



Gentofte Svømmeklub and the Danish Swimming Association invite you to

# DANISH OPEN MASTERS 2010 LONG COURSE

- Date:** 8. may 2010
- Place:** Kildeskovshallen, Adolfsvej 25, 2820 Gentofte
- Pool:** 50 m Pool with 6 lanes and electronic timing
- Warm up:** Starts at 09:30; changing room opens at 09:00
- Gala start:** at 11:00

## Participation:

Groups:	Pre	20-24 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
	E	45-49 years	J	70-74 years	O	95-99 years

Pre-masters (= group P) 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 31<sup>st</sup> December 2010. Masters are therefore **not** allowed to participate in Pre-relays and vice versa

## Relay team age classes:

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

The age class of any team is equal to the age sum of its members.

**Please note:** A swimmer can only swim for one team in any one race.

DOM 2010-LC is open to all Danish and international masters swimmers that are or will be 20 years old during 2010. The DOM 2010-LC will be run according to the FINA and Mastersswimming set of rules.

Please send registrations no later than 15<sup>th</sup> April 2010 to:

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

A swimmer can enter 6 individual races (maximum three each section) as well as any number of team relays.

The Entry Form must be sent either by e-mail or by regular post.

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

**Entrance fees:** Individuals DKK 45.00 per start and relayteams DKK 100.00 per starting team. International swimmers or clubs are required to make pre-payment to the following account registration number. 5478 account number. 1534873. International Bank Account: SWIFT: FBBKDKKK - IBAN: DK0954780001534873  
no later than 15<sup>th</sup> April 2010.

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

**Awards** An award will be made to the winner of each individual race and/or relay.

**Start list** Will be published on [www.svoem.dk](http://www.svoem.dk) and [www.mastersnews.dk](http://www.mastersnews.dk)

## Programme:

### 1. Section

Event	1	400 free	Premasters Ladies
	2	400 free	Ladies
	3	400 free	Premasters Men
	4	400 free	Men
	5	100 fly	Premasters Ladies
	6	100 fly	Ladies
	7	100 fly	Premasters Men
	8	100 fly	Men
		Awards	

9	50 back	Premasters Ladies
10	50 back	Ladies
11	50 back	Premasters Men
12	50 back	Men
13	100 breast	Premasters Ladies
14	100 breast	Ladies
15	100 breast	Premasters Men
16	100 breast	Men
17	50 free	Premasters Ladies
18	50 free	Ladies
19	50 free	Premasters Men
20	50 free	Men

BREAK - Awards

21	4 x 200 free	Ladies
22	4 x 200 free	Men

BREAK

23	4 x 50 Mixed Medly Relay	
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## 2. AFSNIT

24	200 im	Premasters Men
25	200 im	Men
26	200 im	Premasters Ladies
27	200 im	Ladies
28	50 breast	Premasters Men
29	50 breast	Men
30	50 breast	Premasters Ladies
31	50 breast	Ladies
32	100 back	Premasters Men
33	100 back	Men
34	100 back	Premasters Ladies
35	100 back	Ladies
	Awards	
36	50 fly	Premasters Men
37	50 fly	Men
38	50 fly	Premasters Ladies
39	50 fly	Ladies
40	100 free	Premasters Men
41	100 free	Men
42	100 free	Premasters Ladies
43	100 free	Ladies
44	200 back	Premasters Men
45	200 back	Men
46	200 back	Premasters Ladies
47	200 back	Ladies

BREAK - Awards

48 4 x 200 Mixed Freestyle Relay

BREAK

49 4 x 50 free Men  
50 4 x 50 free Ladies  
Awards

### **Celebration dinner:**

Will be held at Gentofte Swimming Clubhouse, just behind the facilities.

The price for this delicious dinner followed by coffee is DKK 180.00

Additional drinks: wine, beers and soft drinks can be purchased at the venue.

Due to limited capacity the total number of attendees is restricted to 50 and will be taken on a first-come-first-serve basis.

Your registration and payment for the dinner arrangement must be sent together with your entry registration for the meet no later than 15<sup>th</sup> April 2010 to the following account registration number. 5478 account number. 1534873. International Bank Account: SWIFT: FBBKDKKK - IBAN: DK0954780001534873

### **Local Accomodation:**

Within walking distance of Kildeskovshallen

Gentofte Hotel  
Gentoftegade 29 DK-2820 Gentofte  
Tlf. +45 3968 0911  
Fax +45 3968 0611  
gentoftehotel@arp-hansen.dk  
<http://www.gentoftehotel.dk/>

### **Accomodation in the centre of Copenhagen**

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>

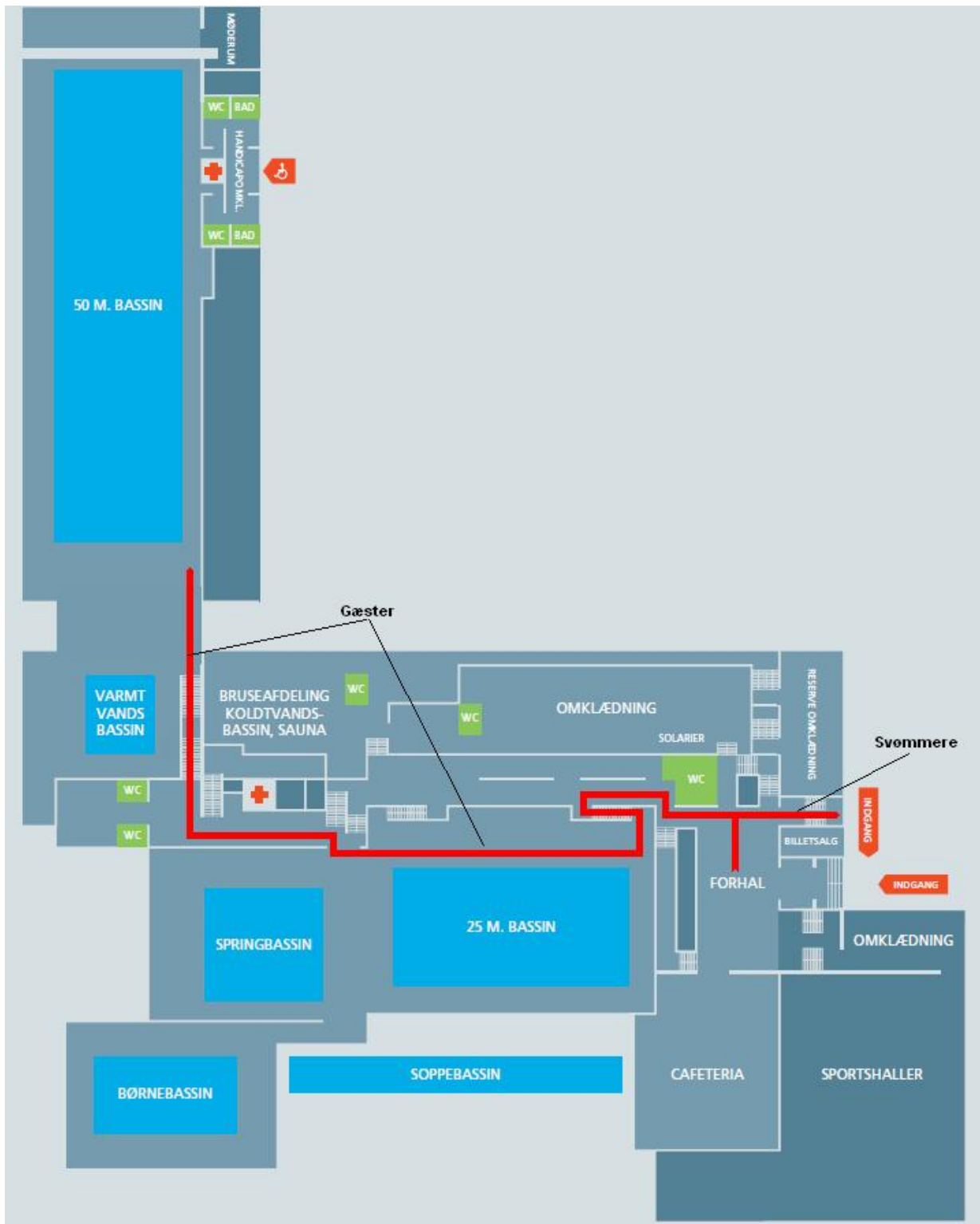
### **Local contact person:**

Rikke Nielsen  
rikkehauerberg@yahoo.dk

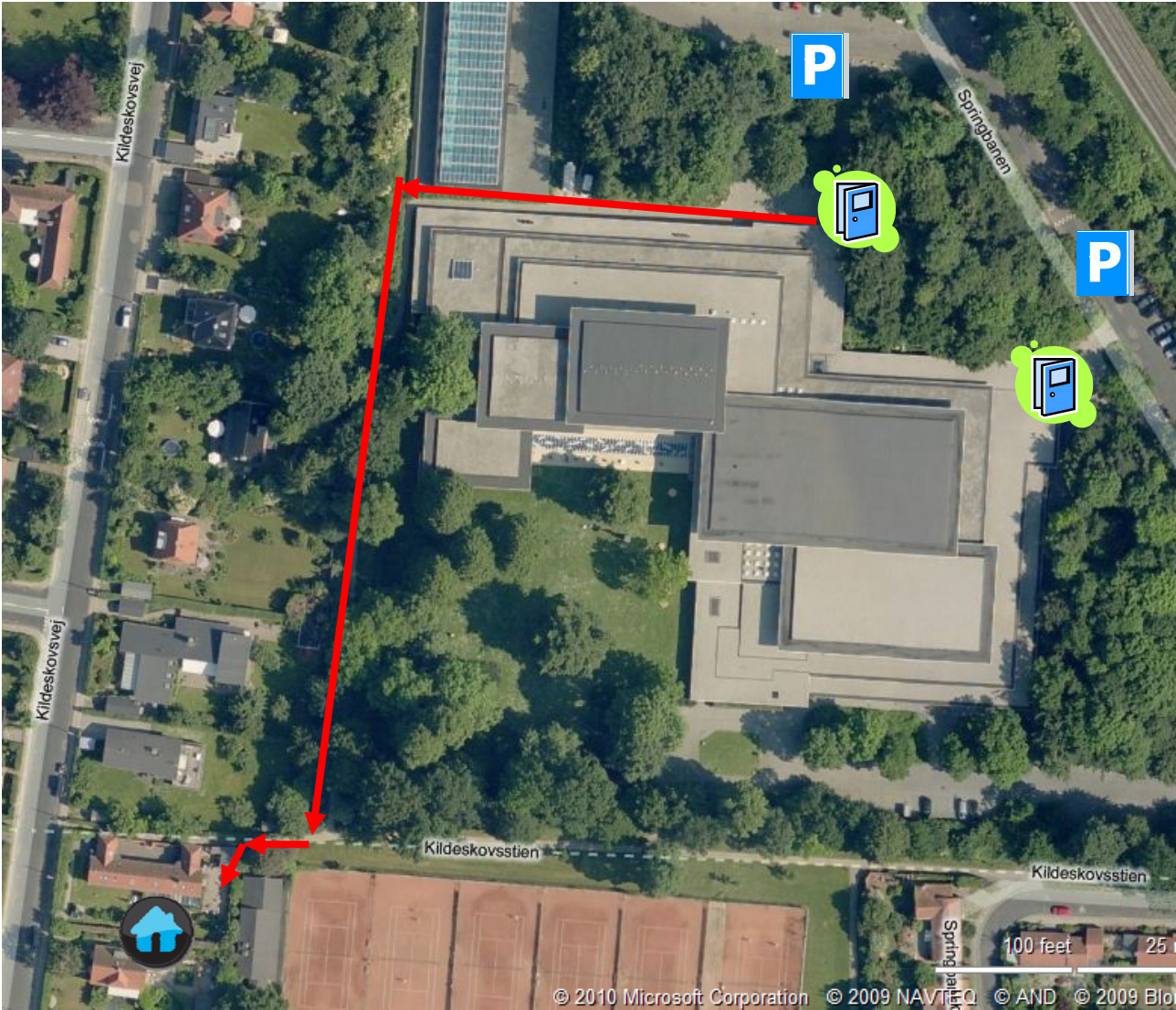


# Kildeskovshallen

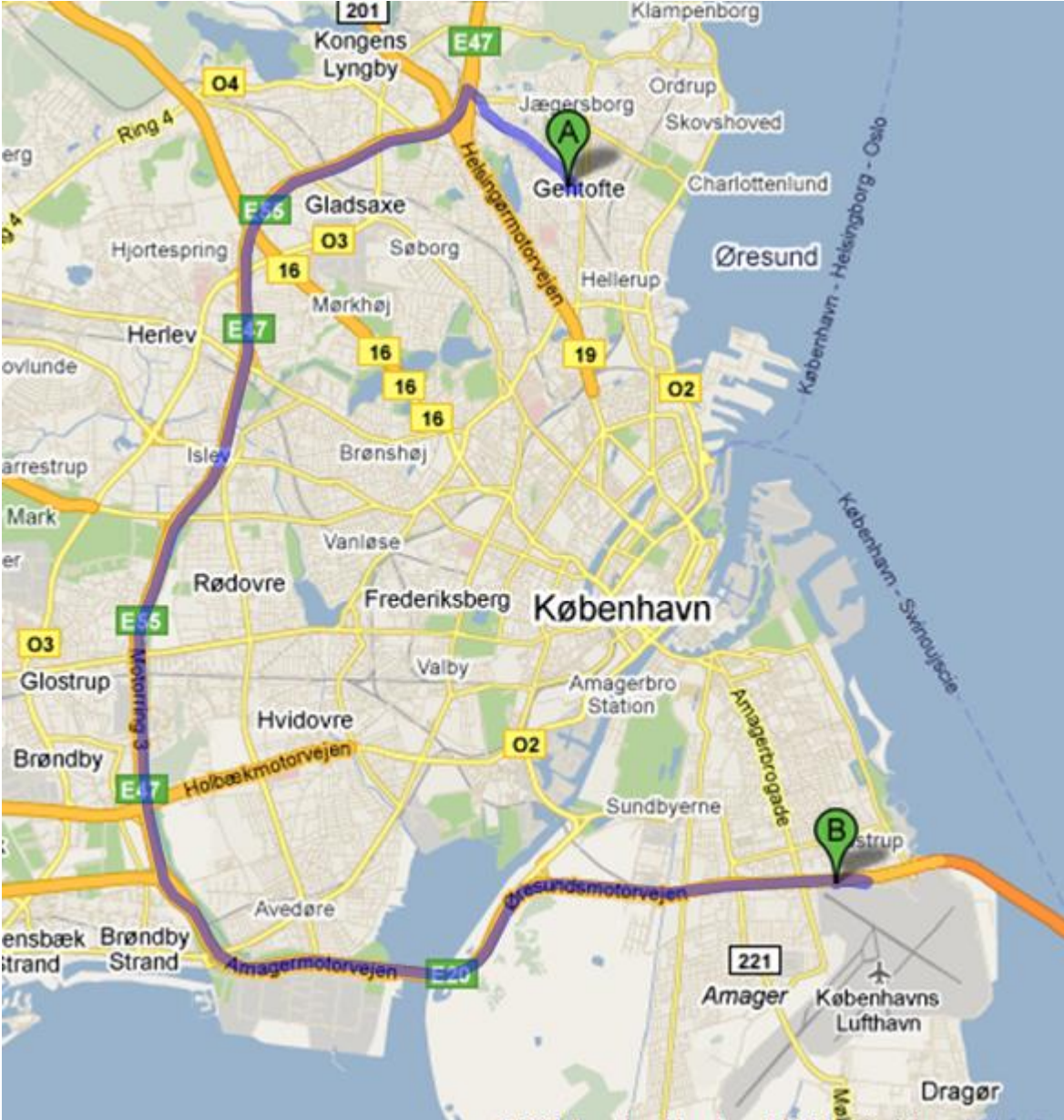
Entrance for the swimmers is through the swimming club changing rooms ( Lockers not available). Visitors (Gæster) have their own entrance to the pool.



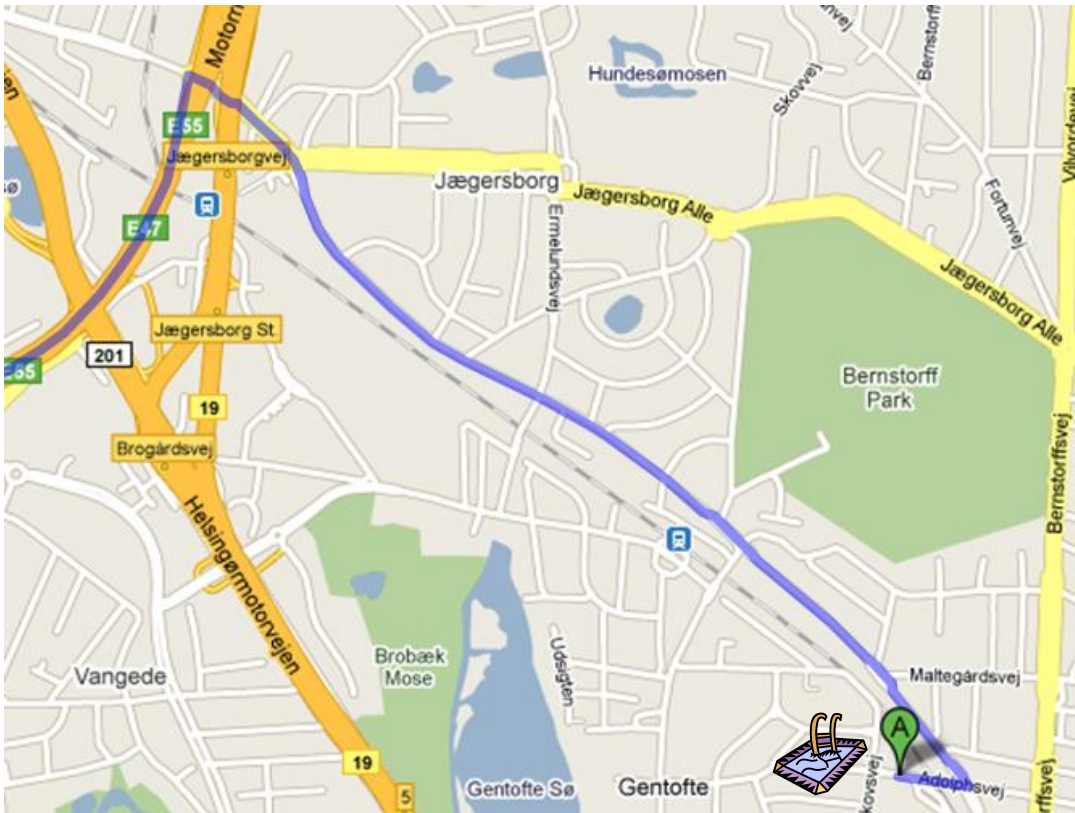
**Kildeskovshallen has its own parking facilities and Gentofte swimming clubhouse is just behind.**



**Directions by car to Kildeskovshallen from the airport / Øresunds bridge:**







**Directions by public transportation**

Take the train from the airport to the main station (Hovedbanegården).  
 Change to the 'S-tog' train and take line B (linie B) to Bernstorffsvej Station.  
 Kildeskovshallen is aprox. 7 minutes walk from the station.

