

Danish Swimming Association is inviting you to
Open Danish East Masters Championship 2010
 16th January 2010

Date	16th January 2010
Venue	Frihedens Idrætscenter, Hvidovrevej, 446, 2650 Hvidovre 25 m pool – 8 lanes - electronic timing system The pool is located only 15 minutes by train from the hard of Copenhagen and 15 minutes from the Copenhagen Airport by car.
Warm Up	14.00
Start	15.00
Participation	<u>Groups</u>

A-	20-24 years	E	45-49 years	J	70-74 years
A	25-29 years	F	50-54 years	K	75-79 years
B	30-34 years	G	55-59 years	L	80-84 years
C	35-39 years	H	60-64 years	M	85-89 years
D	40-44 years	I	65-69 years	N	90-94 years

Pre-masters (= group A-) are allowed to participate only in Pre-events and Pre-relays. A P-relay is defined as a relay where all participants are pre-masters – i.e. a minimum age of 20 years and a maximum age of 24. Age is determined as of 31st. December 2010. Masters are therefore **not** allowed to participate in Pre-relays and vice versa.

Relay age groups: total age of the participants. **Please note** that swimmers are **not** allowed to represent more than one team in each event.

Relay age Groups:

A-	80 - 96 years	C	160 - 199 years	F	280 - 320 years
A	100 - 119 years	D	200 - 239 years	G	320 -
B	120 - 159 years	E	240 - 279 years		

Open Danish East Masters Championship is open for all Danish and foreign master swimmers of the age of min. 20 years (during 2010). Open Danish East

Masters Championship will be conducted according to FINA and Masters Rules.

Family Mix Relay has to be represented from at least 3 generations from the same family.

Deadline for Registration

Please send the registrations no later than 7th January 2010 to:

Peter Holmsteen
Valnøddebakken 7
2800 Lyngby
Denmark
E-mail: masterstilmeld@gmail.com

The Entry Form must be sent either by e-mail or by “snail mail”

Cancellation

Cancellations and relay cards must be given to the secretariat at least 1½ hour before competition starts.

Registration fees

Individual event DKK 45,00 per start and relays DKK 100,00 per team/start.

	Number of starts		Total fee
Individuel events		DKK 45	
Relays		DKK 100	
Total fee			

Payment from foreign swimmers/clubs by arrival to the pool.

Awards:

Awards to no. 1 (one) each individual event and relay.

Dinner, awards giving, social event

will be held in the theatre room just besides the pool by the awards giving after the meet. Delicious dinner and later coffee of price DKK 125,00 will be served. Payment by entrance to theatre room.
Your registration for the dinner arrangement must be send together with your entry registration for the meet no later than 7th. January 2010.

Startinglist

will be published at www.svoem.dk and www.mastersnews.dk

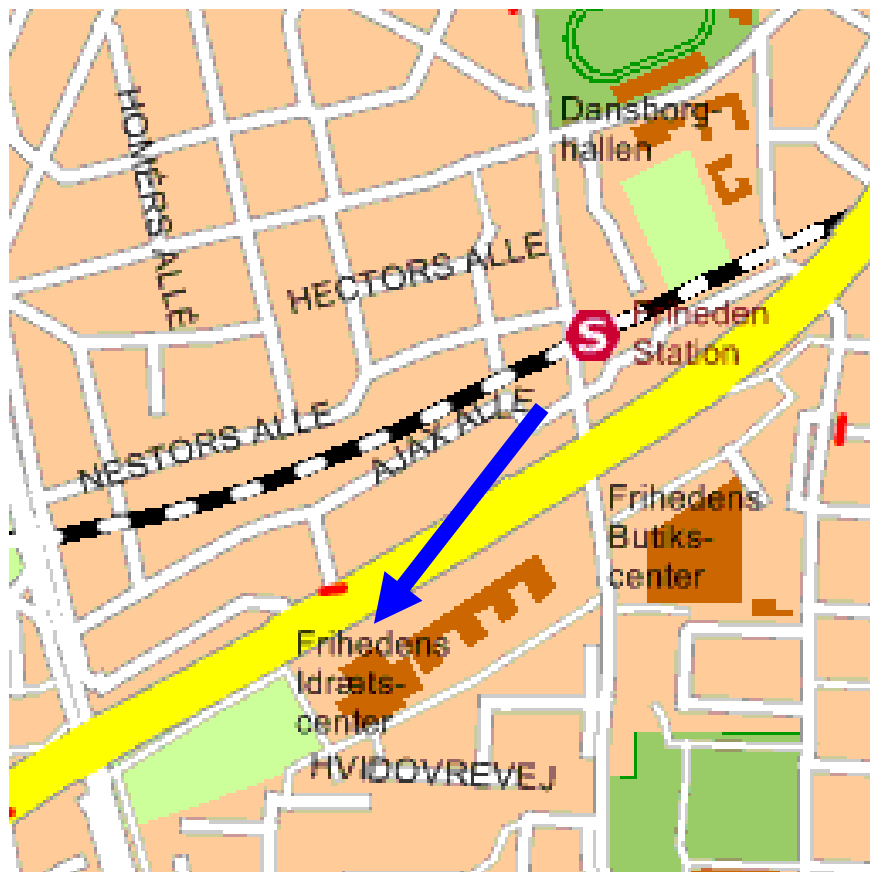
Program of events

Event no.	Session one
1	800 m free ladies
2	800 m free men
3	100 m IM pre-ladies
4	100 m IM pre-men
5	100 m IM ladies
6	100 m IM men

- 7 100 m butterfly pre-ladies
- 8 100 m butterfly pre-men
- 9 100 m butterfly ladies
- 10 100 m butterfly men
- 11 50 m backstroke pre-ladies
- 12 50 m backstroke pre-men
- 13 50 m backstroke ladies
- 14 50 m backstroke men
- 15 100 m breaststroke pre-ladies
- 16 100 m breaststroke pre-ladies
- 17 100 m breaststroke ladies
- 18 100 m breaststroke men
- 19 50 m free pre-ladies
- 20 50 m free pre-men
- 21 50 m free ladies
- 22 50 m free men
- Pause
- 23 4 x 50 m medley-relay ladies
- 24 4 x 50 m medley relay men
- 25 4 x 50 m free pre MIX (2 men + 2 ladies)
- Pause
- 26 4 x 50 free MIX relay (2 men + 2 ladies)
- 27 4 x 25 m family mix
- PAUSE
- Session two
- 28 400 m IM ladies
- 29 400 m IM men
- 30 50 m breaststroke pre-ladies
- 31 50 m breaststroke pre-men
- 32 50 m breaststroke ladies
- 33 50 m breaststroke men
- 34 100 m backstroke pre-ladies
- 35 100 m backstroke pre-men
- 36 100 m backstroke ladies
- 37 100 m backstroke men
- 38 50 m butterfly pre-ladies
- 39 50 m butterfly pre-men
- 40 50 m butterfly ladies
- 41 50 m butterfly men
- 42 100 m free pre-ladies
- 43 100 m free pre-men
- 44 100 m free pre-ladies
- 45 100 m free pre-men
- 46 200 m breaststroke ladies
- 47 200 m breaststroke men
- Pause
- 48 4 x 100 free ladies
- 49 4 x 100 free men

- 50 4 x 100 medley relay pre-MIX (2 men + 2 ladies)
Pause
51 4 x 100 medley relay MIX (2 men + 2 ladies)

Map



Accommodations

3 minuts from Central Station of Copenhagen
10 km from airport and 8 km from the pool -
200 m from Tivoli Garden

Hotel du Nord
Colbjornsensgade 14
Dk-1652 Kobenhavn V
<http://www.hoteldunord.dk/uk/nord.html>

Hotel Tiffany
Halmtorvet 1
DK-1700 København V
<http://www.hoteltiffany.dk/welcome/?language=UK>

