

Ringsted Svømmeklub and Danish Swimming Association are inviting you to

DANISH OPEN MASTERS 2009

SHORT COURSE

Date	7 th og 8 th March 2009		
Venue	Ringsted svømmehal, Teglovnvej 46, 4100 Ringsted 25 m pool – 8 lanes – electronic timing system Little pool for warm up/cool down (6 x 15 m.)		
Warm up	1 st period Saturday the 7 th March Saturday		09.30-10.45
	2 nd period Saturday the 7 th March Saturday		14.00-14.45
	3 rd period Sunday the 8 th March Saturday		08.30-09.45
Meetings	1 st period Saturday the 7 th March Saturday		11.00
	2 nd period Saturday the 7 th March Saturday		15.00
	3 rd period Sunday the 8 th March Saturday		10.00
Age classes	<u>Groups</u>		
	P 20-24 år		
	A 25-29 år	F 50-54 år	K 75-79 år
	B 30-34 år	G 55-59 år	L 80-84 år
	C 35-39 år	H 60-64 år	M 85-89 år
	D 40-44 år	I 65-69 år	N 90-94 år.
	E 45-49 år	J 70-74 år	O 95-99 år

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 31st December 2009. Masters are therefore **not** allowed to participate in Pre-relays and vice versa.

Relay team age classes:

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

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 2009-SC is open to all Danish and international masters swimmers that are or will be 20 years old during 2009. The DOM 2009-SC will be run according to the FINA and The Mastersswimming set of rules.

Deadline for Registration

Please send the registrations no later than 12th February 2009 to:

Peter Holmsteen
Valnøddebakken 7
2800 Lyngby
Denmark
E-mail: walnuthill7@hotmail.com

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

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.

Entrance fees:

Individuals DKK. 45,00 pr. start and team relays DKK. 100,00 pr. starting team. Danish clubs and swimmers will be charged through the Danish Swimming Federation. International swimmers or clubs are required to prepay.

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

Awards

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

Startlist

Will be published on www.svoem.dk and www.mastersnews.dk

Program of events:

Section 1: Saturday, March 7. 11.00

Event	P1	50 m free	premasters men
	1	50 m free	masters men
	P2	50 m free	premasters ladies
	2	50 m free	ladies
	P3	100 m breaststroke	premasters men
	3	100 m breaststroke	masters men
	P4	100 m breaststroke	premasters ladies
	4	100 m breaststroke	Ladies
	P5	50 m backstroke	premasters men
	5	50 m backstroke	masters men
	P6	50 m backstroke	premasters ladies
	6	50 m backstroke	masters ladies
	P7	100 m butterfly	premasters men
	7	100 m butterfly	masters men
	P8	100 m butterfly	premasters ladies
	8	100 m butterfly	masters ladies
	P9	200 m breaststroke	premasters men
	9	200 m breaststroke	masters men
	P10	200 m breaststroke	premasters ladies
	10	200 m breaststroke	masters ladies

Section 2: Saturday, March 7. 15.00

Event	P11	800 m fri	premasters unisex
	11	800 m fri	unisex
	P12	100 m IM	premasters ladies
	12	100 m IM	masters ladies
	P13	100 m IM	premasters men
	13	100 m IM	Masters men
	P14	200 m backstroke	premasters ladies
	14	200 m backstroke	masters ladies
	P15	200 m backstroke	premasters men
	P	200 m backstroke	masters men
		10 minute break	
	P16	4 x 50 m medley relay	premasters ladies
	16	4 x 50 m medley relay	ladies
	P17	4 x 50 m medley relay	Premasters men
	17	4 x 50 m medley relay	masters men
		10 minute break	
	P18	4 x 50 m medley relay	premasters mix
	18	4 x 50 m medley relay	mix

Section 3: Sunday, March 8. 10.00

Event	P19	4 x 50 m free	premasters mix
	19	4 x 50 m free	mix
		10 minute break	
	P20	100 m free	premasters ladies
	20	100 m free	masters ladies
	P21	100 m free	premasters men
	21	100 m free	masters men
	P22	50 m breaststroke	premasters ladies
	22	50 m breaststroke	mastes ladies
	P23	50 m breaststroke	premasters men
	23	50 m breaststroke	masters men
	P24	100 m backstroke	premasters ladies
	24	100 m backstroke	masters ladies
	P25	100 m backstroke	premasters men
	25	100 m backstroke	masters men
	P26	50 m butterfly	premasters ladies
	26	50 m butterfly	masters ladies
	P27	50 m butterfly	premasters herrer
	27	50 m butterfly	masters men
		10 minute break	
	P28	200 m free	premasters ladies
	28	200 m free	masters ladies
	P29	200 m free	premasters men
	29	200 m free	masters men
	P30	400 m IM	premasters damer
	30	400 m IM	masters ladies
	P31	400 m IM	premasters men
	31	400 m IM	masters men
		10 minute break	
	P32	4 x 50 m free	premasters ladies
	32	4 x 50 m free	masters ladies
	P33	4 x 50 m free	premasters men
	33	4 x 50 m free	masters men

Accomodations Ringsted Svømmeklub Supportteam offers accomodation and food from Friday evening to Sunday noon on

Valdemarskolen (Valdemar School)
Skolegade 9, 4100 Ringsted,

approximately 400 m from the pool.

Other possibilities for accomodation:

Ringsted Vandrerhjem (hostel)
Sant Bendts Gade 18, 4100 Ringsted
Tlf. 57611526

Hotel Scandic Ringsted
Nørretorv 57, 4100 Ringsted
Tlf. 57619300

Masters Party 2009

Saturday the 7th of March 2009

Ringsted will be hosting the big MastersPARTY in connection with Danish Open Masters 2009

The Party will take place

At 19.30

We will serve a party menu

It will be possible to buy beer, soda, wine and some alcoholic beverages at very reasonable prices.

Danske Open Masters 2009

Ringsted Svømmeklub Supportteam offers:

Acomodation, breakfast og dinner on Valdemarskolen (Valdemar School)

Lunch in scout house next to the pool.

Club name	
Contact	
Adress	
Phone	
E-mail	

	DKK	Number	Total
Dinner Friday	DKK 75,00		
Accommodation Friday/Saturday	DKK 40,00		
Breakfast Saturday	DKK 45,00		
Lunch Saturday	DKK 60,00		
Masters Party	DKK 175,00		
Accommodation Saturday/Sunday	DKK 40,00		
Breakfast Sunday	DKK 45,00		
Lunch Sunday	DKK 60,00		
Entrance fees			

Total

The amount must be transferred to the Ringsted Svømmeklub account

Bank reg.no.4955 Account no. 2577526

IBAN: DK94 3000 0002 5775 26 SWIFT-BIC: DABADKKK

no later than 12th February 2009

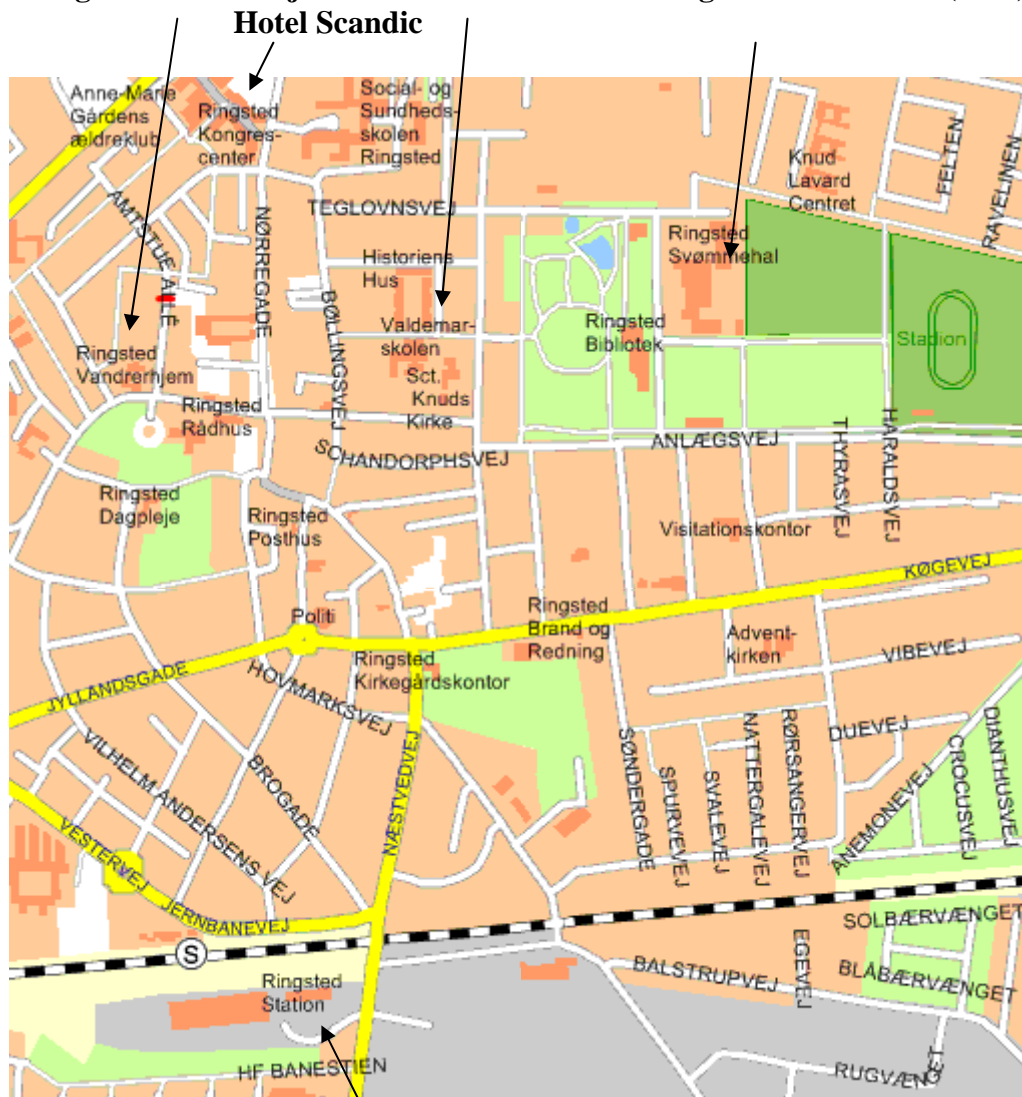
Questions and other matters concerning the meet can be directed to Jørgen Jørgensen,
phone +45 5761 1118 - E-mail.: joergenur@mail.dk

How to find the pool: Ringsted Svømmehal

You can travel by train directly from Copenhagen Airport to Ringsted Railway Station. Here you take bus 403 from Ringsted Railway Station to Valdemarskolen (Valdemar School) and the pool. The pool and Valdemarskolen (Valdemar School) is approximately 1,6 km from Ringsted Railway St.

You can also rent a car in Copenhagen Airport. Ringsted can be reached in one hour from the airport by car.

Ringsted Vandrerhjem Valdemar School Ringsted Svømmehal (Pool)



Ringsted Railway Station

If you are driving by car at the motor highway E20 from Copenhagen Airport to Ringsted, you have to exit at the turn off no. 36 - Ringsted Nord (Ringsted North)



Ringsted Vandrehjem Turn off 36 Valdemar skolen Ringsted Svømmehal (pool)

