



The Danish Swimming Association invites you to

OPEN DANISH WEST MASTERS

CHAMPIONSHIP 2008

13th November 2010

Date	13th November 2010
Venue	Spektrum Odder Swimming Pool Nølevvej 4, 8300 Odder, Jutland, Denmark 25 m pool – 6 lanes – electronic timing system
Host	Odder Swimming Club
Warm up	14.00-15.00
Event start	15.00
Participation	<u>Groups</u>

A-	20-24 years	E	45-49 years	J	70-74 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

Pre-masters (= group A-) are allowed to participate ONLY in pre-events and pre-relays. A pre-relay is defined as a relay where all participants are pre-masters – meaning that they are or turn 20 years of age in 2010 and that they not older than 24 years of age in 2010. Master are therefore NOT allowed to participate in pre-masters relays or vice versa.

Relay age groups:

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

Open Danish West Masters Championship 2010 is open to all Danish and non-Danish swimmers of the age of at least 20 years in 2010. The championship will be conducted according to current FINA and Masters rules.

Family relay mix is for 4 family members from at least 3 different generations.

Registration

Please send your registration **no later than 21 October 2010** to:

Peter Holsteen, Valdneøddebakken 7, 2800 Lyngby.
Telefon 45 87 65 14 - E-mail: masterstilmeld@gmail.com

Remember to add obtained time, group and year of birth as well as name of and e-mail address for your club.

Registration fees

Per individual start: DKK 45
Per relay start: DKK 100

Payment by non-Danish swimmers to the secretariat on arrival to the venue.

Cancellation

Cancellations must be given to the secretariat at least 1½ hour before competition start.

Relay cards

Relay cards should be given to the secretariat on arrival – and no later than 1½ hours before competition start.

Awards

Awards are given to number 1 in each event.

The award ceremony will take place at the adjacent school (see below)

Start list

The start list will be published on the Danish Swimming Federations's website:

www.svoem.dk

www.mastersnews.dk

Late registration

According to current rules, late registration must be made at least 48 hours before the first event.

Programme of events

- | | | | |
|----|---------------------------------------|----|--------------------------------------|
| 1 | 800 m freestyle ladies | 28 | 400 m ind. Medley ladies |
| 2 | 800 m freestyle men | 29 | 400 m ind. Medley men |
| 3 | 100 m ind. Medley pre-masters ladies | 30 | 50 m breaststroke pre-masters ladies |
| 4 | 100 m ind. Medley pre-masters men | 31 | 50 m breaststroke pre-masters men |
| 5 | 100 m ind. Medley ladies | 32 | 50 m breaststroke ladies |
| 6 | 100 m ind. Medley men | 33 | 50 m breaststroke men |
| 7 | 100 m butterfly pre-masters ladies | 34 | 100 m backstroke pre-masters ladies |
| 8 | 100 m butterfly pre-masters men | 35 | 100 m backstroke pre-masters men |
| 9 | 100 m butterfly ladies | 36 | 100 m backstroke ladies |
| 10 | 100 m butterfly men | 37 | 100 m backstroke men |
| 11 | 50 m backstroke pre-masters ladies | 38 | 50 m butterfly pre-masters ladies |
| 12 | 50 meter backstroke pre-masters men | 39 | 50 m butterfly pre-masters men |
| 13 | 50 meter backstroke ladies | 40 | 50 m butterfly ladies |
| 14 | 50 meter backstroke men | 41 | 50 m butterfly men |
| 15 | 100 m breaststroke pre-masters ladies | 42 | 100 m freestyle pre-masters ladies |
| 16 | 100 m breaststroke pre-masters men | 43 | 100 m freestyle pre-masters men |
| 17 | 100 meter breaststroke ladies | 44 | 100 m freestyle ladies |
| 18 | 100 meter breaststroke men | 45 | 100 m freestyle men |
| 19 | 50 m freestyle pre-masters ladies | 46 | 200 m breaststroke ladies |
| 20 | 50 m freestyle pre-masters men | 47 | 200 m breaststroke men |
| 21 | 50 m freestyle ladies | | Pause |
| 22 | 50 m freestyle men | 48 | 4 x 100 m freestyle ladies |
| | Pause | 49 | 4 x 100 m freestyle men |
| 23 | 4 x 50 m teammedley ladies | 50 | 4 x 100 m teammedley pre-masters mix |
| 24 | 4 x 50 m teammedley men | | Pause |
| 25 | 4 x 50 fri pre-masters mix | 51 | 4 x 100 m teammedley mix |
| | Pause | | |
| 26 | 4 x 50 freestyle mix | | |
| 27 | 4 x 25 familiemix | | |
| | Pause | | |

DINNER

Dinner

Odder Swimming Club offers a delicious buffet at only DKK 150 (beers and soft drinks will be sold at reasonable prices). The buffet menu will be posted on the club's website during week 39:

www.oddersvoem.dk

The buffet will be served after the awards ceremony at the adjacent school (Parkvejens Skole).

To sign up for the buffet please use the spreadsheet on the club's website.

The spreadsheet should be sent no later than 21 October to:

oddermasters@hotmail.com

Payment

Please transfer payment for the buffet our bank account no later than 21 October:

Jyske Bank
Registration no. 7250
Account no. 1403579
Swift code: JYBADKKK
Iban no: DK2272500001403579

Remember to state your name and club on the payment.

Contact

If you have any questions, please do not hesitate to contact Odder Swimming Club's contact person:

Morten Lind
Telephone: +45 20 18 72 67
E-mail: lind_15@hotmail.com

Spektrum Odder Swimming Club, Nølevvej 4, 8300 Odder, Denmark

