

OPEN NORDIC MASTERS CHAMPIONSHIPS 2009

Poseidon, Simmis Wanda and Finnish Swimming Association together with the city of Vantaa 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.

All events will be swum in **Masters age groups** according to FINA Masters rules.

Registration preferably in Lenex format must be sent latest on 13th of October 2009 by email to [masters\[a\]nordicmasters.net](mailto:masters[a]nordicmasters.net) All emails will be confirmed. The entries should include name of the participant, year of birth, age group, event number, distance, discipline, qualifying time, club and country. Participants in 400m and 800m events and in relays must have qualifying times, achieved or estimated. *Late registration is not possible.*

Registration fee is 10€/start and it has to be paid latest on 13th of October 2009 to AKTIA Bank, account owner Nordic Masters Swimming 2009
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Please mark your clubs name in the payment details field.

Entry cancellation must be made latest 30 minutes before the session the event takes place. Participants failing to arrive to start on time are not allowed to participate in any following event on that same session, not even in relays.

Accommodation and get together party: Hotel Vantaa (www.sokoshotels.fi)
Single room 79€/night, Double room 89€/night. Prices include accommodation, breakfast buffet, use of saunas and free entrance to the hotels night restaurants. Bookings directly from the hotel, name code: "Masters". **Get together party** will take place on Saturday evening at Hotel Vantaa. Dinner card 25€, additional info from web page www.nordicmasters.net Reservations latest on 13th of October 2009 by email to masters[a]nordicmasters.net

Additional information www.nordicmasters.net

or contact

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WELCOME TO FINLAND!