

Poseidon, Simmis Wanda and Finnish Swimming Association invite you to

## THE OPEN NORDIC MASTERS CHAMPIONSHIPS

**Date:** October 23-25, 2009

**Place:** Tikkurila swimming pool, Vantaa, Finland

**Pool size:** 50 meters, 6 lanes

**Secondary pool:** 12 x 5 meters



### Program:

#### Session 1

Friday 23rd at 6 p.m.

- 1 400 m Individual Medley Men
- 2 400 m Individual Medley Women
- 3 800 m Freestyle Men
- 4 800 m Freestyle Women

#### Session 2

Saturday

24th at 9 a.m.

- 5 50 m Butterfly Men
- 6 50 m Butterfly Women
- 7 200 m Freestyle Men
- 8 200 m Freestyle Women
- 9 100 m Backstroke Men
- 10 100 m Backstroke Women
- 11 200 m Breaststroke Men
- 12 200 m Breaststroke Women
- 13 4x50 m Freestyle Relay Men
- 14 4x50 m Freestyle Relay Women
- 15 400 m Freestyle Men
- 16 400 m Freestyle Women

#### Session 3

Saturday 24th at 3 p.m.

- 17 200 m Individual Medley Men
- 18 200 m Individual Medley Women
- 19 100 m Freestyle Men
- 20 100 m Freestyle Women
- 21 100 m Butterfly Men
- 22 100 m Butterfly Women

23 200 m Backstroke Men

24 200 m Backstroke Women

25 50 m Breaststroke Men

26 50 m Breaststroke Women

27 4x50 m Medley Relay Men

28 4x50 m Medley Relay Women

#### Session 4

Sunday 25th at 10 a.m.

29 4x50 m Medley Relay Mix (2M+2W)

30 200 m Butterfly Men

31 200 m Butterfly Women

32 100 m Breaststroke Men

33 100 m Breaststroke Women

34 50 m Backstroke Men

35 50 m Backstroke Women

36 50 m Freestyle Men

37 50 m Freestyle Women

38 4x50 m Freestyle Relay Mix (2M+2W)

**Warm up** starts 1,5 hour before each session.

**Accommodation and get together party:** Hotel Vantaa ([www.sokoshotels.fi](http://www.sokoshotels.fi))

Bookings directly from the hotel, name code: "Masters"

Room prices will be confirmed soon.

**Additional information** concerning entries, fees, accommodation, transportation, evening get-together, complete invitation, start lists and results from [www.nordicmasters.net](http://www.nordicmasters.net)

or contact

Sami Wahlman, [sw@poseidon.fi](mailto:sw@poseidon.fi)

Mobile: +358 40 588 7783

**WELCOME TO VANTAA!**