

**N O R D I C
O P E N
M A S T E R S
C H A M P I O N S H I P S**

**3 - 4 OCTOBER 2014
P O R I , F I N L A N D**

Nereus Swimming Club, Pori Swimming Club, Friitalan Yritys, Kankaanpään Uimarit, Pihlavan Työväen Uimarit and Rauma Swimming Club have the pleasure of welcoming you to participate in the Nordic Open Masters Championships on the 3rd and 4th of October 2014 in Pori.



Competition venue

Pori indoor swimming pool has an eight lane 50 meter pool which will be divided into two 25 meter pools for the competition. One pool can be used as a warm up/swim down pool during the competition sessions. Both 25 meter pools are two meters deep, 20 meters wide and the water temperature is 26 degrees.

The pool complex was completed in autumn 2011 and has various leisure pools and saunas for competitors to enjoy during competition sessions. There is also a cafe which serves food, drinks and snacks. More information about the lunches available between the Saturday morning and afternoon sessions will be posted on the competition web page (please click on the competition link on Nereus Swimming Club's website www.uintiklubinereus.fi).

For panoramic footage of the pool, please visit www.pori.fi/vapaa-aika/liikuntapaikat/keskustanuimahalli.

Pool address: Presidentinpuistokatu 6, 28100 Pori, Finland.

Program

Session 1

Friday, 3rd of October 2014 at 16.30

1. 400 m freestyle men
2. 400 m freestyle women
3. 50 m butterfly men
4. 50 m butterfly women
5. 100 m breaststroke men
6. 100 m breaststroke women
7. 100 m backstroke men
8. 100 m backstroke women
9. 200 m butterfly men
10. 200 m butterfly women
11. 4X50 m freestyle relay men
12. 4x50 m freestyle relay women

Session 2

Saturday, 4th of October 2014 at 09.00

13. 100 m freestyle men
14. 100 m freestyle women
15. 100 m butterfly men
16. 100 m butterfly women
17. 50 m breaststroke men
18. 50 m breaststroke women
19. 800 m freestyle men
20. 100 m medley women
21. 100 m medley men
22. 200 m breast women
23. 200 m breast men
24. 4x50 m medley relay women
25. 4x50 m medley relay men



Session 3

Saturday, 4th of October 2014 at 15.30

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|-----------------------------|--------------------------------|
| 26. 4x50 m medley relay mix | 31. 50 m backstroke women |
| 27. 400 m medley women | 32. 50 m freestyle men |
| 28. 400 m medley men | 33. 50 m freestyle women |
| 29. 800 m freestyle women | 34. 4x50 m freestyle relay mix |
| 30. 50 m backstroke men | |

Warm up starts **90** minutes before each competition session and finishes **15** minutes before the start of the first event.

Age Groups (for individual events)

A 25-29	B 30-34	C 35-39	D 40-44	E 45-49	F 50-54
G 55-59	H 60-64	I 65-69	J 70-74	K 75-79	L 80-84
M 85-89	N 90-94	O 95-			

Notice! There is no age group for pre-masters.

Age Groups (for relays -total sum of the ages of all swimmers in the team)

A 100-119	B 120-159	C 160-199	D 200-239	E 240-279	F 280-319	G 320-359
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Please note that pre-masters swimmers cannot be used in relays.

Entry information

Deadline for entries is the **19th of September 2014**. Only entries received by this date will be accepted.

All entries will have to state a time which the swimmer has achieved in a previous competition. An estimated time is also allowed, but entries with "no time" will not be accepted.

All swimmers must represent a swimming club registered with FINA.

Entries should be sent by post to following address:
Heli Paalosalo, Visatie 13 B 42, 28360 Pori, Finland

Entries can be sent also by email on heli.paalosalo@dnainternet.net

Entry Fee

Entry fee is €10 per person or relay team in each event.

Payment should be made at the time of sending the entries by a bank transfer to "SataUi".

IBAN code is FI0722971800016921

Please use reference text "NC-SWIM 2014".



Entry Cancellations

For events in session 1, cancellations must be received by 20.00 on Thursday the 2nd of October.

For events in sessions 2 and 3, cancellations must be received by 20.00 on Friday the 3rd of October.

Late or non-cancellations will be charged at €30/person or relay team/event.

Relay Team Entries

Names of the swimmers for the relay teams must be submitted no later than one hour before the start of the session including the event.

It is not possible to change the age category of the relay team after the original entry has been submitted.

Medals

Medals will be awarded to the top three swimmers in each event (including relays), regardless of their nationality.

Evening buffet

All competitors are welcome to come and celebrate their achievements at an **evening buffet** arranged by the competition organizers following the final session on Saturday evening. Further information about the venue and the price will be available on the competition page.

Competition page can be found on Nereus Swimming Club's website at www.uintiklubinereus.fi → Competitions.



ACCOMMODATION

- **Sokos Vaakuna (Gallen-Kallelankatu 7, 28100 Pori, Finland)**
 - bookings by email: sales.pori@sokos.hotels.fi
 - room rates: €56/single, €85/double, €135/triple (superior room with an extra bed)
 - all rates include a buffet breakfast
 - quote: “masters pm” when making your booking
- **Cumulus (Yrjönkatu 24, 28100 Pori, Finland)**
 - bookings by email: pori.cumulus@restel.fi
 - room rates: €70/single, €80/double, €100/triple (double with an extra bed)
 - all rates include a buffet breakfast
 - quote: “masters pm” when making your booking
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- **Scandic (Itsenäisyydenkatu 41, 28100 Pori, Finland)**
 - booking by email: pori@scandichotels.com
 - room rates: €96/single, €106/double, €116/triple
 - all rates include a buffet breakfast
 - quote “masters pm” when making your booking
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- **Amado (Keskusaukio 2, 28130 Pori, Finland)**
 - bookings by email: amado@amado.fi
 - all rates include a buffet breakfast
 - quote “masters pm” when making your booking

The rates above are available only if a booking is made by the **31st of August 2014**. The codes quoted with each hotel must be mentioned to secure the special competition rates.

All hotels are within a short walking distance from the swimming pool.

Information about Pori

Pori is a great destination for a short break. Pori is a historic industrial town by river Kokemäki and has a population of approximately 80 000 people.

Pori is served by good rail and coach links from the capital city Helsinki. There is a direct coach taking travelers to and from the Helsinki-Vantaa airport. Pori also has an international airport with connections from Helsinki and daily flights to Stockholm planned to commence in February 2014. Pori airport (www.finavio.fi/fi/pori) is located only 2.5 kilometers from the center of town. Bigger cities nearby include Tampere (100km) and Turku (90km). Both cities have international airports and Turku is also served by a port for cruise ships from Sweden. Both cities have regular train or coach services to and from Pori.

Pori has a modern, pedestrianized center of town with good variety of shops, a traditional market place and a lovely riverside to enjoy – all within walking distance of the hotels listed above. Pori also has a selection of fantastic museums; such as a world class art museum, Rosenlew museum about the town’s industrial past and a recently renovated Satakunnan



museum about the local history. Approximately 20 kilometers from the center of town are the beautiful, white sandy beaches of Yyteri - worth a visit, even in October. If you really want to see Pori at its best; try to get tickets to see Ässät, the local ice hockey team in action. Ice hockey is extremely popular in Finland and everybody in the whole of Finland agrees that the atmosphere in the legendary Pori ice hockey arena, Isomäki is something you just have to experience yourself.

For more information about what you can do in Pori, please visit www.maisa.fi or contact the organizers.

