mandatory for all relay participants to be registered in advance for individual entries as described above and to pay through the online system by the specified deadline.

NAME: _____ SIGNATURE: _____ DATE: _____



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MIXED 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:	

For relay entries, applications can be submitted to the secretariat at the pool at least one hour before the start of the competition day by filling out the relevant form and paying the participation fees.

It is mandatory for all relay participants to be registered in advance for individual entries as described above and to pay through the online system by the specified deadline.

NAME: _____ SIGNATURE: _____ DATE: _____