

Finnish Swimming Association together with club IF Åland will organize international short course competition



# FINNISH OPEN MASTERS CHAMPIONSHIPS 2013

22.-24.3.2013 in the city of Mariehamn.

Venue: Mariebad (Österleden, 22100 Mariehamn).  
25 m pool, 8 lanes, automatic timekeeping.



## PROGRAM

### 1. session Friday 22.3. 17.00 (warm up 15.50-16.50)

1. N 400 m Indiv. Medley
2. M 400 m Indiv. Medley
3. N 1500 m Free
4. M 800 m Free

### 2. session 23.3. 9.30 (warm up. 8.20-9.20)

5. Mix 4x50 m Medley
6. M 50 m Free
7. N 50 m Free
8. M 100 m Breast
9. N 100 m Breast
10. M 200 m Fly
11. N 200 m Fly
12. M 50 m Back
13. N 50 m Back
14. M 200 m Indiv. Medley
15. N 200 m Indiv. Medley
16. M 4x50 m Free
17. N 4x50 m Free

### 3. session 23.3. 16.30 (warm up 15.20-16.20)

18. M 200 m Back
19. N 200 m Back
20. M 100 m Free
21. N 100 m Free
22. M 50 m Breast
23. N 50 m Breast
24. M 100 m Fly
25. N 100 m Fly
26. M 100 m Indiv. Medley
27. N 100 m Indiv. Medley
28. M 4x50 m Medley
29. N 4x50 m Medley

### 4. session 24.3. (warm up 8.50-9.50)

30. Mix 4x50 m Free
31. N 50 m Fly
32. M 50 m Fly
33. N 400 m Free
34. M 400 m Free
35. N 200 m Breast
36. M 200 m Breast
37. N 100 m Back
38. M 100 m Back
39. N 4x100 m Free
40. M 4x100 m Free

[www.simning.ax/  
masters2013](http://www.simning.ax/masters2013)

## AGE GROUPS BY THE YEAR OF BIRTH

A (25-29 v.) = 1988-1984  
B (30-34 v.) = 1983-1979  
C (35-39 v.) = 1978-1974  
D (40-44 v.) = 1973-1969  
E (45-49 v.) = 1968-1964

F (50-54 v.) = 1963-1959  
G (55-59 v.) = 1958-1954  
H (60-64 v.) = 1953-1949  
I (65-69 v.) = 1948-1944  
J (70-74 v.) = 1943-1939

K (75-79 v.) = 1938-1934  
L (80-84 v.) = 1933-1929  
M (85-89 v.) = 1928-1924  
N (90-94 v.) = 1923-1919  
O (95-99 v.) = 1918-1914

## RELAY AGE GROUPS

A = 100-119 v.

B = 120-159 v.

C = 160-199 v.

D = 200-239 v.

E = 240-279 v.

F = 280-319 v.

G = 320-359 v.

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## ENTRIES

No later than **Tuesday 12th March**. Entries must be delivered using LENEX-file by email to Mr. Riku Riikonen: [riku.riikonen@uimaliitto.fi](mailto:riku.riikonen@uimaliitto.fi)

Entry times shall be given for 25 m course, valid entry time needed. Only swimmers representing a club, member of a federation affiliated with FINA, are eligible to enter.

## ENTRY FEES

Starting fees 9,00 € per start shall be paid by Tuesday 12th March:

ACCOUNT: IF Åland/Simutskott

IBAN: FI7266010001053636

BIC: AABAFI22

MESSAGE: Club name, country and number of starts

## WITHDRAWALS

In case of a withdrawal for any individual or medley event, written reports shall be delivered to the referee desk at latest 30 minutes prior the beginning of session. Each withdrawal made after the entry date shall be fined for 27 Euros by the Organizing committee.

## TEAM LEADERS MEETING

Place and time of Team Leaders Meeting will be announced on competition website. Representation of each participating team is necessary.

## INFORMATION

For more detailed information please visit competition website:

[www.simning.ax/masters2013](http://www.simning.ax/masters2013)

or contact to:

**Mr. Bror Myllykoski**, [brorm@aland.net](mailto:brorm@aland.net)

# WELCOME TO MARIEHAMN!