



SIKR^eT



POLISH OPEN MASTERS CHAMPIONSHIPS Gliwice, November 13-15.11.2015

- Date:** 13 – 15.11.2015
- Venue:** Swimming pool „Olimpijczyk” Oriona str. 120, 44-100 Gliwice [map](#)
 - short course: 25 m, 10 lanes
 - electronic timing
- Participation:**
 - Swimmers – 20 years and older (born in 1995 and older),
 - Competitors must be aware of the need of being well prepared and medically fit before entering into the competition. They shall assume full responsibility for the risks included in competing in such competition.
 - Age groups:
 - individual: 20-24, 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 -
 - relays: based on the total age of team members in whole years: 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359.
- Entries:**

The deadline for entries is the 3rd of November 2015.

Entry form needs to be made in LENEX FILE using „Splash Entry Editor” and then - sent by email to: wisniowicz@interia.pl.

Lists of participants will be available at www.megatiming.pl and www.masters.polswim.pl.
- Rules:**

The competition is held in accordance with FINA Masters and Polish Swimming Federation rules.

 - A swimmer may enter a maximum of 8 individual events, with a maximum of 2 individual events per session, not including relays.
 - The Organizing Committee may arrange 800 m and 1500 m freestyle to be swum by two (2) swimmers of the same sex in a lane.

Standard qualifying times 800m free women

0	A	B	C	D	E	F	G	H	I	J	K	L
13:30,00	14:00,00	14:30,00	15:00,00	15:30,00	16:00,00	16:45,00	17:30,00	18:30,00	19:45,00	21:15,00	23:15,00	26:00,00

Standard qualifying times 1 500m free men

0	A	B	C	D	E	F	G	H	I	J	K	L
21:30,00	22:00,00	23:00,00	24:30,00	26:30,00	28:00,00	30:00,00	34:00,00	37:00,00	38:30,00	41:00,00	44:00,00	47:00,00

- Awards:**
 - There will be 3 medals and diplomas per age group in each individual event.
 - There will be no medals for relays, but diplomas.

7. Entry fees and payment:

- Entry fees - **110 PLN**. The prices include **10 PLN** for Polish Masters Committee.
- Entry fees should be paid till **5.11.2015** on bank account:
SIKRET GLIWICE ul. Jagiellońska 21, 44-100 Gliwice,
no.: 12 1050 1298 1000 0023 2421 6437 (Bank ING o/Gliwice)
 with notice: „MPM + surname” or „MPM + club + amount of competitors”.
 If payment is overdue – entry fees is **150 zł** (including 10 zł for PMC) per swimmer.
- **There is a possibility to order lunch (20 zł) on the swimming pool.** Please send: **Beata Zasada e-mail: beata.zasada@catering.gliwice.pl**

8. Schedule:

SESSION I	SESSION II	SESSION III	SESSION IV
13/11/2015	14/11/2015	14/11/2015	15/11/2015
Warm up 14 ³⁰	Warm up 8 ⁰⁰	Warm up 15 ⁰⁰	Warm up 8 ⁰⁰
Opening ceremony 16 ⁰⁰	Start session 9 ⁰⁰	Start session 16 ⁰⁰	Start session 9 ⁰⁰
Start session 16 ⁰⁰			

WOMEN		MEN	
SESSION I			
1	50 m free	2	50 m free
3	200 m i.m.	4	200 m i.m.
5	relay 4x50 m free mix		
6	800 m free	7	1500 m free
SESSION II			
8	50 m back	9	50 m back
10	200 m breast	11	200 m breast
12	100 m free	13	100 m free
14	100 m i.m.	15	100 m i.m.
16	200 m fly	17	200 m fly
18	4x50 m i.m.	19	4x50 m i.m.
SESSION III			
20	100m breast	21	100m breast
22	50 m fly	23	50 m fly
24	100 m back	25	100 m back
26	200 m free	27	200 m free
28	4x50 m free	29	4x50 m free
30	400 m i.m.	31	400 m i.m.
SESSION IV			
32	100 m fly	33	100 m fly
34	200 m back	35	200 m back
36	50 m breast	37	50 m breast
38	relay 4x50 m i.m. mix		
39	400 m free	40	400 m free

9. Accommodation:

HOTEL	ADDRESS	ROOMS	CONTACT
Modrzewiowy Dwór	Gliwice ul. Mazowiecka 44	Single room 130 PLN Double room 150 PLN Breakfast and parking included.	tel. +48 32 308 80 00 hotel@modrzewiowy-dwor.pl
Hotel Diament Economy	Gliwice ul. Zwycięstwa 42	Single room 130 PLN Double room 170 PLN Breakfast and parking included.	gliwiceconomy@hotelediament.pl tel. +48 32 231 18 21
Qubus Hotel Gliwice	Gliwice ul. Dworcowa 27	Single room 180 PLN Double room 240 PLN Breakfast and parking included.	mgagala@qubushotel.com tel. +48 32 300 1 100

10. Contacts

- **Organizational issues** – Mirosław Witkowski tel. 534 300 043, e-mail: plywanie@sikret.org.pl,
- **Registration** – Wojciech Wiśniowicz – e-mail: wisniowicz@interia.pl,
- **Masters Committee** – Tadeusz Stuchlik e-mail: t.stuchlik@polswim.pl,
- **Food orders** – Beata Zasada e-mail: beata.zasada@catering.gliwice.pl