



Swedish Swimming Federation, West Sweden Swimming Federation,
& Goteborg Swim has the pleasure to invite you to



**SWEDISH OPEN MASTERS SWIMMING CHAMPIONSHIP in 50m POOL / PRE WMC
& GOTHENBURG OPEN WATER MASTERS SWIMMING**

in Gothenburg 14-16 august 2009

THE COMPETITION IS OPEN FOR INTERNATIONAL PARTICIPANTS!

INVITATIONS Masters Swimming 50 m - Page 2 and 3.
Masters Open Water - Page 4.

The entry forms shall be at West Sweden Swimming Federation
disposal the latest 30 June (13.00) by mail: kansli@vssf.nu

TIME OF COMPETITION

Swedish Open Masters	14/8 Session 1 Direct final	Swim in: 14.30-15.50	Start: 16.00
Swimming Championship	15/8 Session 2 Direct final	Swim in: 07.30-08.50	Start: 09.00
in 50m pool	15/8 Session 3 Direct final	Swim in: 13.30-14.50	Start: 15.00

Gothenburg Open Water			
Masters Swimming	16/8	Distance: 1,5 km	Start: 12.00

ENTRY FEES	Individual swimming:	70 SEK / start
	Relay swimming:	100 SEK / start
	Open Water:	200 SEK / start
	Hotels	Page 5, 6 and 7
	Food	Page 8

PAYMENT DETAILS The fee stated above must be paid by bank draft at the time of entry. There will be no refund of entry fees for any reason!
Please pay in SEK via SWIFT to our IBAN SE77 9500 0099 6026 0100 7939 with Nordea Bank AB, SE-105 71 Stockholm, BIC-address NDEASESS
Don't forget to mark the payment from who it is!

ENTRY LIST Will be at West Sweden Swimming Federation homepage (www.vssf.nu) latest 31 July.

HOTELS / FOOD Pages 5, 6, 7 and 8

INFORMATION West Sweden Swimming Federation (VSSF)
Phone: +46 (0)31205637
E-Mail: kansli@vssf.nu

INVITATION – SWEDISH OPEN MASTERS



SWIMMING CHAMPIONSHIP 50m POOL

THE COMPETITION IS OPEN FOR INTERNATIONAL PARTICIPANTS!

DATE	14-15 August 2009
PLACE	Valhallabadet Gothenburg, 50m indoor pool with 8-10 lanes.
COMPETITION TIMES	See page 1.
NEW	A new age group is "Pre-Masters" (20-24 year). The relay teams (80-96) are open only for these swimmers (4 members between the ages 20-24).
ENTRY FEES	See page 1.
PAYMENT DETAILS	See page 1.
ENTRY FORMS	<p><u>Scandinavian Clubs:</u> You can use either entry files (AN-, SA- or Lenex 2.0 or higher) with complement of the forms - Club registration (page 9) and Release from liability (page 10).</p> <p><u>European Clubs:</u> You can use entry file (Lenex 2.0 or higher) with complement of the forms - Club registration and Release from liability.</p> <p><u>Non European Clubs:</u> You have to use the following forms: Club registration, Release from liability and Entry List (page 11).</p> <p>The files and/or forms must be at West Sweden Swimming Federation disposal latest 30 June (13.00) by E-Mail: kansli@vssf.nu</p> <p>To start in the competition you have to send us proof of registration with your national swimming federation / copy of your membership licence.</p>
ENTRY FILES	The files (AN, SA and Lenex 2.0) can be downloaded from West Sweden Swimming Federations homepage www.vssf.nu – see Göteborg Simfestival.
ENTRY TIMES	Each entry time in every individual event must have been recorded by your national swimming federation between: 1 May 2008 to 30 June 2009.
LATE ENTRIES	Is allowed until latest 27 July at a fee of: Individual swimming: 140 SEK / start Relay swimming: 200 SEK / start The fees are paid in conjunction with the entry, payment details se page 1. The relay team under competition has an additional mark, se relay team!
SCRATCHES	Scratches to Friday's session (session 1) shall be sent to VSSF (kansli@vssf.nu) latest Thursday 13/8 at 13.00. Scratches for the remaining of the sessions must be delivered directly to the competition bureau latest 30 minutes after previous sessions are finished. Scratches that are made later and empty lanes will be fined with 300 SEK / lane, payable cash to the competition bureau!
RELAY TEAMS	Relay forms shall be handed in to the competition bureau latest 60 minutes before each session start. If you are in need to alter your relay team during the session it's considered as a scratch and a late entry of a new team at a fee of 200 SEK / team. This fee you have to pay cash to the bureau! The competition ID No that each ind. swimmer has must be written on the relay form, this is to make the competition smoother! Observe that if you hand over the relay forms later than 60 minutes before each session starts you have to pay a fee of 100 SEK cash to the bureau.
RULES	The one-start-rule will apply. Breast kick is allowed in butterfly. In 400 m freestyle – "the 2 swimmer per lane principle" will be used.

THE COMPETITION IS OPEN FOR INTERNATIONAL PARTICIPANTS!

- MEDALS** Medals are given to places 1-3. SSF RM medal is given to the best placed swimmer representing a Swedish club.
- LIVE TIMING** The results from the competition will be available at: www.livetimeing.se
- OFFICIALS** If you wish to serve as a meet official you're welcome to sign up by E-Mail: kansli@vssf.nu
- AGE GROUPS** The age of the swimmer is determined by 31 Dec. 2009.
(Pre Masters = PM)
Individual:
Group: PM 20-24
A 25-29 E 45-49 I 65-69 M 85-89
B 30-34 F 50-54 J 70-74 N 90-
C 35-39 G 55-59 K 75-79
D 40-44 H 60-64 L 80-84
Relay:
Group: PM 80-96
A 100-119 C 160-199 E 240-279 G 320-359
B 120-159 D 200-239 F 280-319

Pre Masters swimmers can't participate in Masters Relays.

- RECORDS** Pre Master Participation will not endanger Masters Swimmer's opportunities to set international records in the competition!

EVENT ORDER, SESSION & COMPETITION START

FRIDAY	14 aug. 2009	Session 1 - Start: 16.00	
1	200m Medley	Men	Direct final
2	200m Medley	Woman	Direct final
3	100m Backstroke	Men	Direct final
4	100m Backstroke	Woman	Direct final
5	50m Butterfly	Men	Direct final
6	50m Butterfly	Woman	Direct final
7	400m Freestyle	Men	Direct final
8	400m Freestyle	Woman	Direct final
9	4x50m Medley	Men	Direct final
10	4x50m Medley	Woman	Direct final

SATURDAY	15 aug. 2009	Session 2 - Start: 09.00	
11	50m Breaststroke	Woman	Direct final
12	50m Breaststroke	Men	Direct final
13	100m Freestyle	Woman	Direct final
14	100m Freestyle	Men	Direct final
15	50m Backstroke	Woman	Direct final
16	50m Backstroke	Men	Direct final
17	200m Breaststroke	Woman	Direct final
18	200m Breaststroke	Men	Direct final
19	4x50m Freestyle	Woman	Direct final
20	4x50m Freestyle	Men	Direct final

SUNDAY	15 aug. 2009	Session 3 - Start: 15.00	
21	4x50m Medley	Mixed	Direct final
22	200m Freestyle	Men	Direct final
23	200m Freestyle	Woman	Direct final
24	100m Breaststroke	Men	Direct final
25	100m Breaststroke	Woman	Direct final
26	50m Freestyle	Men	Direct final
27	50m Freestyle	Woman	Direct final
28	100m Butterfly	Men	Direct final
29	100m Butterfly	Woman	Direct final
30	4x50m Freestyle	Mixed	Direct final

HOTELS / FOOD Pages 5, 6, 7 and 8

INFORMATION West Sweden Swimming Federation (VSSF)
Phone: +46 (0)31205637
E-Mail: kansli@vssf.nu

INVITATION – GOTHENBURG OPEN WATER



MASTERS SWIMMING

THE COMPETITION IS OPEN FOR INTERNATIONAL PARTICIPANTS!

DATE	16 August 2009
PLACE	Delsjön, Gothenburg
COMPETITION TIME	11.00
ENTRY FEES	See page 1.
PAYMENT DETAILS	See page 1.
ENTRY FORMS	<p><u>Scandinavian Clubs:</u> You can use either entry files (AN-, SA- or Lenex 2.0 or higher) with complement of the forms - Club registration (page 9) and Release from liability (page 10).</p> <p><u>European Clubs:</u> You can use entry file (Lenex 2.0 or higher) with complement of the forms - Club registration and Release from liability.</p> <p><u>Non European Clubs:</u> You have to use the following forms: Club registration, Release from liability and Entry List (page 11).</p> <p>The files and/or forms must be at West Sweden Swimming Federation disposal latest 30 June (13.00) by E-Mail: kansli@vssf.nu</p> <p>To start in the competition you have to send us proof of registration with your national swimming federation / copy of your membership licence.</p>
ENTRY FILES	The files (AN, SA and Lenex 2.0) can be downloaded from West Sweden Swimming Federations homepage www.vssf.nu – see Göteborg Simfestival.
LATE ENTRIES	Is allowed until latest 27 July at a fee of: Open Water: 450 SEK / start The fees are paid in conjunction with the entry, payment details se page 1.
SCRATCHES	Scratches shall be sent to VSSF (kansli@vssf.nu) latest Thursday 13 Aug. at 13.00. Scratches that are done later fined with a fee of 300 SEK. If competition doctor orders “no start” – no fine is charged!
EVENT NUMBER	1
DISTANCE	1500m Open Water
AGE GROUPS	The age of the swimmer is determined by 31 Dec. 2009. (Pre Masters = PM) Individual: Group: PM 20-24 A 25-29 E 45-49 I 65-69 M 85-89 B 30-34 F 50-54 J 70-74 N 90- C 35-39 G 55-59 K 75-79 D 40-44 H 60-64 L 80-84
MEDALS	Medals are given to places 1-3 and a plaquette to every participant.
TIME SYSTEM	Chip strapped on the arm, officials decides in dubious cases.
WET SUIT	Is not allowed.
SAFETY	Small boats with lifeguards will be posted along the course and a medical station at start/finish.
HOTELS / FOOD	Pages 5, 6, 7 and 8
INFORMATION	West Sweden Swimming Federation (VSSF) Phone: +46 (0)31205637 E-Mail: kansli@vssf.nu

BOOKING – HOTELS



HOTEL

A - Lisebergsbyn Kärralund

The prices are per night included breakfast, bed sheets (you have to make your own bed in cabin and hostel), towels, parking, wireless internet connection and cleaning. It's a preliminary booking until 30 June 2009, after that date the booking is considered as official.

After that reservations received by request.

Hotel

6 beds 1975 SEK (330/person)

Cabin

5 beds incl. kitchen, shower and WC. 1865 SEK (373/person)

Cabin

4 beds incl. kitchen, shower and WC. 1590 SEK (397,5/person)

Cabin

4 beds incl. kitchen (Shower and WC nearby) 1315 SEK (329/person)

Hostel

4 beds incl. shower and WC in the corridor. 1205 SEK (302/person)

PLEASE USE THIS FORM FOR THE BOOKING!

A – Lisebergsbyn Kärralund

Contact information for payment and booking confirmation:

Club	
Contact person	
Address	
Postal address/City	
Country	
Telephone	
Cell phone	
E-mail	

Boarding:

Mark with X

Hotel – 6 beds	1 975 SEK/Night	
Cabin – 5 beds incl k, s & wc	1 865 SEK/Night	
Cabin – 4 beds incl k, s & wc	1 590 SEK/Night	
Cabin – 4 beds incl k	1 315 SEK/Night	
Hostel – 4 beds, s & wc in corr	1 205 SEK/Night	

Room list:

Surname

Given name

Person 1		
Person 2		
Person 3		
Person 4		
Person 5		
Person 6		

Arrival / departure

Date of arrival	
Date of departure	

The rooms are at your disposal earliest 15.00 on the arrival date. On the departure date you must leave the room at the latest 11.00.

Confirmation / booking code (Will be sent to you after your payment)	A -
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Please send this form to kansli@vssf.nu at the latest of 30 June 2009!

BOOKING – HOTELS



HOTEL

B – Scandic Hotell Opalen

The prices are per night included breakfast

It's a preliminary booking until 30 June 2009, after that date the booking is considered as official.

After that reservations received by request.

Single room	880 SEK
Double room small	
1 Single bed + 1 wall bed 90 cm	990 SEK (495/person)
Double room	
2 x 105 cm beds	1190 SEK (595/person)
Double room + extra bed	
2 x 105 cm beds + 1 wall bed 90 cm	1390 SEK (464/person)
Four bed room	
2 x 105 cm beds + 2 bunk beds 90 cm	1590 SEK (397,5/person)

PLEASE USE THIS FORM FOR THE BOOKING!

B – Scandic Hotell Opalen

Contact information for payment and booking confirmation:

Club	
Contact person	
Address	
Postal address/City	
Country	
Telephone	
Cell phone	
E-mail	

Boarding:

Mark with X

Single room	880 SEK/Night	
Double room small	990 SEK/Night	
Double room	1 190 SEK/Night	
Double room + extra bed	1 390 SEK/Night	
Four bed room	1 590 SEK/Night	

Room list:

Surname

Given name

	Surname	Given name
Person 1		
Person 2		
Person 3		
Person 4		

Arrival / departure

Date of arrival	
Date of departure	

The rooms are at your disposal earliest 15.00 on the arrival date. On the departure date you must leave the room at the latest 12.00.

Confirmation / booking code (Will be sent to you after your payment)	B -
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Please send this form to kansli@vssf.nu at the latest of 30 June 2009!

BOOKING – HOTELS



HOTEL

C - Scandic Hotell Rubinen

The prices are per night included breakfast
 It's a preliminary booking until 30 June 2009, after that date the
 booking is considered as official.
 After that reservations received by request.

Single room	990 SEK
Queen Grand lit 1 x 140 cm bed	1100 SEK (550/person)
Double room 2 x 90 cm beds	1520 SEK (760/person)
Double room 1 x 160 cm bed	1520 SEK (760/person)

PLEASE USE THIS FORM FOR THE BOOKING!

C – Scandic Hotell Rubinen

Contact information for payment and booking confirmation:

Club	
Contact person	
Address	
Postal address/City	
Country	
Telephone	
Cell phone	
E-mail	

Boarding:

Mark with X

Single room	990 SEK/Night	
Queen Grand lit	1 100 SEK/Night	
Double room (2 x 90 cm)	1 520 SEK/Night	
Double room (1 x 160 cm)	1 520 SEK/Night	

Room list:

Surname

Given name

Person 1		
Person 2		

Arrival / departure

Date of arrival	
Date of departure	

The rooms are at your disposal earliest 15.00 on the arrival date. On the departure date you must leave the room at the latest 12.00.

Confirmation / booking code (Will be sent to you after your payment)	C -
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Please send this form to kansli@vssf.nu at the latest 30 June 2009!

INTEREST BOOKING – FOOD

FOOD

Food will be offered at Scandic Hotell Opalen.



For the moment we can't give you the prices but in the beginning of June 2009 we will know.

For the negotiations we are interested if you're interested to buy the following alternatives.

Here is the price range for now!

Breakfast	Saturday 15 Aug. Sunday 16 Aug.	Max 130 SEK Max 130 SEK
(Non residential in the hotels)		
Dinner (Scandic Sport concept)	Friday 14 Aug	Max 129 SEK
Lunch (Scandic Sport concept)	Saturday 15 Aug	Max 129 SEK
Competition Dinner	Saturday 15 Aug (2 courses) Saturday 15 Aug (3 courses)	Max 310 SEK Max 350 SEK
(Incl. one glass of wine/beer, price depends on the amount of competitioners)		

We are interested in the following alternatives:

Contact information for payment and booking confirmation:

Club	
Contact person	
Address	
Postal address/City	
Country	
Telephone	
Cell phone	
E-mail	

FOOD **No of persons**

Breakfast - 15 Aug. (non resident in hotels)	Max 130 SEK/person	
Breakfast - 16 Aug. (non resident in hotels)	Max 130 SEK/person	
Dinner - 14 Aug.	Max 129 SEK/person	
Lunch - 15 Aug.	Max 129 SEK/person	
Competition Dinner - 15 Aug	Max 310 SEK/person	
Competition Dinner - 15 Aug	Max 350 SEK/person	

Confirmation / booking code (Will be sent to you after payment)	D -
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Please send this form to kansli@vssf.nu at the latest 30 May 2009!



**SWEDISH OPEN MASTERS SWIMMING CHAMPIONSHIP in 50m POOL / PRE WMC
& GOTHENBURG OPEN WATER MASTERS SWIMMING**

in Gothenburg 14-16 august 2009

THE COMPETITION IS OPEN FOR INTERNATIONAL PARTICIPANTS!

CLUB REGISTRATION FORM

The entry forms shall be at West Sweden Swimming Federation
disposal the latest 30 June (13.00) by mail: kansli@vssf.nu

CLUB INFORMATION

Club	
Contact person	
Address	
Postal address/City	
Country	
Telephone	
Cell phone	
E-mail	

ENTRY / ENTRIES FEE (see entry form)

No of ind. swim.		70 SEK each =	SEK
No of relays swim.		100 SEK each =	SEK
No of OW swim.		200 SEK each =	SEK
No of late ind. swim.		140 SEK each =	SEK
No of late relays swim.		200 SEK each =	SEK
No of late OW swim.		450 SEK each =	SEK
Total entries:		Total amount:	SEK

PARTICIPANTS

No of participants:		No of coaches/managers:	
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PAYMENT BY BANK

Date:		Reference :	
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SIGNATURE:

INFORMATION

West Sweden Swimming Federation (VSSF)

Phone: +46 (0)31205637

E-mail: nsli@vssf.nu



SWEDISH OPEN MASTERS SWIMMING CHAMPIONSHIP in 50m POOL / PRE WMC

& GOTHENBURG OPEN WATER MASTERS SWIMMING

in Gothenburg 14-16 august 2009

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ENTRY FORM

The entry forms shall be at West Sweden Swimming Federation
 disposal the latest 30 June (13.00) by mail: kansli@vssf.nu
 (If you use entry files AN, SA or Lenex 2.0 or higher – you can disregard this form)

Page: _____/_____

Club: _____

No.	Licence	Given name / Surname	M/F	Year of birth	Event no.	Distance, Discipline	Time	25/50 pool

With registration entries the club affirm, that they read the invitation and the clubs participants will be in health and fit.

INFORMATION

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RELEASE FROM LIABILITY

The entry forms shall be at West Sweden Swimming Federation
disposal the latest 30 June (13.00) by mail: kansli@vssf.nu

Given name and surname

Club name

Country

I, the undersigned participant, intending be legally bound, hereby certify that I am physically fit and have not been otherwise informed bay medical practitioner. I acknowledge that I am aware of the risks inherent in Masters Swimming and Open Water Swimming (training and competition) including possible permanent disability or death, and assume all risks.

I hereby waive all rights to claims for loss and damages, arising out my participation in Masters Swimming Events or any activities incidental there to, against the Swedish Swim Federation (SSF), West Sweden Swimming Federation (VSSF), Göteborg Sim or any individual's participation in Masters Swimming and Open Water. In addition I agree to abide by and be governed by the rules of the Swedish Swim Federation (SSF).

I further declare that I have sufficient health insurance valid in Sweden to cover any medical, pharmaceutical, hospitalization and repatriation expenses that may occur with my stay and participation at Göteborg Simfestival (Swedish Open Masters Swimming Championship 50m / Pre WMC & Gothenburg Open Water Masters Swimming) 14-16 august 2009. I understand that the Organisation Comity of Göteborg Simfestival, SSF, or Swedish authorities may request evidence of such insurance coverage for participation on the event for me as well as for any friends and/or family members intending to join me for the event.

Both Göteborg Simfestival participants and companions are responsible for their own travelling and personal expenses.

Date

Signature of competitor

This filled in release must be returned with relevant entry form

ENTRY DEADLINE 30 JUNE 2009

INFORMATION

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