

Invitation

2nd International Swim & Masters Meet SHERATON POZNAN CUP 18th and 19th January 2014



- Organizer:** Swim and Sports club UKS CITYZEN_ - WWW.UKSCITYZEN.PL
Sheraton Poznan Hotel - www.sheraton.pl/poznan
- Website:** www.ISMM.pl
- Place:** SWIM & SPORT CENTER CITYZEN_
UL. DROGA DĘBIŃSKA 10C, 61-555 POZNAŃ – Poland
- Program:**
- | <u>Saturday 18th January 2014</u> | <u>Sunday 19th January 2014</u> |
|--|--|
| 1st Session
08:30 Warm up
09:45 Beginning of swim events | 3rd Session
7:30 Warm up
8:30 Beginning of swim events |
| 2nd Session
1 hour break after 1 st Session | 4th Session
1 hour break after 3 rd Session |

1st Session

Saturday 18th January 2014 - First start is at 09:45 hrs:

Comp Nr	Distances	Norm times:	1994 & older	95/96	97/98	99/00	01	02	03	04	05/06
1	200m	Freestyle female – Finals	2:30	2:34	2:38	2:45	2:58	3:10	3:20	---	---
2	200m	Freestyle male – Finals	2:28	2:32	2:35	2:44	2:57	3:10	3:20	---	---
3	50m	Breaststroke female – Preliminaries	0:45	0:47	0:49	0:51	0:55	0:58	1:00	1:05	1:10
4	50m	Breaststroke male – Preliminaries	0:45	0:46	0:47	0:49	0:54	0:58	1:00	1:05	1:10
5	100m	Individual Medley female Masters			From age 20 until age 99						
6	100m	Individual Medley male Masters			From age 20 until age 99						
7	100m	Backstroke female – Finals	1:19	1:21	1:25	1:30	1:38	1:42	1:45	2:00	---
8	100m	Backstroke male – Finals	1:17	1:19	1:22	1:28	1:37	1:42	1:45	2:00	---
9	50m	Breaststroke female Masters			From age 20 until age 99						
10	50m	Breaststroke male Masters			From age 20 until age 99						
11	100m	Individual Medley female – Finals	1:18	1:21	1:25	1:35	1:45	1:52	1:55	2:00	2:20*
12	100m	Individual Medley male – Finals	1:16	1:20	1:24	1:34	1:45	1:52	1:55	2:00	2:20*
13	100m	Freestyle female Masters			From age 20 until age 99						
14	100m	Freestyle male Masters			From age 20 until age 99						
15	200m	Butterfly female – Finals	2:50	2:54	2:59	3:12	3:20	3:40	---	---	---
16	200m	Butterfly male – Finals	2:47	2:50	2:55	3:05	3:20	3:40	---	---	---
17	50m	Freestyle female – Preliminaries	0:32	0:33	0:34	0:35	0:39	0:45	0:50	0:58	1:00
18	50m	Freestyle male – Preliminaries	0:31	0:32	0:33	0:34	0:38	0:44	0:50	0:58	1:00
19	4x50m	Medley Relay female 2002 – 2006			---- without time limit ----						
20	4x50m	Medley Relay male 2002 – 2006			---- without time limit ----						
21	4x50m	Medley Relay female 2001 and older			---- without time limit ----						
22	4x50m	Medley Relay male 2001 and older			---- without time limit ----						
23	4x50m	Medley Relay Masters			---- without time limit ----						

*100m Individual Medley registration accepted for every age group up to and including 2005

1 hour break

2nd Session

Saturday 18th January 2014 – begins 1 hour after the end of 1st Session:

Comp Nr	Distances	Norm times:	1994 & older	95/96	97/98	99/00	01	02	03	04	05/06
24	200m	Backstroke female – Finals	2:52	2:56	2:59	3:05	3:08	3:10	3:20	---	---
25	200m	Backstroke male – Finals	2:50	2:55	2:57	3:02	3:05	3:10	3:20	---	---
26	100m	Breaststroke female – Finals	1:30	1:35	1:40	1:45	1:49	1:54	2:00	2:08	---
27	100m	Breaststroke male – Finals	1:28	1:33	1:38	1:42	1:45	1:54	2:00	2:08	---
28	100m	Backstroke female Masters			From age 20 until age 99						
29	100m	Backstroke male Masters			From age 20 until age 99						
30	400m	Freestyle female – Finals	5:10	5:25	5:45	6:05	6:20	6:45	7:00	---	---
31	400m	Freestyle male – Finals	5:08	5:24	5:42	6:00	6:20	6:45	7:00	---	---
32	50m	Butterfly female – Preliminaries	0:38	0:40	0:43	0:45	0:47	0:50	0:54	1:00	1:10
33	50m	Butterfly male – Preliminaries	0:37	0:39	0:42	0:43	0:46	0:50	0:54	1:00	1:10
34	50m	Butterfly female Masters			From age 20 until age 99						
35	50m	Butterfly male Masters			From age 20 until age 99						
36	150m	Freestyle female – Preliminaries			Special swim event – no time limit required*						
37	150m	Freestyle male – Preliminaries			Special swim event – no time limit required*						

* All age groups up and including 2002 allowed excluding Masters

30 minutes break

1st set of 50m Finals – Finals are in each age group separately

			1994 & older	95/96	97/98	99/00	01	02	03	04	05/06
3F	50m	Breaststroke female									
4F	50m	Breaststroke male									
Ceremony for Breaststroke finals											
17F	50m	Freestyle female									
18F	50m	Freestyle male									
Ceremony for Freestyle finals											

End of 1st day events!

2nd Day

3rd Session

Sunday 19th January 2014 – First Start is at 8:30 hrs:

Comp Nr	Distances	Norm times:	1994 & older	95/96	97/98	99/00	01	02	03	04	05/06
38	200m	Breaststroke female – Finals	3:00	3:04	3:09	3:14	3:20	3:25	3:40	---	---
39	200m	Breaststroke male – Finals	2:58	3:02	3:08	3:13	3:20	3:25	3:40	---	---
40	100m	Breaststroke female Masters			From age 20 until age 99						
41	100m	Breaststroke male Masters			From age 20 until age 99						
42	100m	Freestyle female – Finals	1:09	1:12	1:14	1:18	1:24	1:28	1:40	2:00	2:20*
43	100m	Freestyle male – Finals	1:08	1:11	1:12	1:16	1:21	1:28	1:40	2:00	2:20*
44	50m	Backstroke female – Preliminaries	0:40	0:42	0:44	0:48	0:52	0:55	0:58	1:00	1:10
45	50m	Backstroke male – Preliminaries	0:39	0:41	0:42	0:45	0:50	0:55	0:58	1:00	1:10
46	50m	Backstroke female Masters			From age 20 until age 99						
47	50m	Backstroke male Masters			From age 20 until age 99						
48	400m	Individual Medley female – Finals	5:55	6:15	6:15	6:25	6:35	6:50	---	---	---
49	400m	Individual Medley male – Finals	5:50	6:10	6:15	6:25	6:35	6:50	---	---	---
50	50m	Freestyle female Masters			From age 20 until age 99						
51	50m	Freestyle male Masters			From age 20 until age 99						
52	4x50m	Freestyle Relay female 2002 – 2006			---- without time limit ----						
53	4x50m	Freestyle Relay male 2002 – 2006			---- without time limit ----						
54	4x50m	Freestyle Relay female 2001 and older			---- without time limit ----						
55	4x50m	Freestyle Relay male 2001 and older			---- without time limit ----						
56	4x50m	Freestyle Relay Masters			---- without time limit ----						

*100m Freestyle registration accepted for every age group up to and including 2005

1 hour break

4th Session

Sunday 19th January 2014 – approximately 1 hour following the 3rd Session

Comp Nr	Distances	Norm times:	1994 & older	95/96	97/98	99/00	01	02	03	04	05/06
57	200m	Individual Medley female – Finals	2:46	2:49	2:58	3:10	3:20	3:25	3:40	---	---
58	200m	Individual Medley male – Finals	2:43	2:47	2:54	3:05	3:15	3:25	3:40	---	---
59	100m	Butterfly female Masters			From age 20 until age 99						
60	100m	Butterfly male Masters			From age 20 until age 99						
61	100m	Butterfly female – Finals	1:24	1:28	1:30	1:35	1:45	1:55	2:00	2:10	---
62	100m	Butterfly male – Finals	1:20	1:25	1:28	1:32	1:42	1:55	2:00	2:10	---
63	400m	Freestyle female Masters			From age 20 until age 99						
64	400m	Freestyle male Masters			From age 20 until age 99						
65	800m	Freestyle female	9:50	10:30	10:55	11:30	12:00	12:30	---	---	---
66	800m	Freestyle male	9:30	10:10	10:40	11:20	12:00	12:30	---	---	---

2nd set of 50m Finals – Finals are in each age group separately & 150m Freestyle Sheraton Distance Cup

1994 & older 95/96 97/98 99/00 01 02 03 04 05/06

32F	50m	Butterfly female									
33F	50m	Butterfly male									
			Ceremony for Butterfly finals								
44F	50m	Backstroke female									
45F	50m	Backstroke male									
			Ceremony for Backstroke finals								

150m Freestyle Final Sheraton Distance Cup (open age category)

36F	150m	Freestyle female	Final
37F	150m	Freestyle male	Final

Ceremony for Freestyle finals

End of Swim Meet!

General regulations:

1. Registration and Competition requirements:

All swimmers and Masters must be registered members of clubs and teams belonging to the FINA through membership in their own federation have the right to compete.

The International Swim and Masters Meet event will be staged in accordance with the rules of the Polish Swimming Federation. According to Polish Swimming Federation: Swimmers are allowed to wear knee long trousers and knee long swim suits as of age 14 – at this swim meet swimmers must be born in year 2000 or older. For further information on FINA approved swimwear, please visit www.fina.org. The swimming pool at CITYZEN__ has 8 lanes with dividing lines. The pool is 25 meters long, 20 meters wide and ranges in depth from 2.34 – 2.82 meters. The water temperature is about 28°C. The lanes are divided with water-breakable lines to suppress waves. The warm up for all swimmers is allowed up to 10 minutes prior to each session starts.

During the registration process, you may get ask to present current medical records of the registered swimmers or Masters. If no sport health record certificate can be presented, the swimmer or Master won't be able to start during this competition. For further questions of above, please contact us directly.

2. Timing and start requirements:

The swim meet will have electronic timing, in case the electronic timing does not work, additionally hand timing will take place too. Each race will be started according to the one-start-rule. (During a false start, the race continues and won't be repeated.)

Starter, Judges and Referees are provided by the organizer.

All Heats will be arranged by entry times, without regarding the age of the swimmers. During the 50m qualifying heats, the heats are arranged so that faster swimmers won't swim in the same heats. The fastest 8 swimmers in each age group will be announced to go through to the 50m Finals, plus 2 substitute swimmers for eventual drop outs. Finals will be held on Saturday and Sunday afternoon. *100m Individual Medley and 100m Freestyle registrations are accepted for every age group up to and including 2005

Please note during Race No. 63 & 64 – 400m Freestyle female/male Masters and 65 & 66- 800m Freestyle female/male we might have to limit the number of entries and consider starting 2 swimmers per lane. In this case the faster heat will start before the slower heat. Electronic time may not work and hand time will be taken.

Additionally we are having the **150 m Freestyle Sheraton Distance Cup – Open Age Category**: the preliminaries (heats no. 36 and 37) will take place on Saturday in the 2nd Session. The Finals (heats no. 36F and 37F) are scheduled for Sunday afternoon

Masters heats are set based on entry times and not by age groups. All Masters Races are final races including Master Relays.

3. Scoring and Awards:

Masters age categories:

O: age 20 to age 24, **A:** age 25 to age 29, **B:** age 30 to age 34, **C:** age 35 to age 39,
D: age 40 to age 44, **E:** age 45 to age 49, **F:** age 50 to age 54, **G:** age 55 to age 59,
H: age 60 to age 64, **I:** age 65 to age 69, **J:** age 70 to age 74, **K:** age 75 to age 79,
L: age 80 to age 84, **M:** age 85 to age 89, **N:** age 90 to age 94 and **O:** age 95 to age 99.

Masters Relay age group classifications:

O: 80 to 99 years, **A:** 100 to 119 years, **B:** 120 to 159 years, **C:** 160 to 199 years,
D: 200 to 239 years, **E:** 240 to 279 years, **F:** 280 to 319 years and **G:** 320 to 359 years.

Scoring is according to the age groups separately 06/05, 04, 03, 02, 01, 00/99, 98/97, 96/95, and age 1994 and older are combined. During 50m Finals the 8 fastest swimmers are qualified for it. The finals are just like above shown in age groups separately.

Masters scoring: If a swimmer decided to join the Masters classification he or she cannot be counted into the 1994 age group and older category. Switching age groups between the Masters competition and swim session events is not possible.

Awards: Places 1 to 3 in each age group and in each event will receive medals. The first six participants in each event and in each age group will receive certificates. The victory ceremony of the 50m distances will follow the Final races on Saturday and Sunday afternoon. A separate victory ceremony will be held for the 50m Finalists. Top three swimmers will receive a medal and a certificate in each age group and gender. A special victory ceremony will be held for the fastest Female and Male swimmer at the 150m Freestyle Final Sheraton Distance Cup for the open age category. All other victory medal ceremonies are done throughout the event. All Members of the Relay teams from place 1 to 3 will receive medals and the team will receive a certificate.

Masters Awards Places 1 to 3 receive a medal and a certificate. All Members of Relay teams will receive certificates for places 1 to 3. Victory Medal ceremonies for Masters are done throughout the event.

Special Sheraton Cup Awards:

Sheraton Poznan International Age-Group Cup: Presented to the best female and male swimmer in each age group category. Combine FINA/LEN table points for the individual person who will swim all 4 x 100-meter distances (No. 7/8 - Backstroke, 26/27 - Breaststroke, 42/43 – Freestyle and 61/62 - Butterfly). Disqualification or not finishing the race in one or more distances will result that the swimmer is no longer eligible for this **Trophy**. Excluded age groups are 2005, 2006 and Masters Swimmers

Sheraton Poznan Relay Swim Cup: The best 4x50m Medley Relay team separated by age and gender (female / male) and the best 4x50m Freestyle Relay team separated by age and gender (female /male) will be given this **“Special Award”**.

150m Freestyle – Final - Sheraton Distance Cup - Open Age category – “Swimming for cash”:

We will Award the Top 3 Female and Male swimmers with a Cash Award:

- 1st Place – 1000 zł (approx. 250 €)
- 2nd Place – 500 zł (approx. 125 €)
- 3rd Place – 250 zł (approx. 60 €)

Best Swimmer Award:

Additionally, we will be giving an Award for the best Female and Male swimmer. The Award is measured for the single highest points achieved from the FINA/LEN table for a single swam distance. We will present a 3 day – 2 night Weekend Starwood Hotel stay Voucher for two persons in two of our destinations.

The ceremony is part of the swim meet. All Awards, Medals and Certificates must be picked up by the end of the swim meet by the participants or the swim clubs. We will only send any Awards and Certificates, if we receive exact address information and money to cover for the postal fee.

4. Registration and Payment:

Registration is possible between Friday, 1st November 2013 until Sunday, 12th January 2014, at 18:00 hrs. No registration, cancelation or return of money will be possible after the deadline. The registration will be confirmed by e-mail. For these reasons please give the e-mail address and the name of the responsible person, as well as the Club ID No.

The starting lists are to be sent to: Be aware of norm times!

Michał Derewecki michal.derewecki@poczta.fm

Registrations are only accepted electronically – via splash format or e-mail. We would like to encourage all clubs and swimmers to use the splash format. The registration file and instructions on how to use it can be found on www.ismm.pl We are anticipating a large number of entries. Therefore we reserve the right to refuse entries. Participants born in 2005 and 2006 are only allowed to have 5 starts including relay starts and finals per day. For any questions regarding the registration process, please contact us directly. We will confirm the participation of the swimmers in the competition. The start list will be posted on www.ismm.pl website prior to the event.

Contact persons:

In Polish and English: Adrian Roszak; (+48) 722 396 322; adroszak@gmail.com
In German Marco Foelske; (+48) 600 969 412; ismm@sheraton.com

Early bird register fee:

Sport or swimming clubs with their participants can receive a discount for individual and relay start fee if we receive the registration entry between Friday 1st November and Saturday, 30th November 2013:

The discounted registration fees are as following: € 3.00 or 12 PLN per single start and € 4.00 or 15 PLN per Relay entry

Regular registration fee applies after 1st December 2013 until 12th January 2014:

The **registration fee is € 4,00 or 16 PLN per single start and € 6.50 or 25 PLN per entry for relays.** Local and National Polish clubs must pay in advance (**latest by the deadline for entries - Sunday 12th January 2014**)

UKSCITYZEN_ Bank account: 92 2490 0005 0000 4500 5803 3240

Foreign clubs can pay on the first day of the swim event. (Saturday 18th January 2014)

Paying options are in cash, credit card or bank transfer before the competition.

Attention: It is not possible to register anybody on the day of the competition. Changes are NOT possible.

The pool area may only be entered in bath shoes, flip flops or barefoot. Spectators in street clothes may sit in the spectators stand. Please be aware of flashlights, cameras taking pictures and filming during the event. Anybody who attends the event as a spectator or registered swimmer agrees that his/her picture may be published in connection with this International Sheraton Swim & Masters Meet called “ISMM Cup”.

The organizer is not responsible for any losses or damages.

The organizer keeps the rights to make any changes to the event and limit the number of swimmers, if there are too many registrations in some distances or heats. We will email each club/person of any changes we may conduct.

Parking: Around the CITYZEN_ Sport and Swim Center is **free of charge**. Please be aware that it may be crowded.

Results: Will be available live on www.omegatiming.pl and in addition posted inside the pool. After the event the complete list of results will be distributed via email (PDF file format) or can be found on www.ismm.pl and Omegatiming website. The results will also be published on the multilingual swimming rankings website www.swimrankings.net.

The Sport & Swim Center @ CITYZEN_ has several **Food & Beverage Concessions** stands where the swimmers and guests can purchase food and drinks at affordable prices.

5. Accommodations including Breakfast Buffet can be found at:

Sheraton Poznan Hotel

250 ZŁ (approx. 60 EUR) per Single room (1 person) and

280 ZŁ (approx. 68 EUR) per Double room (2 persons) and

310 ZŁ (approx. 75 EUR) per Triple room (3 persons) and

per night inclusive of a Breakfast Buffet plus 8% VAT Tax

Get to know the hotel: <http://www.sheraton.pl/poznan/en>

For reservation, please contact : Reservation.Poznan@sheraton.com

Booking code: **SHPOZ SwimMeet Jan 2014**

(offer is valid from Friday 17th January until Sunday 19th 2014)

Party and get together: The Sheraton Poznan Hotel will organize a party for Swimmers, Coaches and Masters on Saturday evening 18th January 2014. The fee is 40 PLN and includes a Soup, Pasta dish or Burger with French Fries, Ice Cream, Soft Drink or Draft Beer for adults.

Public Transportation: Trams and Buses are available directly in front of the Sheraton Poznan Hotel and near the Swim & Sport Center @ CITYZEN_. Take Tram line Nr. 6 or 15 (Board the Tram at Bałtyk station and exit at AWF station).

**We hope we can welcome many National and International Swim clubs
in Poznan. We see you all here
UKS CITYZEN_ Poznan – Poland**

