

XXXIII TALLINN OPEN MASTERS SWIMMING CHAMPIONSHIPS

U-Club Tallinn is happy to invite you to participate in XXXIII Tallinn Open Masters Championships.

Time and place: The competition will be held on **19th – 20th of March, 2016** in Nõmme swimming pool (25 m, 6 lanes), Vabaduse pst 156, Tallinn, Estonia

Programm:	Saturday, 19th of March	Sunday, 20th of March
	Warm-up 14:30	Warm-up 9:00
	Competition 15:00	Competition 9:30
	1 / 2 4x100 m Medley relay W, M	16 / 17 50 m Fly W, M
	3 / 4 200 m Free W, M	18 / 19 50 m Breast W, M
	5 / 6 50 m Free W, M	20 / 21 100 m Free W, M
	7 / 8 50 m Back W, M	22 / 23 100 m Back W, M
	9 / 10 100 m Breast W, M	24 4x50 m Medley relay (mix)
	11 / 12 100 m Fly W, M	
	13 / 14 100 m IM W, M	
	15 4x50m Free relay (mix)	

Participation: Competition is open to all registered masters swimmers 25 years of age and over. The swimmers must be members of a swimming club affiliated with FINA. FINA rules and regulations for Masters swimming are valid. The age of competitors is determined by December 31st 2016.

Age groups: For individual events
A = 25-29 D = 40-44 G = 55-59 J = 70-74 M=85-89
B = 30-34 E = 45-49 H = 60-64 K = 75-79 N=90-94
C = 35-39 F = 50-54 I = 65-69 L = 80-84 etc.
For relay events:
A = 100-119 B = 120-159 C = 160-199 D = 200-239 E = 240-279 etc.

Entries: Entries, notifying the name of the competitor, club, date of birth and best achieved time, must be sent via e-mail to u-klubi@u-klubi.com. Receiving of entries will be confirmed by e-mail. **All entries must be received by 11th of March, 2016.**

Participation fee: 15 euros per person should be paid together with your registration to our bank account:
Meisterujumise U-klubi
IBAN: EE052200221048946840
SWIFT/BIC: HABAE2X
(stating the "start fee, and club/swimmer name"). Foreign participants can also pay their entry fee before the competition in cash.

Awards: Diplomas will be given to all swimmers. Medals will be awarded to swimmers placed first (one medal per person). Special prizes for top five men and women according to the points of two best events (by DSV Masters Performance Table 2013).

Social events: Party with dinner on Saturday, 19th of March after the competition. More information will be added to <http://u-klubi.com> as soon as possible. Please confirm participation on party also by 11th of March.

Information: More information can be obtained by U-Club Tallinn. Phone: +372 56656831 (Kristiina Arusoo), e-mail: u-klubi@u-klubi.com, a_kristiina@hotmail.com