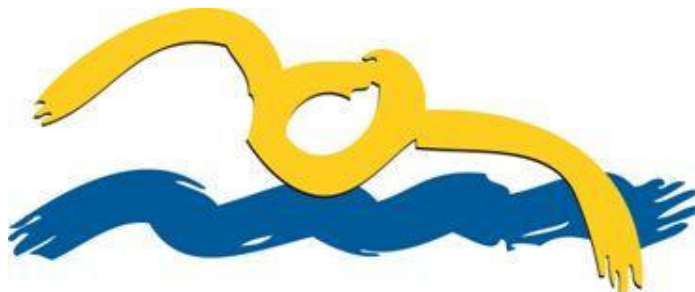




go:teborg&co



**XIII FINA World Masters
Championships**
Göteborg & Borås Sweden 2010

ENTRY BOOKLET



SWIMMING WATER POLO SYNCHRONIZED SWIMMING
DIVING OPEN WATER SWIMMING

MESSAGE FROM THE FINA PRESIDENT



Dear Friends,

It is my great pleasure to welcome the Masters Family to its major 2010 rendezvous, the 13th FINA World Masters Championships, to be held from July 27-August 7 in the Swedish cities of Gothenburg and Boras. This competition will once more reinforce the values of friendship, understanding, fitness and competition between athletes of over 25 years old.

This major event – in fact, the biggest championships organised by FINA, with the participation of over 6,000 athletes – is certainly a milestone for those who consecrate part of their lives to one of the five FINA disciplines: swimming, diving, water polo, synchronised swimming and open water swimming.

With the FINA World Masters Championships, we want to prove that even when retired from the high level competition, our athletes are still capable to delight us with their performances. Thousands of athletes, from 25 years old up to 90 or more, confirm that the aquatic vocation is still there no matter the age.

FINA always undertook the necessary steps to improve the development of Masters worldwide: the organisation of its World Championships, which provide optimal conditions for our competitors, is the best concrete example of this policy.

I would like to take this opportunity to express my gratitude to the *Swedish Swimming Federation*, to the Organising Committee of these championships and to the local authorities for their support and help. Their enthusiasm will be a guarantee of a successful competition and the experience of Sweden in hosting FINA events is an added value to this organisation.

I wish the Masters Family the best luck for the 13th FINA World Masters Championships in 2010.



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WELCOME

FINA, the Swedish Swimming Federation, the host cities Göteborg, Mölndal and Borås extend a warm welcome to all Masters Athletes to the XIII FINA World Masters Championships 2010 in Sweden. It is a great honor for us to be chosen by FINA to organize all the FINA Masters aquatic disciplines in 2010; Swimming, Diving, Water Polo, Synchronized Swimming and Open Water Swimming.

The cities have a long tradition of hosting first class international events as World and European Championships in sports like Athletics, Speed Skating, Handball, Speedway, Football, Ice Hockey, Figure skating and 1997 FINA World Swimming Championship (short track).

The characteristic feature of the cities is the concentrated city area with hotels, restaurants, theatres, museum, parks, recreation areas and shopping all located close to each other. The different venues are within walking distance or a short trip with tram.

All this will give competitors from all over the world the opportunities to meet with fellow Masters, enjoy life, visit all the exiting attractions in and around the cities and compete with high performance in there own discipline.

The Organizing Committee look forward to seeing you all on the West coast of Sweden, the beautiful summer 2010. We hope we can have the best organized Championships ever and be remembered as "the friendly World Masters Championships in 2010".

Welcome

Ingmar Lundström
Executive Director
Organizing Committee
XIII FINA World Masters Championships 2010
President of West Sweden Swimming Federation



ORGANIZATION

ORGANIZING COMMITTEE

EXECUTIVE BOARD

Pia Zätterström, Chairman
Bengt Jönsson
Anki Jarl

Lena Palmér

Ingmar Lundström

Vice President of the Swedish Swimming Federation
Member of the Swedish Swimming Federation
Vice President of the West Sweden Swimming Federation and
Member of the Swedish Swimming Federation
Member of Swedish Master Committee and
West Sweden Swimming Federation

Executive Director OC and President of the
West Sweden Swimming federation

COMMITTEE

Ingmar Lundström	Executive Director	Jonas Arlmark	Security
Anki Jarl	Information / Event	Bengt Eriksson	Medical
Stefan Svensson	Marketing / Information	Gunnar Ekstedt	Service
Hans Forsman	Venue Borås	Tore Reinhold	Swimming
Kjell Rossing	Venue Göteborg / Mölndal	Bo Stenberg	Open Water
Erik Johnson	Marketing / Event Borås	Lars Tannerfalk	Water Polo
Anniela Forsell	Marketing / Event Göteborg	Josip Baric	Diving
Pia Solefors	Marketing / Event Mölndal	Lena Palmér	Synchronized Swimming
Fredrik Wallman	Officials / Volunteers	Magnus Hansson	WMC office
Kent Hamberg	It / Communication		

WMC OFFICE

Championship Office

Organizing Committee
XIII FINA World Masters Championships

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Tfn +46 31 205637
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FINA PRESIDENT

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FINA MASTER COMMITTEE

Chairman

Edward Evely CAN

Vice Chairman

Rose Cody PUR

Honorary Secretary

Kurt Mikkola FIN

Members

Majid Waseem PAK

Mohamed Salah Redouane ALG

Lourdes De Goncalves VEN

Nancy Ridout USA

Dusan Dimitrijevec SRB

Hans-Peter Sick GER

Grunde Vegard NOR

Roger Eagles NZL

Ivan Wingate AUS

Iman Mohamed Arram EGY

Sven von Holst SWE

Simon Rothwell GBR

Bureau Liaison

Bill Matson NZL

FINA EXECUTIVE DIRECTOR

Cornel Marculescu

FINA HEADQUARTERS ADDRESS:

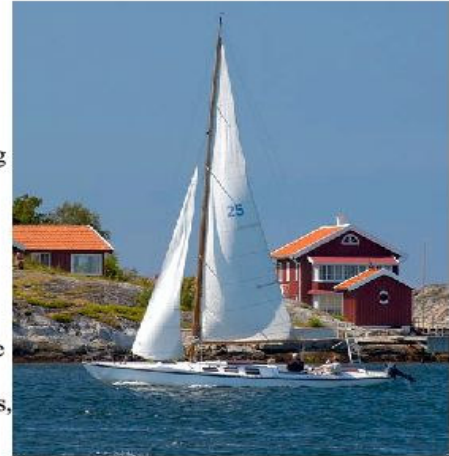
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THE WEST SWEDEN and THE HOSTING CITIES

Welcome to West Sweden - Göteborg, Borås and Mölndal!

West Sweden, with Göteborg as its gateway, is a region of rare beauty made up of areas each with distinctive characters. These includes the pristine lakes and forests, a quiet wilderness teeming with wildlife; the rocky coastline scattered with skerries and fishing villages; and a blissful swathe of countryside stretching inland and home to historical sites, picturesque manor houses, gardens and atmospheric castles.

For many, the coastal city of Göteborg is the entry point to the region and a great place from which to start a holiday, experience cultural attractions and taste the cuisine. Whether your holiday is focused on the family, fine food, a city break or outdoor activities, West Sweden is a little-known gem just waiting to be explored.



Göteborg

Göteborg is Sweden's second biggest city. Many think it's just the right size. Home to its own culture, its own language and its own special character. In Göteborg, entertainment, nature and places of interest are never far away. Despite its cosmopolitan stamp though, it still has a typical small-town charm.

The city is often likened to San Francisco because, like the American city, this west-coast location has plenty of bridges, hills, water, trams and seafood restaurants.



City by the sea

Being close to the sea makes Göteborg special. And nowhere is the sea so close as in the archipelago. A trip out into Göteborg's unique archipelago is a magnificent experience whatever the season. Take the ferry from Saltholmen for the southern archipelago. It costs only the same as a tram ride.

Fun for everyone

Have fun at Liseberg in the heart of Göteborg! The amusement park Liseberg has almost 40 attractions. They range from gentle children's carousels and a fairy tale castle to dizzying high-speed rides, water rides, tall towers and terrifying ghosts. Liseberg also has four roller coasters. The bestknown is Balder, which has twice been voted the world's best wooden roller coaster by international roller coaster aficionados. Entertainment is also an important part of the park's business, and each summer many of Sweden's top artistes appear on our stages. Admission to the park is kept low so that those who want to can come into the park to watch a concert or simply admire the beautiful flowerbeds.

Please go to www.goteborg.com or www.fina2010masters.org for more information



Borås

Borås has little more than 100 000 inhabitants and is a hub where four national routes meet and railways head off in four directions. The proximity to Göteborg Landvetter Airport – about 25 minutes away by car is another indication of the town's prime location.

As a centre for textiles and clothing Borås is home to many high street retailers. The shopping centre Knalleland, with more than 100 shops, attracts around 6 million visitors a year and is situated within walking distance of Borås Swimming Arena.

Every summer Thursday there is a show with some of the best Swedish artists performing at the main square "Stora Torget" in Borås. The event attracts some 10 000 people and is one of Sweden's biggest city festivals!



On Thursday July 29 there will be a Water Polo opening ceremony and on August 5 there will be closing ceremony in conjunction with the Summer Thursday Show.

Go wild in Borås!

The zoo, which is the largest in west Sweden, is situated in 40 beautiful hectares next to Borås Swimming Arena and features wilderness areas, wildlife enclosures, walking paths, barbecue areas, playgrounds, restaurants, cafés and kiosks. Nearby, is the largest city camping site in Sweden, which offers modern camping facilities, a hostel and a number of cabins.



Wild and exciting culture

The urban space has been enhanced by sculptures created by international artists, which Borås has acquired in the past few years. No other town in Sweden has anything like it. The most famous is the nine metre high sculpture of Pinocchio by the artist Jim Dine.



The textile tradition in our region has flourished for centuries and has developed from home weaving to the current successful technological industry. Today, the textile trade, mail order companies and the unique education provided at the University of Borås are characteristics of the region. Experience the unique development at our popular Textile Museum!

Please go to www.boras.com or www.2010finamasters.org for more information

Mölndal

The city of Mölndal is situated on the west coast, 10 minutes from Göteborg, and is home to 60,000 inhabitants. It combines a rich past with a dynamic and expanding business community.

In Mölndal you'll find Gunnebo House and Gardens which is one of Mölndal's greatest treasures. We hope you'll also be inspired by the stream and the area around Kvarnbyn, trotting racing at Åby Trotting Track, golf at one of our first-class golf courses or walking in our nature areas. Mölndal also have a modern town centre with a wide selection of shops and restaurants.



Gunnebo House and Gardens

Gunnebo House was built in the late 18th century as a luxury summer residence. Today, the 18th century residence Gunnebo House and Gardens is a popular visitor destination with guided tours, theatre, restaurant, farm and shop.

Food, drink and horses

Åby Trotting Track is the second largest in Sweden with around 200,000 visitors every year. Åby holds harness races every Thursday with the first race starting at 18.30, we also host seven V75-meetings, and most of these are on Saturdays.



Please go to www.molndal.se or www.2010finamasters.org for more information

GENERAL INFORMATION

PASSPORTS

A valid passport for at least three months beyond length of stay is required by all national for entering Sweden, except for EU nationals holding a valid national ID card.

VISAS

All foreign citizens listed below require VISA for entry into Sweden

Afghanistan	Colombia	India	Mauritania	St. Vincent & the	Turkey *)
Albania ***)	Comoros	Indonesia	Micronesia	Grenadines	Turkmenistan
Algeria	Congo, Dem. Rep.	Iran	Moldova ***)	Samoa	Tuvalu
Angola	Congo, Rep.	Iraq	Mongolia	Sao Tomé & Príncipe	Uganda
Armenia	Cuba	Ivory Coast	Montenegro ***)	Saudi Arabia	Ukraine ***)
Azerbaijan	Djibouti	Jamaica	Morocco **)	Senegal	United Arab Emira
Bahrain	Dominica	Jordan	Mozambique	Serbia ***)	Uzbekistan
Bangladesh	Dominican Republic	Kazakstan	Myanmar (Burma)	Sierra Leone	Vanuatu
Belarus	Ecuador	Kenya	Namibia	Solomon Islands	Vietnam
Belize	Egypt	Kiribati	Nauru	Somalia	Yemen
Benin	Equatorial Guinea	Korea (North-)	Nepal	South Africa	Zambia
Bhutan	Eritrea	Kuwait	Niger	Sri Lanka	Zimbabwe
Bolivia *)	Ethiopia	Kyrgystan	Nigeria	Sudan	
Bosnia-Hercegovina ***)	Fiji	Laos	Nothern Mariana Islands	Surinam	
Botswana	Gabon	Lebanon	Oman	Swaziland	
Burkina Faso	Gambia	Lesotho	Pakistan	Syria	
Burundi	Georgia	Liberia	Palau Islands	Taiwan	
Cambodia	Ghana	Libya	Papua New Guinea	Tajikistan	
Cameroon	Grenada	Macedonia *)	Peru	Tanzania	
Cape Verde	Guinea	Madagascar	The Philippines *)	Thailand *)	
Central African Rep.	Guinea-Bissau	Malawi	Qatar	Togo	
Chad	Guyana	Maldives	Russia ***)	Tonga	
China, (excl.	Fiji	Mali	Rwanda	Trinidad & Tobago	
Hongkong and Macao)	Haiti	Marshall Islands	St. Lucia	Tunisia **)	

For more information please see www.sweden.gov.se/sb/d/2188/a/108892

You are advised to apply for VISA as early as possible. Those requiring a Letter of Invitation in order to secure a VISA for travel to Sweden, please contact the Organization Committee, Office (office@2010finamasters.org)

MONEY

The monetary unit in Sweden is the krona (plural "kronor") and equals 100 öre. Bank notes are printed in values of 20, 50, 100, 500 and 1,000 kronor, coins 50 öre, 1, 5 and 10 kronor.

There is no limit on the amount of Swedish and foreign currency taken into Sweden.

BANKS

Most commercial banks are open Monday-Friday 10.00 hour to 15.00 hours. In the cities banks may stay open until 6 pm. All banks are closed at weekends and on public holidays. Banks at airports, ports and main railway stations are generally open longer. You can get cash with your Visa, MasterCard, Maestro or Cirrus card at any ATM.

For alternative foreign exchange information please see www.forex.se/en/

CREDIT CARDS

Major credit cards are widely accepted throughout Sweden at banks, hotels, stores, restaurants, taxis, car rental companies, and for air, ship and rail tickets. Most shops and restaurants require identity card while paying with credit card.

TRAVELLERS CHEQUE

Travellers cheque are generally accepted as payment throughout Sweden. Change will be given in Swedish kronor. Please note that a nominal fee is charged when using cheque as payment.

SHOPPING

Visitors to the cities of Göteborg, Borås and Mölndal are able to shop in stores or in the many shopping malls, all available within walking distance to the different venues and hotels. Most stores are open from 09.30 hours to 18.00 hours with most stores in the malls remain open to 19.00 hours or later. Additionally, many city and suburban shops and malls are open all day Saturday and Sunday with variations in opening and closing times. Corner stores and service stations (petrol/gas) are open seven days.

TAXES

Goods and services in Sweden are subject to up to 25% sales tax, which are included in the sales price on the tag. Hotels are subject to a separate hotel tax from 6% and up.

Tax-free shopping for visitors resident outside the European Union (EU) is available in many stores. How to get refunds see www.globalrefund.se

MEDICAL AND EMERGENCY SERVICES

Emergency phone calls Dial 112 for emergency assistance from police, fire brigade, ambulance etc. Emergency calls from pay phones are free of charge.

Medical services are both public and private. Please note - medical services are not free to visitors. It is strongly recommended that visitors have their own health insurance or the European Health Insurance (EHIC)

Visitors requiring medical services, drugs or pharmaceutical supplies after normal shopping hours should check with the hotel reception or in the local telephone directory. If you have questions during your stay at the Championships please contact the medical service available at each venues.

TIPPING

An outstretched hand in Sweden more often welcomes a handshake than a tip. A service charge is automatically included in most Swedish hotel bills. Tipping for special services provided by hotel staff is fine, but is not expected and is simply a matter of personal taste.

At restaurants, a service charge is included in the bill, but a small gratuity is expected for evening meals.

Taxi drivers should be given a few extra kronor. Porters and cloakroom attendants often charge fixed fees.

Doormen at hotels and restaurants are tipped modestly.

ELECTRICITY

The normal electric current in Sweden is 220 volts AC in 50 cycles, and plugs and sockets may differ from those in other parts of the world, so travelers should bring adapters or transformers for electrical appliances such as hairdryers and shavers.

Some hotels and shops in the cities can supply adapters.

WATER

All cities and towns in Sweden have excellent public water supplies. Tap water is fresh and clean and it is free to drink.

POSTAL SERVICE

Post offices are nowadays a service integrated in various shops, grocery stores, kiosks, gas stations etc. The opening hours therefore differ according to the specific store. Generally the post offices are open during normal shopping hours, but local variations may apply. Look for the blue postal sign. Stamps are available for sale at post offices and most newsstands.

INTERNET ACCESS

Access can be found at most major hotels and many coffee shops. Local internet cafes have wireless access.

SWEDISH WEATHER

Normal the weather on the West coast of Sweden during the summer is warm, no humidity and a lot of sunshine. An average temperature of above 20 degree centigrade and more than 15 hours of daylight.

NOTE; For more information of Sweden see www.visitsweden.com/sweden/Sweden-Facts/

VENUES

COMPETITION VENUES

During the FINA World Master Championship in Göteborg, Borås and Mölndal the competitions will take place in the following venues.

Map locating

Valhalla Swimming Arena

Lundby Swimming Arena

Åby Swimming Arena

Lake Delsjön



Swimming Venue 1 - Valhalla Swimming Arena - Göteborg

Competition pool

10 lanes indoor pool

Length: 50 m

Width: 25 m

Depth: 1,8 -2,0 m

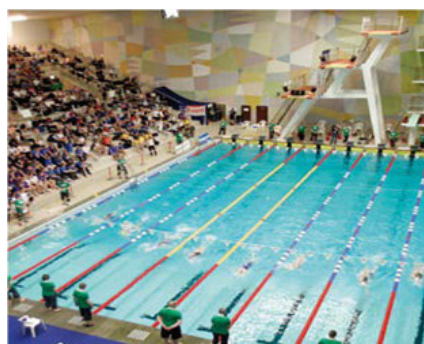
Warm up

8 lanes indoor pool

Length: 25 m

Width: 16,67 m

Depth: 2-5 m



Valhalla Swimming Arena

Swimming Venue 2 - Lundby Swimming Arena - Göteborg

Competition pool

8 lanes outdoor pool

Length: 50 m

Width: 16,5 m

Depth: 1,1 - 1,8 m

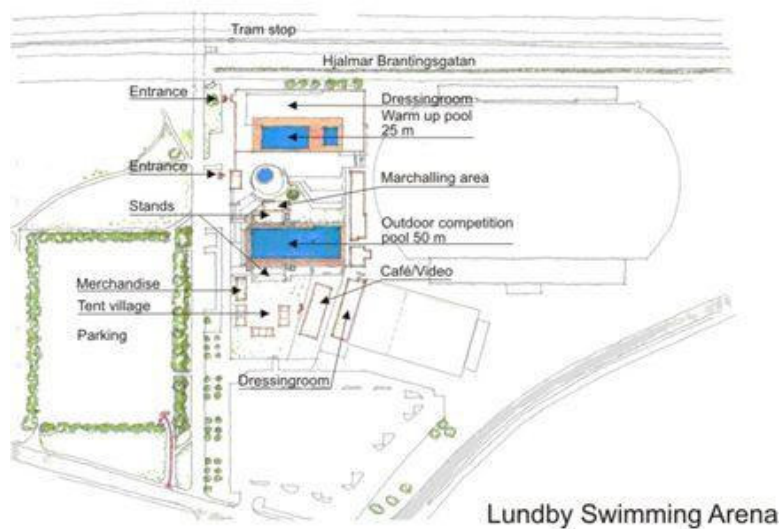
Warm up

6 lanes indoor pool

Length: 25 m

Width: 12 m

Depth: 0,9-3 m



Diving Venue - Valhalla Swimming Arena - Göteborg

Competition pool
(same as the warm up pool for swimming,)

Length: 25 m

Width: 16,67 m

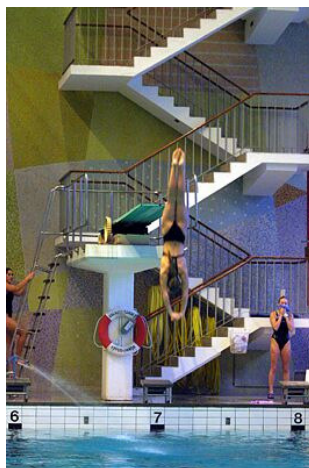
Depth: 2-5 m

Springboard

1-m (2), 3-m (1)

Platform

5 - 7,5 - 10 m



Diving Venue 2 - Jönköping

Springboard

3-m (2)

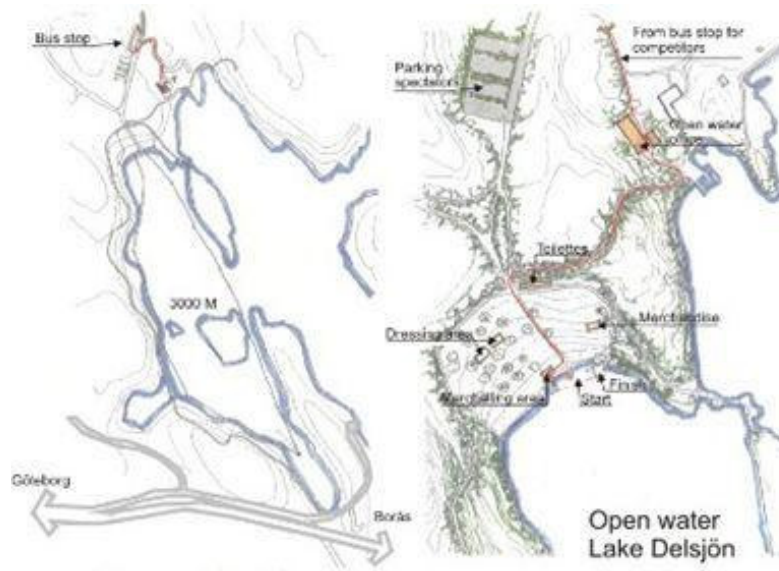
Platform

5 - 7,5 - 10 m



Open Water Venue - Lake Delsjön - Göteborg





Synchronized Swimming Venue - Åby Swimming Arena - Göteborg/Mölnadal

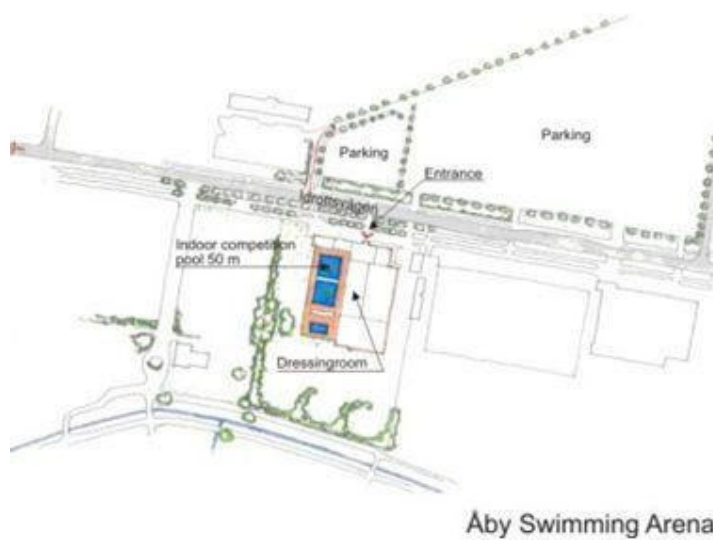
Indoor 50m competition pool

with bulkhead at 25 m

Length: 25 m

Width: 16,67 m

Depth: 2-3,5 m



Water Polo Venue - Borås Swimming Arena - Borås

A new Swim Centre will open in spring 2010

Indoor competition pool

Length: 50 m
Width: 25 m
Depth: 1,8 - 1,9 m
Two courses 23,5 x 20 m

Outdoor Competition pool

50 m pool with bulkhead at 25 m
Width: 20 m
Depth: 1,8 - 2,1 m
One course 23,5 x 20 m

Warm up pools

50 m with bulkhead at 25 m
Length: 24 m
Width: 20 m
Depth: 1,1 - 1,6 m

Diving Pool

Round 12 m
Depth: 4,8 m



Borås Swimming Arena

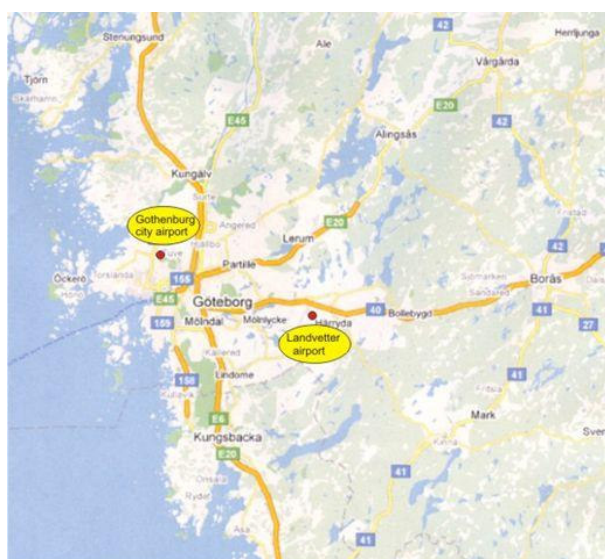
Hosting Cities

Göteborg

Mölndal south Göteborg

Borås approx. 60 km from
Göteborg

Jönköping approx. 140 km
east of Göteborg



COMPETITION

The following information in the discipline Fact Files is essential information and will not be changed without approval of the Masters Commission. All changes will be published on the internet and be available at the Information Centre on all Venues.

Last day for entries to the competitions are Saturday, 22 May, 2010.

SCHEDULE OF EVENTS

Date	Swimming	Swimming	Open Water	Diving	Synchronized Swimming	Water Polo
Venue	Valhalla	Lundby	Delsjön	Valhalla	Åby	Borås
Saturday 24 July				Training		
Sunday 25 July				Training		Training
Monday 26 July				Training		Training
Tuesday 27 July				1m and 3m		Training
				Springboard		
Wednesday 28 July	Training	Training		1m and 3m		Prelims
				Springboard		
Thursday 29 July	Training	Training		1m and 3m		Prelims
				Springboard		
Friday 30 July	Training	Training		Platform		Prelims
----- Opening Ceremonies for all Sports -----						
Saturday 31 July	1 800 free W	2 800 free M		Synchronized	Training	Prelims
Sunday 1 August	4 200 back M	3 200 back W			Training	Prelims
	6 100 free M	5 100 free W				
	8 100 breast M	7 100 breast W				
Monday 2 August	9 400 ind me W	10 400 ind me M			Solo Technical	Prelims
	11 200 free W	12 200 free M			Trio Technical	
	13 50 fly W	14 50 fly M			Free Combination	
Tuesday 3 August	16 50 free M	15 50 free W			Duet Technical	Prelims
	18 200 ind me M	17 200 ind me W			Team Technical	
	20 100 fly M	19 100 fly W				
	22 50 breast M	21 50 breast W				
Wednesday 4 August	23 200 mixed me relay				Solo Free Routine	Prelims
	24 200 mixed free relay					
	25 200 free relay V	Training				
	26 200 free relay M					
	27 200 me relay W					
	28 200 me relay M					
Thursday 5 August	29 200 breast W	30 200 breast M			Duet Free Routine	Final & Place
	31 100 back W	32 100 back M				matches
	33 200 fly W	34 200 fly M				
Friday 6 August	36 50 back M	35 50 back W	Training		Trio Free Routine	Final & Place
	38 400 free M	37 400 free W			Team Free Routine	matches
Saturday 7 August			3 km swim			
----- Closing Celebrations for all sports -----						

Note: The Synchronized Diving on Saturday 31 July in Rosenlundshallen, Jönköping

Preferred Partners for the Championships



SWIMMING FACT FILE

MINIMUM AGE LIMIT; 25 years

AGE DETERMINING DATE; The actual age of the competitor as of 31 December 2010.

AGE GROUPS, INDIVIDUAL EVENTS; 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94 and five year age increments as high as necessary.

AGE GROUPS, RELAY EVENTS; Based on the total age of team members in whole years: 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, and forty year increments as high as necessary.

TECHNICAL MEETING; The swimming technical meeting will be held on Friday, 30 July, 2010 at 15.00 at the Valhalla Swimming Arena, Göteborg. This meeting is for swimmers, coaches, and managers.

TRAINING PROVISION; Wednesday, 28 July and Thursday, 29 July from 08.00 to 19.00 in both 50 meter Competition pools and in warm up/warm down 25 meter pool in Lundby Swimming Arena.

Friday, 30 July from 08.00 to 15.00 in both 50 meter Competition pools and from 08.00 to 19.00 in warm up/warm down pool in Lundby Swimming Arena.

Wednesday, 4 August from 08.00 to 19.00 in both pools in Lundby Swimming Arena.

Saturday, 31 July to Friday, 6 August (Competition days) 06.30 to 07.45 in both Competition pools only for swimmers competing the same day.

During the days of competition all competitors are welcome to train in all pools two hours after the end of the competition with the following exception:

Saturday, 31 July no training in Valhalla 25 meters pool.

Friday, 6 August only Open Water competitors can use the 50 meters pool in Valhalla.

COMPETITION DATES; Saturday, 31 July to Friday, 6 August, 2010 inclusive and, subject to entries, from 08.00 daily until completion of the daily program.

Two 50 meter pools will be used where women start in Valhalla Swimming Arena and men in Lundby Swimming Arena on 31 July. Alternate daily between pools by gender excluding relay day. All relay at Valhalla Swimming Arena on August 4th. Men end in Valhalla Swimming Arena and women in Lundby Swimming Arena on August 6th.

COMPETITION VENUES; Valhalla Swimming Arena, Göteborg and Lundby Swimming Arena, Göteborg

There is a less than 20 min ride by free public transportation door to door between the pools, running every 10 to 15 min during competition hours.

POOL CHARACTERISTICS; Valhalla Swimming Arena. Indoor pool, length 50 meters x 10 lanes, width 25 meters, depth 1,8 – 2,0 meters.

Lundby Swimming Arena. Outdoor pool, length 50 meters x 8 lanes, width 16,5 meters, depth 1,1 – 1,8 meters.

WARM UP/WARM DOWN POOLS; Valhalla Swimming Arena. Indoor pool, length 25 meters x 8 lanes, width 16,67 meters, depth 2,0 – 5,0 meters.

Lundby Swimming Arena. Indoor pool, length 25 meters x 6 lanes, width 12 meters, depth 0,9 – 3,0 meters.

WARM-UP PROCEDURES; Swimmers must enter the pool feet first in a cautious and controlled manner. No diving or backstroke starts will be allowed except in designated sprint lanes. One or more lanes shall be designated as ONE WAY SPRINT lanes during the pre-meet warm-up sessions in the competition pool only. No diving or backstroke starts will be allowed in the warm-up pools. No sprint lanes will be designated in the warm-up pool. ANY SWIMMER WHO ACTS IN AN UNSPORTSMANLIKE OR UNSAFE MANNER WITHIN THE SWIMMING VENUE MAY BE CONSIDERED FOR APPROPRIATE ACTION OR PENALTY BY THE FINA Masters Commission. Pull-buoys, kick boards, fins, hand paddles and other training aids consider inappropriate are not allowed in the competition pool or warm-up pool, as well as watches and heavy jewellery.

ENTRY RESTRICTIONS; A swimmer may enter a maximum of **five** individual events and **four** relays, but not more than two individual events per day. Swimmers may also enter the open water swim in addition to the five individual events. Time entered for an individual event must not exceed the qualifying time for that event. Entries without times will not be accepted. No entries and time change are allowed after latest day stated for entries.

QUALIFYING STANDARDS; See special page for approved qualifying times set by FINA. Please note that the actual time of the event swum, which has exceeded the qualifying standards, will not be shown on the result sheets, but instead will be noted on the result sheets as NT (No Time). In individual events longer than 200 meters the race officials may order out any competitor not

complying with the time standards. Entry times are to be submitted as long course metres times.

COMPETITION NOTES; All starts will be "over the top." i.e. swimmers from the previous race will stay in the water until the next race has started. The one-start rule will apply for all swimming events.

RECONFIRMATION; There is no reconfirmation of events. The events will be seeded from entries.

PRE-SEEDING; The 800 metres, and 400metres Freestyle and 400 Individual Medley will be pre-seeded using the times entered, slowest to fastest regardless of age or age group. All other events will be pre-seeded using the times entered with the oldest age groups first and with the slowest heats swum first with in each age group. Heat sheets will be available to competitors on the internet prior to the championships and they can be purchased at the Information Centre in Valhalla Swimming Arena on a day by day basis the day prior to the event for 10 Skr.

RELAY EVENTS; Relay cards indicating the names of the pre-registered swimmers will be given to the team representative on arrival at registration. These competitors must be verified or amended and the relay cards returned to the designated point by Tuesday, 3 August, 2010 at 13.00. Changes to team age groups or times will not be accepted after the latest day stated for entries. All relay team members must be affiliated with the same swimming club. A swimmer may not swim for more than one team per relay event.

MIXED RELAYS; "Mixed" means both sexes compete; i.e., two females and two males. The order of swimming is optional.

REPORTING; It is the responsibility of all swimmers to report to the clerk of the course (marshalling area) at least 15 minutes prior to their designated races.

RESULTS; All results will be live on internet after each event. Results sheets per event are available for purchase at the Information Centre in Valhalla Swimming Arena for 10 Skr.

MEDALS, INDIVIDUAL EVENTS; Medals will be awarded 1st to 10th place in each age group.

RELAY EVENTS; 1st to 6th place in each age group (each member of the team will receive a medal). Except for age group with less than 6 relay teams, only 1st to 3rd place will receive medals.

IMPORTANT; No one may smoke in any of the pool complexes, which includes surrounding areas.

Standard Qualifying Time

MEN

	Age Groups													
	25	30	35	40	45	50	55	60	65	70	75	80	85	90
50 Free	28.20	28.80	29.80	31.00	32.00	33.00	34.00	35.00	36.50	41.50	46.00	57.00	1:06.00	1:15.00
100 Free	1:03.80	1:05.00	1:06.00	1:08.50	1:11.50	1:15.30	1:18.00	1:23.00	1:29.00	1:38.00	1:50.00	2:02.00	2:35.00	3:00.00
200 Free	2:22.00	2:25.50	2:28.00	2:33.00	2:39.00	2:47.00	3:02.00	3:11.00	3:26.00	3:45.00	4:10.00	4:28.00	5:10.00	6:20.00
400 Free	5:05.00	5:13.00	5:21.00	5:31.00	5:45.00	6:00.00	6:20.00	6:43.00	7:30.00	8:15.00	9:00.00	10:00.00	11:15.00	12:15.00
800 Free	10:45.00	10:50.00	11:06.00	11:15.00	11:40.00	12:20.00	13:10.00	14:10.00	15:10.00	16:40.00	18:10.00	19:50.00	22:30.00	26:00.00
50 Back	33.70	34.50	36.00	37.50	38.80	40.50	42.50	45.50	47.50	52.00	59.50	1:03.50	1:21.00	1:40.00
100 Back	1:13.50	1:16.50	1:20.00	1:21.00	1:26.00	1:30.00	1:35.00	1:44.00	1:52.00	2:00.00	2:15.00	2:25.00	3:10.00	3:50.00
200 Back	2:40.00	2:45.00	2:50.00	2:59.00	3:10.00	3:20.00	3:30.00	3:50.00	4:05.00	4:25.00	5:00.00	5:50.00	7:30.00	9:00.00
50 Breast	36.00	37.00	38.00	39.00	41.00	43.00	45.00	47.00	50.00	53.50	58.00	1:08.00	1:35.00	2:00.00
100 Breast	1:21.00	1:23.20	1:26.80	1:29.00	1:32.00	1:34.00	1:44.00	1:46.00	1:53.00	2:06.00	2:21.00	2:43.00	3:45.00	4:37.00
200 Breast	3:01.00	3:04.00	3:09.00	3:17.00	3:23.00	3:30.00	3:45.00	3:56.00	4:18.00	4:40.00	5:15.00	6:00.00	7:30.00	9:00.00
50 Fly	30.90	31.30	32.00	33.50	34.50	36.00	37.00	40.50	44.00	49.00	58.00	1:21.00	1:56.00	2:30.00
100 Fly	1:09.00	1:10.00	1:12.00	1:16.00	1:19.00	1:22.00	1:31.00	1:41.00	1:53.00	2:00.00	2:37.00	3:10.00	4:00.00	4:50.00
200 Fly	2:48.00	2:50.00	2:53.00	3:02.00	3:10.00	3:26.00	3:45.00	3:58.00	4:30.00	5:00.00	5:45.00	6:40.00	8:30.00	10:30.00
200 IM	2:40.00	2:45.00	2:50.00	2:58.00	3:06.00	3:11.00	3:20.00	3:37.00	3:58.00	4:15.00	4:58.00	5:25.00	7:00.00	8:40.00
400 IM	6:00.00	6:07.00	6:12.00	6:25.00	6:40.00	7:00.00	7:25.00	8:05.00	9:00.00	10:00.00	12:00.00	13:00.00	14:00.00	17:00.00

WOMEN

	Age Groups													
	25	30	35	40	45	50	55	60	65	70	75	80	85	90
50 Free	32.50	33.50	34.00	36.00	38.00	40.50	42.50	44.50	48.00	52.00	56.50	1:05.00	1:25.00	1:43.00
100 Free	1:12.00	1:15.00	1:17.00	1:20.00	1:26.00	1:32.00	1:37.00	1:42.00	1:52.00	1:58.00	2:12.00	2:35.00	3:00.00	3:35.00
200 Free	2:40.00	2:45.00	2:53.00	3:00.00	3:15.00	3:30.00	3:40.00	3:55.00	4:14.00	4:26.00	4:57.00	6:00.00	6:45.00	8:00.00
400 Free	5:42.00	5:52.00	6:07.00	6:25.00	6:55.00	7:32.00	7:55.00	8:25.00	9:10.00	9:50.00	11:00.00	12:40.00	14:20.00	16:10.00
800 Free	12:00.00	12:20.00	12:40.00	13:20.00	14:30.00	15:30.00	16:20.00	17:25.00	18:40.00	20:10.00	23:10.00	25:00.00	28:10.00	33:20.00
50 Back	38.50	40.00	42.00	44.00	46.50	49.50	52.00	54.50	59.00	1:04.00	1:10.00	1:24.00	2:10.00	2:40.00
100 Back	1:25.00	1:27.00	1:32.00	1:37.00	1:43.00	1:48.00	1:57.00	2:05.00	2:17.00	2:24.00	2:39.00	3:10.00	3:45.00	4:40.00
200 Back	3:06.00	3:08.00	3:22.00	3:35.00	3:45.00	4:00.00	4:15.00	4:23.00	4:51.00	5:09.00	5:40.00	6:55.00	8:30.00	9:30.00
50 Breast	42.50	44.00	45.50	47.50	49.50	52.50	54.50	57.00	1:04.00	1:09.00	1:19.50	1:36.00	2:08.00	2:50.00
100 Breast	1:35.00	1:37.00	1:39.00	1:46.00	1:50.00	1:56.00	2:03.00	2:11.00	2:23.00	2:34.00	3:01.00	3:50.00	4:45.00	5:50.00
200 Breast	3:27.00	3:31.00	3:40.00	3:50.00	4:00.00	4:10.00	4:25.00	4:40.00	5:05.00	5:30.00	6:10.00	7:25.00	9:15.00	11:00.00
50 Fly	36.00	36.50	38.50	41.00	43.00	45.00	48.50	54.00	1:00.50	1:11.00	1:25.00	2:20.00	3:10.00	4:00.00
100 Fly	1:21.00	1:24.00	1:28.00	1:33.00	1:42.00	1:53.00	2:01.00	2:14.00	2:32.00	2:55.00	3:30.00	4:10.00	5:00.00	7:15.00
200 Fly	3:08.00	3:16.00	3:28.00	3:38.00	3:57.00	4:26.00	4:40.00	5:10.00	5:35.00	6:25.00	7:50.00	9:00.00	10:45.00	14:00.00
200 IM	3:04.00	3:09.00	3:21.00	3:29.00	3:37.00	3:58.00	4:06.00	4:20.00	4:52.00	5:15.00	6:00.00	6:45.00	8:00.00	9:30.00
400 IM	6:33.00	6:43.00	7:06.00	7:25.00	7:55.00	8:50.00	9:25.00	9:43.00	11:05.00	13:00.00	15:30.00	17:00.00	18:00.00	22:00.00

NOTE: No Qualifying standard time for age 95 and above



OPEN WATER FACT FILE

MINIMUM AGE LIMIT; 25 years

AGE DETERMINING DATE; The actual age of the competitor as of 31 December, 2010

AGE GROUPS; 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, and five year increments as high as necessary.

It will be an in-water start. Swimmers will be seeded according to age groups from the youngest to oldest. Swimmers may be selected irrespective of gender. The slowest entered swimmers of each age group may be seeded in special heat(s). The competitors will be divided into mixed waves starting with the 25-29 yr age group. Race organizers, in consultation with the referee and subject to advice from the Management Committee, will designate in advance the cut-off time for each Masters race. A rough guide would be a time of 30 minutes per kilometer. All swimmers will be required to wear, at all times throughout the race, highly visible coloured numbered swim caps and a timing chip, which will be supplied.

USE OF WET SUITS; Wet suits may be worn, but swimmers who wear them are ineligible for medals or championship honours. A "wet suit" is a swimming suit that has **not** been approved for swimming by FINA. Swimsuits that are approved by FINA are permitted.

TRAINING PROVISION; Training opportunities will be available in the 50 meter pools daily after the conclusion of swimming competition from Saturday, 31 July to Thursday, 5 August, 2010. Exclusive Open Water competitors will be able to use the competition pool in Valhalla Swimming Arena 3 hours after the end of competition on Friday, 6 August, 2010. Training may also be available on part of the course on Friday, 6 August, 2010 from 13.00 to 16.00.

TECHNICAL MEETING; Friday, 6 August, 2010 at 18.00 at Valhalla Swimming Arena.

COMPETITION DATE; Saturday, 7 August at 11.00

LENGTH OF COURSE; 3 kilometer. The Organizing Committee reserves the right to reduce the length of the swim, based on medical advice should adverse weather conditions prevail.

COMPETITION VENUE; The beautiful lake Delsjön, Göteborg. Transportation will be available by buses from the nearest public transportation point. The exact starting point and venue characteristics will be available at the Information Centre in Valhalla Swimming Arena as well as a map over the surrounding area describing where the registration, the pick up of the coloured cap and timing chip, changing area, shower, cafeteria, safety, etc are located.

WATER TEMPERATURE/CONDITION; 18 to 24 degrees centigrade. The Lake Delsjön is the main fresh water tank for the supply of drinking water to the city of Göteborg and therefore a restricted area regarding environmental security. A popular bathing lake during the summer period. No need for a shower after the race.

TRANSPORT: Free transport for all competitors will be available from the nearest public transportation point to the venue (approx. 2,0 kilometer). Maps and schedules will be available at the Information Centre in Valhalla Swimming Arena.

TIME LIMITS; Swimmers who cannot complete the 3 km distance in 90 minutes (1-1/2 hours) are advised not to enter. Swimmers still on the course after this time may be stopped and ordered out and no time will be given.

MARSHALLING AREA; All athletes must report to the registration area (Open Water Office) one hour before their starting time. At the marshalling area all competitors shall be 20 minutes before their allotted wave. A map showing the course will be clearly visible in this area for all the participants. Athletes will be called with a microphone system or megaphone, starting with the first wave.

SAFETY; Full medical provision and appropriate safety craft will be provided during and at the end of competition.

CHANGING AREA; Competitors must leave their equipment/clothes in the advised area. The Organizing Committee will provide a visible numbered coloured cap and timing chip for each swimmer. Each swimmer is required to wear this cap/chip all way throughout the race. Thermal caps may be worn under the brightly coloured cap.

SUPPORT FACILITIES; Changing facilities will be available close to the start and the finish. A cafeteria, medical centre and a merchandise store will be available in the area.

MEDALS; Medals will be awarded 1st – 6 th place in each age group. If there are less than six swimmers in an age group, only the first three medals shall be awarded.

DIVING FACT FILE

MINIMUM AGE LIMIT; 25 years

AGE DETERMINING DATE; The actual age of the competitor as of 31 December, 2010

AGE GROUPS; Springboard and platform events: 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+ and five year age groups as long as necessary. For synchronized Diving: 25 – 49 and 50+

PRACTICE PROVISION; Practice opportunities will be available on Saturday, 24 July to Monday, 26 July, 2010. Practice opportunities will also be available on competition days. Details of practice times will be found on the internet prior to the competition and at the Information Centre at Valhalla Swimming Arena. All practice time will be scheduled and restriction on how to use 7,5M and 10M Platform in combination with 3m and 1m Springboard will apply.

TECHNICAL MEETING; A technical meeting will be held on Monday, 26 July, 2010, at 15:00 at the Valhalla Swimming Arena.

COMPETITION DATES; Tuesday, 27 July, to Friday, 30 July, 2010, starting at 08.00 every day continuing with synchronized diving on Saturday, 31 July, starting at 11.00. (practice from 09.00) with 3-M springboard and starting 15.00 (practice from 13.00) with Platform. The competition schedule will be provided on the internet prior to the championships once registration closes. This will also be provided to competitors at the Information Centre in Valhalla Swimming Arena.

ENTRY RESTRICTIONS; A diver may enter a maximum of five events: the 1m springboard, 3m springboard, the platform, the synchronized 3m springboard and the synchronized platform event.

Two divers are allowed to compete as a synchronized diving team from different clubs within the same Federation in the 3-M synchronized diving event and in the platform synchronized diving event.

WARM UP PROVISION; Warm up time will normally be provided prior to competition for competitors involved in the ensuing session.

COMPETITION VENUE; The indoor 25 meters pool in Valhalla Swimming Arena. The synchronized Diving events will be located in Jönköping. Transportation from/to Valhalla and lunch will be provided for all competitors in synchronized Diving events.

POOL CHARACTERISTICS; Deck level 25 metres x 16,5 meters, 5,0 meters deep under boards. There are two 1-M springboards, one 3-M springboards, one 5-M platform, one 7.5-M platform, and one 10-M platform. Restrictions for simultaneous dive from platform and springboard will apply. All platforms are 2,0m width. There will be two 3-M springboards and platforms 5, 7.5 and 10M for the synchronized diving in the alternative Arena.

COMPETITION FORMAT; The divers can freely choose the dives from the dive table given in the FINA Handbook.

The only requirement is that in age groups 25–69 years, each dive performed must have a different dive number (according to the FINA Handbook). For age groups 70–80+, dives with the same dive number can be repeated, if performed in a different position (straight, pike, tuck, or free position).

All divers will perform a full series of dives in their age group and there will be no preliminary or final contests. The Organising Committee reserves the right to run events concurrently, depending on the number of entries. Age groups may be combined for event efficiency.

DIVE SHEETS; An official diving form will be sent to all competitors by e-mail after the championships registration is closed. Official diving forms must be submitted by e-mail to the Organizing Committee well in advance of the championships. The competitors shall confirm their participation and submit the final changes to their official diving form at the designated point 24 hours prior to the start of the event. Additional copies will also be available at the Information Centre.

Late sheets and changes to an existing sheet will incur a penalty fee of SEK 100:- per sheet between 24 hours and three hours prior to the event.

No changes or diving forms will be accepted after the deadline of 3 hours before the start of the event.

REPORTING; All divers are responsible for being at the competition site for the start of their designated event.

MEDALS; Medals will be awarded 1st to 6th place in each age group. If there are fewer than six divers in an age group, only the first three medals shall be awarded.

IMPORTANT; No one may smoke in any of the pool complexes or in the surrounding areas.

TOTAL NUMBER OF DIVES REQUIRED;

Synchronized

	Age group	Men	Women
3 meter springboard	25-49	2(*) +2	2(*) +2
	50+	2(*) +2	2(*) +2
Platform	25-49	2(*) +2	2(*) +2
	50+ (X)	2(*) +1	2(*) +1

Note; (X) 10 meter limit; 50+ can only perform dives with feet first entries and not exceeding 2.0 in difficulty
(*) Degree of difficulty of 2.0 for each dives regardless of the formula for degree of difficulty of the dive.

Springboard & Platform

Age group, Years	Men 1m and 3 m	Women 1m and 3m	Men Platform	Women Platform
25-29	7	6	6	6
30-34	7	6	6	6
35-39	7	6	6	6
40-44	7	6	6	6
45-49	7	6	6	6
50-54	6	5	5	5
55-59	6	5	5	5
60-64	6	5	5	5
65-69	6	5	5	5
70-74	5	4	4	4
75-79	5	4	4	4
80 +	4	3	3	3

Note; 10 meter limit; 50+ can only perform dives with feet first entries and not exceeding 2.0 in difficulty

DIVING SCHEDULE (Can be adjust depending numbers of entries)

DAY	EVENT (No)	WOMEN'S AGE GROUP	MEN'S AGE GROUPS
Tuesday, 27 July	1 1M Springboard	65-69, 70-74, 75-79, 80+	
	2 3M Springboard		65-69, 70-74, 75-79, 80+
(Starting 08.00)	3 1M Springboard	25-29, 30-34	
	4 3M Springboard		25-29, 30-34
	5 1M Springboard	35-39, 40-44, 45-49	
	6 3M Springboard		35-39, 40-44, 45-49
Wednesday, 28 July	7 1M Springboard	50-54, 55-59, 60-64	
	8 3M Springboard		50-54, 55-59, 60-64
(Starting 08.00)	9 3M Springboard	65-69, 70-74, 75-79, 80+	
	10 1M Springboard		65-69, 70-74, 75-79, 80+
	11 3M Springboard	35-39, 40-44, 45-49	
Thursday, 29 July	12 1M Springboard		35-39, 40-44, 45-49
	13 3M Springboard	50-54, 55-59, 60-64	
(Starting 08.00)	14 1M Springboard		50-54, 55-59, 60-64
	15 3M Springboard	25-29, 30-34	
	16 1M Springboard		25-29, 30-34
Friday, 30 July	17 Platform 5, 7.5, 10M	65-69, 70-74, 75-79, 80+	
	18 Platform 5, 7.5, 10M		65-69, 70-74, 75-79, 80+
(Starting 08.00)	19 Platform 5, 7.5, 10M	50-54, 55-59, 60-64	
	20 Platform 5, 7.5, 10M		50-54, 55-59, 60-64
	21 Platform 5, 7.5, 10M	35-39, 40-44, 45-49	
	22 Platform 5, 7.5, 10M		35-39, 40-44, 45-49
	23 Platform 5, 7.5, 10M	25-29, 30-34	
	24 Platform 5, 7.5, 10M		25-29, 30-34
Saturday, 31 July	25 Synchronized 3M	50+	
(Starting 11.00)	26 Synchronized 3M		50+
	27 Synchronized 3M	25-49	
	28 Synchronized 3M		25-49
(Starting 15.00)	29 Synchronized Platform	50+	
	30 Synchronized Platform		50+
	31 Synchronized Platform	25-49	
	32 Synchronized Platform		25-49

SYNCHRONIZED SWIMMING FACT FILE

MINIMUM AGE LIMIT; 20 years

AGE DETERMINING DATE; The actual age of the competitor as of 31 December (2010).

COMPETITION DATES

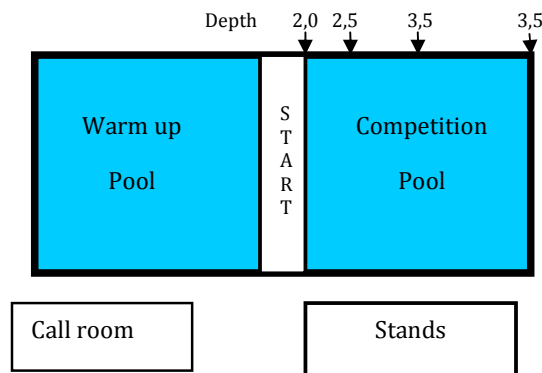
Monday, 2 August to Friday, 6 August, 2010 inclusive
Monday, 2 August – Technical routines solos & Trios
Monday, 2 August – Free routines, Combinations
Tuesday, 3 August – Technical routines – Duets & Teams
Wednesday, 4 August – Free routines, solos

Thursday, 5 August – Free routines - Duets
Friday, 6 August – Free routines, trios and teams

The final competition schedule will be provided on the internet prior to the championships once registration closes. This will also be available at the information Centre both in Valhalla Swimming Arena as well as Åby Swimming Arena.

COMPETITION VENUE; Åby Swimming Arena, Mölndal close to Göteborg

POOL CHARACTERISTICS; Indoor 50 meters pool with removable bulkhead at 25 meters. The bulkhead will be expanded and be used as starting podium. The competition pool, LENGTH 25 metres; WIDTH 16,5 metres; DEPTH; 2,0 meters to 3,5 meters. Ladders in each corner of the pool. The pool complies with requirements of FR 10. Detail sketches of pool to be published later.



AGE GROUPS;

SOLO AND DUET EVENTS 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+.

TRIO AND TEAM EVENTS 20-34, 35-49, 50-64, 65+
FREE COMBINATION 20-39, 40-64, 65+

For duet, trio, and free combination and team events the age is determined by the average age of the competitors.

TECHNICAL MEETING; The synchronized swimming technical meeting will be held on Sunday, 1 August, 2010 at 15.00. The location of the meeting will be at the Åby Swimming Arena. The draw will be performed by computer after the entry closing day.

PRACTICE PROVISION; Practice opportunities with music will be available in the competition pool from Saturday, 31 July to Sunday, 1 August, 2010. On competition days, there will be no practice with music, but time will be allocated for practice after the last event of the day. Warm up and cool down will be available in the other half of the 50 meter pool. Only laps in this part of the pool. The exact times of practice are subject to entry numbers. Start lists, practice and competition schedules will be sent to all registered competitors by e-mail in advance and be published on the internet prior to the competition. Up to date information will also be provided at the Information Centre.

SOUND EQUIPMENT;

Competitors are responsible for providing their own music. It is a requirement that music be recorded on tapes and/or disc (Minidisc/CD or DAT) Preferable, please use CD-disc only, and that a separate CD be provided for each routine. Each CD must have the name of the competitor, the country and club name, event and music time written on the CD using a permanent marker. The same information should be written on the CD case. Do not attach a label directly to the CD itself. Music should be recorded so that the sound levels for soft, quiet and low -pitched music are

clearly audible. Competitors are responsible for ensuring that they have appropriate copyright authorization.

Music for each event must be delivered to the music controller on the pool deck at least 15 minutes prior to the start of each event. CD's will be available for collection at the conclusion of each event.

ENTRY RESTRICTIONS; Athletes may enter no more than three (3) routine events and one (1) free combination. All duet, trio and team and free combination competitors must represent the same club. Each club may submit up to a maximum of five (5) routine entries per age group per event. Each Club may enter one free combination in each age group.

TEAM MEMBERS; Each team shall consist of a minimum of four (4) and a maximum of eight (8) members. One half point penalty will be deducted from the total final team score for each member less than eight (8). Free combination shall consist of a minimum of four (4) members and a maximum of ten (10) members.

MAXIMUM TIME LIMITS; Time limits for technical routines and free routines including ten (10) seconds for the deck movement.

Technical routines:	solo	1 minute 30 seconds,
Free routine.	solo:	3 minutes
Technical routines	duet/trio	1 minutes, 40 seconds
Free routine	duet/trio	3 minutes, 30 seconds
Technical routine	team	1 minute , 50 seconds
Free routine	team	4 minutes
Free combination		5 minutes

There is no minimum time limit.

"Walk-on-Time"; The maximum time is 30 seconds. See MSS 8.1.7

There shall be an allowance of fifteen (15) seconds plus the allotted time for Technical Routines, Free Routines and Free Combination.

TECHNICAL ROUTINES; The technical routine shall be performed for solos, duets, trios and teams, to music as described in Appendix 1 of MSS rules, with the required elements selected by the Masters Technical Committee every four years, subject to approval by the FINA Bureau. Technical routines must include all required elements. Music selection is optional and may be the same as the music used in the free routine. Technical routines will be recorded (video) in the event and if necessary reviewed.

OTHERS;
Goggles may be worn.
Reserves Forms must be received at the designated point no later than 3 hours prior to the published start time of the event.

SCORING; To be calculated as in SS 19 and 20 of FINA Handbook.

REPORTING; It is the responsibility of each competitor, including all members of duets, trios, teams and Free Combination to report to the call room at least 30 minutes prior to the start of the designated event.

MEDALS; Medal will be awarded to 1st to 3rd place in all events in each group (each member of a duet/trio/team/free combination will receive a medal).

IMPORTANT: No one may smoke in any of the pool complexes or in the surrounding areas.

APPENDIX 1

FINA REQUIRED ELEMENTS FOR MASTERS TECHNICAL ROUTINES.

GENERAL REQUIREMENTS

1. Supplementary elements may be added
2. Unless otherwise specified in the description of an element
 - All figures or components thereof shall be executed according to the requirements described in Appendix II
 - All elements shall be executed high and controlled, in uniform motion with each section clearly defined.
3. Time limits as in MSS 8.
4. Swimwear shall be black and the competitors shall wear a white cap.

SOLO

- 1 Split position followed by a Walkout Front or a Walkout Back
- 2 Porpoise (#355 FINA Handbook) Complete Figure
- 3 TRAVELLING BALLET LEG COMBINATION – to include at least two of the following positions: BALLET LEG with right leg, BALLET LEG with left leg, BALLET LEG DOUBLE, FLAMINGO,

- 4 HERON THRUST and descent starting from a Submerged Ballet Double Position (see FINA Handbook)
- 5 Two forms of propulsion techniques, including at least one sequence with one arm above the surface of the water.
Elements 1–4 **MUST** be performed in order.
Element 5 may be executed at any time.

DUET/TRIO Required Elements

Elements 1–5 as above

- 6 A joined action where the swimmers are connected (joined) in some manner by (hands, by feet) to perform **one** of the following,
 - a. A connected figure,
 - b. A connected float or
 - c. Connected stroking
 Stacks, lifts, or throws are not permitted. Elements 1-4 **must** be performed in order.
- 7 Elements 5–6 may be executed at any time during the routine.
- 8 With the exception of the **deck work, entry, and joined action** all elements, required and supplementary, **must** be performed simultaneously and facing the same direction by all swimmers. Mirror actions are not permitted except in the joined action.

TEAM REQUIRED ELEMENTS

Elements 1–5 as above

- 6 A joined action where the swimmers are connected (joined) in some manner (by hands, by feet) to perform **ONE** of the following;
 - a. connected figure
 - b. connected float or
 - c. connected stroking
 Stacks, lifts and throws are not permitted.
- 7 Cadence action – identical movement(s) performed sequentially one by one, by all team members. When more than one cadence action is performed, they must be consecutive and not separated by other optional or required elements.
- 8 Pattern Formation must include a straight line and a circle.
Elements 1–4 **must** be performed in order.
Elements 5–7 may be performed at any time.
- 9 With the exception of **deck work, entry, joined action and cadence action** all elements, required and supplementary, **must** be performed simultaneously and facing the same direction by all swimmers. Swimmers need not face the same direction in a circle pattern. Variation in propulsion and direction facing are permitted only during pattern changes. Mirror actions are not permitted with the exception in the joined action.

WATER POLO FACT FILE

MINIMUM AGE LIMIT; 30 years

AGE DETERMINING DATE; The actual age of the competitor as of 31 December 2010.

TEAM EVENTS; Men club teams and Women club teams. Women may be members of men's teams.

TEAM AGE GROUP; The age of the youngest member of the team determines the age group of the team. There are no restrictions on the ages of players older than the youngest player on the team. Age groups for teams, both men and women, are at five-year intervals beginning with 30, i.e. 30+, 35+, 40+ 45+, and five year increments as high as necessary. Women players may be members of men's teams. If there are fewer than three teams entered in an age group, they will be offered the opportunity to compete in the next youngest age group.

TRAINING OPPORTUNITIES; Training opportunities will be available at the championships pools on the three days preceding the first day of competition (Sunday, 25 July to Tuesday, 27 July, 2010). Requests for training may be made by written request prior to arrival, or on arrival at the competitor registration desk for water polo. During competition warm up will be available at the outdoor pool. Further training opportunities may be available during competition, depending on the number of entries received. These additional opportunities will be announced at the technical meeting.

TECHNICAL MEETING; There will be a technical meeting for coaches and managers/team representatives on Tuesday, 27 July, 2010 at 15.00 pm, in the Borås Swimming Arena, Borås. All teams should have completed the reconfirmation of their team entries prior to the time of the meeting.

COMPETITION DATES; Wednesday, 28 July to Friday, 6 August, 2010

COMPETITION SCHEDULE; The schedule for the competition will be provided on the internet as soon as possible following the close of entries 22 May, 2010. This will also be provided at the information centre in the Borås Swimming Arena.

COMPETITION FORMAT; The competition format will depend on the number of teams entered in each age group. If there are fewer than three teams entered in an age group, the teams will be contacted to determine if they are willing to play in the next youngest age group. If the teams are not willing to play in that age group a refund will be issued. The competition schedules will be confirmed after the close of entries.

COMPETITION VENUES; The new built indoor Borås Swimming Arena , length 50 meter, width 25 meter, depth 1,8-2,0 meter, with two (2) courses (23,5m x 20m) and the outdoor swimming pool, length 50 meter, width 20 meter, depth 1,2 -2,5 meter will be used. The outdoor pool will have a bulkhead at 25 meter given one (1) course 23,5 m x 20m and depth 1,8-2,5m. The rest of the outdoor pool will be used for warm up. The indoor pool is where the finals are going to be held. The indoor and outdoor pools are in the same area, adjacent to each other. All pools and competition courses used will conform to FINA rule MWP 5 (see latest FINA rules). Electronic timing will be used during competition.

EQUIPMENT; Teams will be responsible for providing their own practice and warm up water polo balls. The Organising Committee will provide the competition match balls, which will be the official FINA water polo ball. Game caps will be available, but teams may use their own caps, provided the numbers on the caps conform to FINA rule WP 4 and are 0.10 meter in height. Note MWP 5 provides for a list of up to 15 players in masters water polo, all players listed on the final roster are eligible to play in the competition.

RULES AND COMPOSITION OF TEAM; FINA Masters Water Polo latest rules apply to this competition. Please ensure that the composition of a team complies with MWP 4 and the numbers of players complies with MWP 5.

For example a team may list up to 15 players on their team entry form to participate in any game of this tournament. i.e. seven players and up to 8 reserves. Women players may be members of a men's team. A player may only represent one club in the competition and all players must be registered with the same club. However a player may represent that club on two teams but in this case each of the teams must have nine players that are only on the roster for that team.

ENTRY PROCEDURE AND FEES;

To be eligible for the competition each water polo player must complete an individual registration and pay the individual registration fee of SEK 375:- and the team must pay the registration fee of SEK 2440:-. A nominated coach, Manager/team representative must submit the fully completed Team Sheet for entry into the competition, before the latest day stated for entries. Changes on the Team Sheet are not allowed after the nominated coach, manager/team leader has reconfirmed the entries prior to the technical meeting on Tuesday, 27 July, 2010 at 15.00 pm. Note that accreditation can be made for all attending the Water Polo competition at Borås Swimming Arena. Information of submitting Referee from the teams will be addressed later.

RECONFIRMATION; Prior to the technical meeting on Tuesday, 27 July, 2010 at 15.00 pm all teams shall reconfirm all changes to their Team Sheet. This could be done over the internet or at the designated point in Borås Swimming Arena.

REPORTING; It is the responsibility of each team to be ready to play at least 15 minutes prior to the designated starting time for their match. Teams arriving later than 5 minutes after the designated start time for their match will forfeit the match, with the match awarded to the opponent with a goal score of 5–0. In the event that a forfeit may benefit the team forfeiting in terms of advancement, the Management Committee of the competition reserves the to make any adjustment in the reported score to correct this possibility.

MEDALS; Medals will be awarded 1st to 3rd place in each age group (each player on the team and a coach will receive a medal)

OTHER; No one may smoke in the water polo venues, includes surrounding areas.



ENTRY PROCEDURES FOR ALL PARTICIPANTS

PARTICIPATION FEES

(All fees in Swedish kronor, SEK)

Approx. exchange rates 1 Euro = 10,50 SEK, 1 USD = 7,00 SEK. Check current exchange rates www.forex.se/en

COMPETITORS REGISTRATION AND PARTICIPATION FEES

• Individual Registration Fee (for all sports) (xx)	SEK 375:-	per competitor
• Swimming Individual Events	SEK 75:-	per event
• Swimming Relay Events	SEK 240:-	per team
• Open Water Swimming	SEK 265:-	per competitor
• Diving	SEK 75:-	per event (synchro 2 x 75:-)
• Synchronized Swimming	SEK 75:-	per event
• Water Polo Team	SEK 2440:-	per team

SUPPLEMENTARY FEES

• Individual Registration Fee for Accompanying persons (x) (xx)	SEK 265:-	per person
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Daily entrance fee to each Venue	SEK 100:-	per day (Note: not for registered)
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(x) An accompany person could be a, coach, manager, trainer, club representative, family member, friend, etc. who is not a competitor but acts to support the competing athlete. Those accompany persons will have an accreditation as Coach, Trainer, Manager, Team repr. etc. All other accompany persons (tourists) will have an accreditation as accompanying with limited benefits.

(xx) All having done an individual registration (competitors and accompany) will have free public transportation from the Airports to Göteborg and Borås, free public transportation in hosting cities, free access to all venues, opening and closing ceremonies, free vouchers for shopping worth SEK 2000:- and other benefits which will be added to the accreditation badge. Look for latest news about benefits at www.2010finamasters.org.

ONLINE REGISTRATION

ENTRY DEADLINE; The final date for entries to be received by the Organising Committee is **Saturday, 22 May, 2010.**

FINA AFFILIATION; All Masters competitors must be registered with a FINA Member Federation and provide proof with a Masters License, Club Registration Card or Federation membership card.

ENTRY CHECKLIST; All individual participants, Competitors and Accompanying persons (Team Coach, Manager, Trainer, Family members, Friends, Tourist, etc), who want to have accreditation to the Championships have to make an online registration. A team representative have to make a registration for Water Polo team or Swimming Relays. For an entry to be accepted by the Organising committee the following apply;

Online (www.2010finamasters.org)

- 1 **Individual Registration Form** Every competitor entering the Championships must complete the relevant sections on the online form, including the forms for individual registration as well the competition registration. Optional, all accompanying persons can apply for accreditation by making an individual online registration.
- 2 **By checking the appropriate box;** Sign the Waiver of liability, Transfer of rights and Permission for photographic use.
- 3 **Registration Card;** The official Club Registration Card **Number** or Master License **Number** issued by their respective national swimming organization must be given in the online entry.

- 4 **Team Entry Form** For teams entering the water polo and swimming relays, the appropriate team entry form must be completed by a team representative.
- 5 **Payment;** Payment of fees in full, including the Individual Registration fee and the appropriate sport entry fees must be authorized and be made by credit card or bank transfer and received by the Organizing Committee
- 6 **Receipt;** A print out receipt from the entry made online to identify at accreditation. (Give the right to receive free public transportation to the accreditation sites.)

At Accreditation on site (Valhalla Swimming Arena and Borås Swimming Arena)

- 1 **Identification;** The print out from the receipt of the online registration system (barcode) shall be shown.
- 2 **Proof of Age;** An official document, i.e. passport, driver license, or birth certificate showing the competitor's date of birth must be shown.
- 3 **Registration Card;** A photocopy of the competitor's club Registration Card or Master License issued by their respective national swimming organization shall be shown on request.
- 4 **Photographs;** A photo will be taken at the accreditation.
- 5 **Accreditation Badge;** An accreditation badge will be produced. All participants who have paid their individual fee (Competitors, Accompany persons as Coaches, Manager, Trainer, Family members, Friends or Tourists) shall carry the badge to enter the different pools and take advantage of all the benefits.

LETTER OF INVITATION; Those requiring a Letter of Invitation in order to secure a VISA for travel to Sweden, please contact the Organization Committee, Office (office@2010finamasters.org)

MANUAL REGISTRATION

The Organization Committee prefers online registrations to maintain good quality on all entries and data supplied for the different Championship disciplines.

If you want to make manual registrations please e-mail our Championships Office to get the applicable documents (office@2010finamasters.org). You can also download the Entry Forms from the internet (www.2010finamasters.org).

Complete Entry Forms shall be sent to the Organizing Committee, Office, and after receiving the Payment the participant will be registered. Forms and Payment have to be received by the Committee not later than **Monday, 17 May, 2010**. Faxed entries will not be accepted. Address and way of payment are described in the manual Entry Form. NOTE: Earlier cut off day for manual registration, 17 May, 2010

ACCREDITATION

At arrival to the Championships all individual registered participants; competitors, coaches, trainer, team manager, team representative or other accompanying persons shall go to the accreditation located in Valhalla Swimming Arena, Göteborg and in Borås swimming Arena, Borås.

Please bring your online receipt with barcode for identification purpose. This is also your ticket, on day of arrival, for the public transportation and buses from the airports when going to the accreditation area in Göteborg and Borås. Preliminary opening hours for accreditation. (check on www.2010finamasters.org for final status)

Borås Swimming Arena

Saturday 24 July, 18.00 - 21.00
 Sunday 25 July - Tuesday 27 July, 08.00 to 20.00
 On competition days, 08.00 - 18.00 on request

Valhalla Swimming Arena

Saturday 24 July, 18.00 - 21.00
 Sunday 25 July - Friday 30 July, 08.00 - 20.00
 On competition days, 08.00 - 12.00, other hours on request

MISCELLANEOUS

COMPETITION REGULATIONS

FINA rules as modified for Masters competition and as printed in the latest edition of the FINA Handbook will govern all five aquatic disciplines at the XIII FINA World Masters Championships. It is the responsibility of each competitor to be familiar with these rules. The FINA Handbook is available for purchase from the following address: FINA Permanent Office, Avenue de l'Avant Poste No 4, 1005 Lausanne, Switzerland at the cost of \$US 15.00 or 12 Euros including postage. Payment may be made by check (pay FINA) and forwarded to the Permanent Office or by direct bank transfer to Account No 243-295 112.60R, swift: UBSWCHZH10A UBS SA Place St. Francois 1, CH-1002 Lausanne, Switzerland. The FINA Handbook is published in English and French.

Alternatively you may obtain the information from the FINA website at <http://www.fina.org/>

INFORMATION

INFORMATION; It is hoped that this Championship Information and Entry Book will provide most of the details you require prior to the Championships. Any additional inquiries should be submitted in writing to the Organizing Committee of XIII FINA World Masters Championships (address: Valhallagatan 3, SE 412 51 Göteborg, Sweden) or email: office@2010finamasters.org.

LOGO and MASCOT; The Logo and mascots are a registered trademark. Reprints have to be approved by the Organising Committee. XIII FINA World Masters Championships Organising Committee exclusively covers all rights of textile production and reproduction. Please contact the Organising Committee for further information.

LANGUAGE: If the contents of texts and information in this (English language) booklet differ from other language booklets (whose texts have been translated), the English language version's texts and information are exclusively binding.

REFUNDS: Except for water polo teams where there are not at least three teams in a bracket, there are no refunds. You may not transfer one entry to another competitor.

SERVICES AVAILABLE

RESULTS; A full set of Championship results will be produced after the event and put on the internet. FINA will receive a complete set of results on CD. All Competitors, clubs, federations or others who pay the Organization Committee SEK 150 in advance (when ordering) will receive a CD with the results from the Championships.

RESULTS SERVICE; Results will continuously be launched on the internet (www.2010finamasters.org) and posted in the venues throughout the championships. Official Result sheets per event will be available to purchase at the Information Centre.

MEDICAL; The medical centre, with doctor and nurse, will be located in the Valhalla Swimming Arena and in Borås Swimming Arena. In addition, life saving equipment and senior first aid staff will be stationary at all pools and at Open water event. Should you require medical assistance please notify a volunteer or official immediately.

In addition, massage therapy will be available at the main arenas. Competitors requiring this service have to pay schedule fee.

SECURITY; Security staff and volunteers will attend the different venues. Accreditation badges given at the accreditation will restrict in which part of the venues participants are allowed to visit. Parking areas only for registered participants will be available at the venues. All Venues including the surrounding areas are smoking not allowed.

MEDALS; The medals for Synchronized Swimming, Diving and Open Water will be awarded continually during the events.

Water Polo medals will be awarded after the competition in Borås swimming Arena. All swimming medals will be awarded and collected continually from the designated point in Valhalla Swimming Arena and Lundby Swimming Arena.

ENTERTAINMENT, FOOD AND DRINKS; Throughout the championships all the different venues will serve an affordable lunch for SEK 70:- (This shall be purchased in advance in sets of 5 lunches for SEK 350:-). All Arenas will have coffee shops (Cafeteria) during the day with drinks, coffee, sandwiches etc.

Video screens / TV monitors will show live from the different venues all through the championships.

Check on a daily bases what is happening in the cities during the championships. Come together party (social events) will frequently be arranged so all participants shall have a good and friendly time in Sweden.

A boat trip into the archipelago outside Göteborg is a must for all participants. Have a look on our website www.2010finamasters.org for more announcements.

INTERNET ACCESS; Internet cafés will be available at the different venues.

ENGRAVING; Medal engraving services will be available throughout the championships.

MERCHANDIZE; A range of merchandise is available during the championships in all venues. Look also on our website www.2010finamasters.org , for a web shop with a small portion of product that you can expect when coming to the championships.

EMBROIDERY; Of course, you can have your own signs on the merchandise you purchase.

ACCOMMODATIONS

Dear Masters Participants. In accordance with the FINA World Masters Championships, 2010 we are as an **Official Travel Agency** proud to present a great variation of hotels, apartments, hostels and camping opportunities in Göteborg, Mölndal and Borås with surroundings.

The accommodations various regarding standard, room types, geographical locations - all in the aspects that You should have the possibility to make Your own individual choice of what You prefer! We can offer De luxe, First Class, Moderate and Standard Class hotels as well as more budgetary kind of stay.

Please note: All hotels are including a full **breakfast/breakfast buffet** in the rates.

For giving you the best choices and benefits, we have together with the organization built a special Masters 2010 website where all our appointed accommodations are presented. See www.2010finamasters.org and click on **"Registration and Booking of accommodation"** When making this all in one reservation/registration through the Championships website you have an easy way for book accommodations, travel, tours, registration for the championships and final make a secure payment.

Sample of hotels and other accommodations

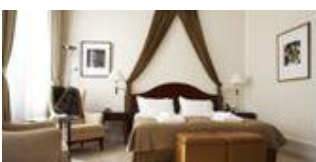


Scandic Hotels is the leading hotel chain in Sweden and the **Official Hotel for the Championships 2010**. Scandic is represented by 7 hotels in Göteborg, Mölndal and Borås. Here you will find a comfortable stay with most facilities you need. You will find rooms for 1-4 persons and will be able to enjoy the very generous breakfast buffet with Scandinavian and international touch. Rates from **1195 SEK/night**

Göteborg



Elite Hotels is an exclusive group of hotels with the little extra for each guest. You will find Elite Park Avenue very close to Valhalla –the main swim arena- and right "on the strip".



Elite Plaza is a classic hotel with sophisticated touch. Meets all demands of service and comfort – used to host the most important visitors from abroad. Feel at home in an exclusive way. Just in the middle of shopping, restaurants etc. Rates from **1555 SEK/night**



IBIS Göteborg City – stay central and stay marine in a hotel boat! A nice way to combine comfort and feel the breeze from the beautiful sea. Right downtown Göteborg! Rates from **1200 SEK/night**



Smaller and more "feel like at home" styled hotels is on our menu as well. Some of your choices in Göteborg are **Hotel Vanilj**, **Hotel Lorensberg** and **Hotel Poseidon**. You also find more hotels in the category like **Hotel Flora**, **Hotel Vasa**. All with their own personal style and touch! Rates from **995 SEK/night**



CITY Apartments Göteborg – Perfect for you who would make your own stay as you want. Come and go as you please and perfect to cook your own meals for an even more economical and individual stay. Different choices with various facilities and sizes. Rooms and apartments 2-7 persons.
Rates from **750 SEK/night**



Hostel Stigbergsliden – a hostel in central Göteborg for a free living in hostel style. Belongs to the branch chain Hostelling International. 3-8 bed rooms. Some rooms for 2 persons as well. No meals included – breakfast and sheets on option.
Rates from **310 SEK/person/night**



BORÅS - Cabins.
In Borås you can find various style and comfort of cabins. Just a couple of minutes walk to the new Borås Swimming Arena.

Perfect for 2-4 persons who want to be “free and loose”, do cooking by your own.
Still close to reach Borås city.

Rates Cabins from **575 SEK/night** to **1430 SEK**.
Rates hostel **325 SEK/person**.



BORÅS – Hotels.
Here you will find a good variation of hotels just like in Göteborg.

First Hotel Grand is one of the absolute top hotels (picture) and beside of that you will find **Best Western Borås**, **Comfort Hotel Jazz**, **Scandic Plaza**, **Hotel City**.



Looking for more budget and family style accommodations – please look for **Vila Mini Hotel & Hostel** and **Borås Bostadshotell**

Rates on accommodations in Borås between **585 SEK – 1155 SEK for single rooms** and **810 SEK – 1295 SEK double/twin rooms**.

NOTE; You find all the accommodations on www.2010finamasters.org

TOURS AND SIGHTSEEING

On the “front side” of Sweden you should take the opportunity to explore our beautiful coast. Below some attractive tours. There will be a variation of guided and other tours - by bus, by boat or by air. **Keep yourself updated of the tours at:** <http://www.2010finamasters.org/>



Shrimp & Salmon Cruise

A classical evening cruise in the southern archipelago of Göteborg. We offer a buffet of fresh shrimp, different kinds of salmon and a lot more.

Vinga

A day cruise to the island of Vinga – the last outpost before the North Sea.

1,15 hrs boat tour gives possibilities to swim, relax and learn about the island history.

Älvsborgs Fortress

The fortress on its island is perfect for enjoying the sun, stroll around and have a picnic.

Tour of Hisingen Island

Every Sunday.

Marstrand

The summer and sailing paradise in the northern archipelago.

An old classic resort you should visit. On the hometrip you can enjoy fresh shrimps!

Göta Kanal

The canal is one of the greatest building and construction projects ever made in Sweden. You can calmly glide all the way from Göteborg to Stockholm or just take a shorter trip 1 or 2 days. An unforgettable experience.

Sightseeing City Buses/Boats Explore the different city centers and the harbor having a guided tour

Individual tours

We build every tour you want. If you are a group we are happy to set up a tour adapted right to your demands and criterias.

More tours will be presented continuously!

Keep an eye on the official site:

<http://www.2010finamasters.org>



AIRLINE TRAVEL

Book Your airline ticket for the 2010 Masters Championships online here!

Keep control on Your travel details – keep it in the same logistic and travel order. **Market competitive rates coordinated with Your other travel details.**

All in one; will help You to have a good overview regarding Your travel details, like Hotel reservations, Registration to the Masters Championships, Other Tours and not least Your airline reservations, itinerary etc.

Make all your reservations at www.2010finamasters.org

Group clients are most welcome to check rates, conditions etc with us. We will be happy to serve you with the whole package. If you are a coordinator for groups in your country or region: Please send us an e-mail to:

masters@resebolaget.se



Official Travel Agency



TRANSPORTATION

How to get to Göteborg, Borås & Mölndal

It's easy to get to West Sweden by air, rail, bus or ferry from various international destinations. Borås 60 km from Göteborg and Mölndal only 10 min away have excellent transportation networks.

Göteborg is a major harbor city with the second largest airport in Sweden, and a hub in the Swedish railway network.

Borås is the second largest city in western Sweden and Mölndal the third largest. All situated in an area populated with 1,5 million within a circle of 100 km.

Jönköping, for the last day of the Diving competition, 140 km east of Göteborg

By air

It's easy to get to Göteborg from various international destinations. SAS runs daily flights to all the major European destinations, either non-stop or via Copenhagen. Borås reachable by connecting airport coaches in 30 minutes and Göteborg in 20 minutes.

Most international flights are accessible from Copenhagen. The flight time from Copenhagen to Göteborg is 35 minutes.

Most of the major European airlines fly direct to Göteborg. Most of them to Landvetter Airport but also the smaller Göteborg City Airport. There are domestic flights to all of Sweden's main cities.



By train

Taking the train is an easy and pleasant way of getting to Göteborg or Borås. Many trains run daily from cities all over Europe.

The Central Station lies in the heart of Göteborg. Facilities include currency exchange, cash machines, car rental and various shops.

Most tram and bus routes also at the nearby Drottningtorget square. SJ, Sweden's national railway company, offers high-speed express train services to many cities and towns in Sweden. It takes three hours to get to Stockholm.

Trains go frequently between Göteborg and Borås and You get there in 60 minutes!



By ferry

There are daily ferries to Göteborg from Denmark, Germany, and England, most with several departures a day. Enjoy the beautiful archipelago, while arriving by ferry to Göteborg.



By bus

Coach transport to Göteborg and Borås is available from several destinations in Sweden and Europe. There is a selection of modern companies with coaches of all sizes, to suit different travellers.



Transports & Transfers

Public transports from and to Göteborg/Landvetter Airport (GOT) and Göteborg City Airport (GSE) will be available free for all registered participants who have made registration through this official site. Your online receipt will be your ticket for the bus.



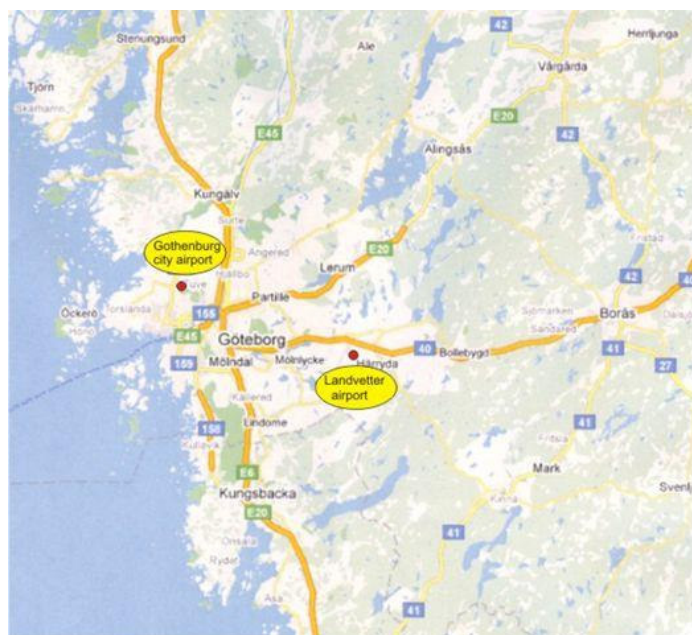
Public local transports during Masters 2010

All registered through this official site, will be entitled to free public transportation during the whole event within Göteborg as well as in Borås.



Within Göteborg and its surrounding see map below. for detail information of how to travel between venues

Map over Göteborg, Borås & Mölndal and the surroundings



Swimming: Tram No 5 (red line) for travel between Lundby Swimming Arena (stop: Rambergsvallen) and Valhalla Swimming Arena (stop: Korsvägen or Berzeligatan) A 20 min ride every 10 to 15 min.

Open Water: Tram No 5 from City to stop Töpelsgatan (10 min). Shuttle buses take you to Lake Delsjön (5 min).

Synchronized Swimming: Tram No 4 (green line) to Mölndal (15 min) than bus to Åby Swimming Arena (10 min)

Detailed schedules will be posted on all Venues and received at the accreditation.

SOCIAL PROGRAM AND SPECIAL EVENTS

Welcome to XIII FINA World Masters Championships July 27 – August 7, 2010 in Göteborg, Borås & Mölndal, Sweden

FINA, Swedish Swimming Federation, the West Sweden Swimming Federation and the host cities Göteborg, Borås and Mölndal extend a warm welcome to all Masters Athletes to the XIII FINA World Masters Championships 2010 in Sweden.

The cities of Göteborg, the nearby Mölndal, and Borås have a long tradition of hosting first class international events as World and European Championships in sports like Athletics, Speed Skating, Handball, Speedway, Football, Ice Hockey, Figure skating and 1997 FINA World Swimming Championship (short track).

The characteristic feature of the cities is the concentrated city area with hotels, restaurants, theatres, museum, parks, recreation areas and shopping all located close to each other. The different venues are within walking distance or a short trip with tram.

All this will give competitors and accompanying from all over the world the opportunities to meet with fellow Masters, enjoy life, visit all the exiting attractions in and around the cities and compete with high performance in there own discipline.

Below you find a sample of what is happening during the Championships. For updated information look on our website www.2010finamasters.org

OPENING CEREMONY (for all sports)

The opening ceremony will be held in Valhalla Sport Stadium close to the Valhalla Swimming Arena on Friday 30 July at 18.30.

WATER POLO KICK OFF

In the evening on Tuesday 27 July there will be a Water Polo welcome ceremony and on Thursday 29 July entertainment in conjunction with the Summer Thursday Show in the centre of Borås.

BOAT CRUISE

Every evening there will be a cruise in the southern archipelago of Göteborg including a buffet of fresh shrimp, different kinds of salmon and a lot more. There is live music on board and you will experience the best of what the west coast of Sweden has to offer. Good prices available. Please make reservations in advance.

DIVING FAREWELL PARTY

On the evening July 31, there will be a farewell party, including a diving Gala, at Valhalla Swimming Arena

COME TOGETHER PARTY

Some of the nearby hotels/restaurants will arrange "Come together party" for Masters all over the world to meet. Please look for information posted at the venues and on the website.

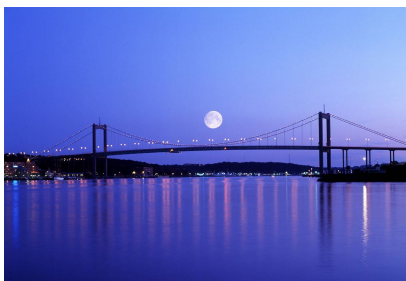
WATER POLO CLOSING CEREMONY

Medal ceremonies on Thursday/Friday 5/6 August in Borås Swimming Arena. On Thursday 5 August a closing ceremony in conjunction with the Summer Thursday Show.

CLOSING CEREMONY (for all sports)

The closing ceremony will be held at Valhalla Swimming Arena on Saturday 7 August at 17.00. After the ceremony you can enjoy the cities lifestyle ones again with your new and old friends.

The Organising Committee looks forward to seeing you all on the West Coast of Sweden, the beautiful summer 2010. www.2010finamasters.org



ENTRY FORMS

(Use only for Manual Registration.)

Please try online Registration, www.2010finamasters.org

XIII FINA World Masters Championships Göteborg and Borås, Sweden 2010

Accreditation number: _____ (office use only)

Individual Registration Form

This individual registration form must be completed by all Masters Competitors and Accompanying persons who wants to attend the Championships. To be received by the Organizing Committee prior to **Monday, 17 May, 2010**.

Full Payment to the Organizing Committee before the registration is acknowledged.

1 Personal Information.

First Name	
Last Name	
Address	
Zip/postal code	
City	
Country	
E-mail	
Gender	Male <input type="checkbox"/> Female <input type="checkbox"/>
Date of birth (YYYY-MM-DD)	
Masters Club	
Federation	
Registration Number	
Phone	
Cell phone	

2 Type of Participant

- ☐ Competitor ☐ Accompanying Coach, Manager, Trainer, Family member or Friend supporting the athlete
☐ Accompanying person (tourist)

3 Participant in the following Sports

Swimming	Diving	Open Water	Synchronized Swimming	Water Polo	Not applicable
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WAIVER

Liability and assumption of risk statement;

In consideration of being allowed to participate in any way in the XIII FINA World Masters Championships and related events and activities ("World Championships") I acknowledge, appreciate and agree that:

1 I am physically fit and have not otherwise been informed by a physician and

2 The risk of injury from the activities involved in this world championship is significant, including the potential for permanent disability, permanent paralysis, and death; and while particular rules, equipment, and personal discipline may reduce risk, and risk of serious injury does exist; and

3 I knowingly and freely assume such risks, both known and unknown, even if arising from the negligence of the released parties listed below or others, and assume full responsibility for my participation; and

4 I willingly agree to comply with the stated and customary rules, terms and conditions for my participation. If however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and

5 I for myself and on behalf of my heirs, assigns, personal representatives and next of kin, waive any and all rights to claims for injuries, losses or damages. However characterized, and arising from the actions or negligence, active or passive, of the following (individually or in any combination) and their trustees, officers, officials, agents, and or employees; Federation Internationale de Natation (FINA) and its affiliates; XIII FINA Masters Organising Committee; other participants, sponsoring agencies; sponsors; event hosts; venue owners; officials and volunteers. This waiver is in respect to any and all injury, disability or loss or damage to person or property.

I have read this release for liability and assumption of risk agreement, fully understand its terms, and understand that I have given up substantial rights by signing it, and I sign it freely and without any inducements.

Transfer of rights

As a competitor of the XIII FINA World Masters Championships ("Championships") I understand the importance to the Federation Internationale de Natation (FINA), XIII FINA Masters Organizing Committee of retaining all film, television and photographic right from these championships.

In consideration of being allowed to participate in the Championship I agree to be filmed, televised, photographed and otherwise recorded during the Championships under conditions and for the purposes now and hereafter authorized by the Sport Organizations in relation to the Championships and the swimming sports.

Permission for Photographic Use.

I agree that the XIII FINA World Masters Organising Committee may use the photo provided for my accreditation card and for my athlete profile at this XIII FINA World Masters Championships. I will not be compensated for use of my photo for this purpose.

Signature of Participant.

Date ____/____/____

TEAM REPRESENTATIVE/ COACH ENTRY FORM

- To be received by the Organising Committee prior to Monday, 17 May, 2010
- No late entries will be received;
- This form must be completed by the team representative (swim coach, water polo coach, synchronised swimming coach, diving coach, relay team captain or equivalent). A Team representative must be individual registered as an accompanying person and pay the fee SEK 265:- to obtain access to the pool areas. You may duplicate the form if you are entering more than one team or relay per event.

Please check as appropriate

Swimming Coach ☐ Swimming Relay Capt ☐ Synchronised Swimming Coach ☐
Diving Coach ☐ Water Polo Coach/Captain ☐ Team Representative. ☐

Relay events Entered

- All relay swimmers must be affiliated with the same Swimming Club. A swimmer may not swim for more than one team per relay event. Swimmers who have not registered in these championships may not compete for a relay team.
- Each swimmer listed on page below must also complete an Individual Registration Form and pay the associated registration fee. Relay entries will not be confirmed until the appropriate Individual Registration Forms have been received.
- For each event entered complete the names of the 4 participating swimmers with their Club Registration Numbers and their age as of 31 December, 2010.
- Complete the total age of the team members in whole years, and register an achieved or reasonable aggregate time for the event.
- Later changes to team ages will not be accepted after the closing date.

Water Polo events Entered

A Water Polo Coach/Captain, team representative has to complete the form below and be register as an accompanying person and pay the fee SEK 265:-. Note that all competitors listed have to complete an Individual Registration before the team could be registered. Additional and substitute players are allowed if they have made their Individual registration, manual, not later than Monday, 17 May. 2010 and online not later than Saturday 22, 2010.

Later changes to team ages will not be accepted after the closing dates.

Team representative for Diving and Synchronized Swimming

You have to make an Individual Registration as an accompanying person and identify yourself as a coach, trainer or manager and pay the fee SEK 265:-. If you are a competitor and a coach/trainer/ manager you only add the appropriate box above. The fee as a individual competitor (SEK 375:-) only apply.

After closing date of registration, you will be contacted for verifying your teams for Synchronized Diving and Duet, Trio, Team and Free Combination team in Synchronized Swimming.

ENTRY AND PAYMENT DETAILS

This form must be completed by all Masters Competitors or Accompanying persons (Coach, trainer, manager, captain, family member, friend, tourist etc.)

Record of Past Achievements, for press purposes. Please check if appropriate.

Olympian ☐ Previous Word Record Holder ☐ Previous Masters World Record Holder ☐

Other details of note; _____

All fees in Swedish Kronor (SEK)

Individual Registration fee (for all sports)		SEK 375:-	
Diving	x	SEK 75:-	
Open Water Swimming		SEK 265:-	
Swimming	x	SEK 75:-	
Swimming Relay Team	x	SEK 240:-	
Synchronized swimming	x	SEK 75:-	
Water Polo Team	x	SEK 2440:-	
Accompanying Registration fee		SEK 265:-	

The total amount shall by Bank transfer be paid to;

NDEASESS (swift address)

IBAN SE50 3000 0000 9156 6240 9951 (International bank account, IBAN)

If you have any questions please contact our Championships Office e-mail
office@2010finamasters.org or Phone +46 31 205637

This Manual Entry Form shall be mailed by post to Organization Committee, WMC 2010, Valhallagatan 3, SE-412 51 Göteborg, Sweden or send by e-mail to office@2010finamasters.org
 Have to be received by the OC not later than Monday, 17 May, 2010

SWIMMING INDIVIDUAL ENTRY FORM

Manual entries only. For more accuracy please use our online service at www.2010finamasters.org

Each event is SEK 75:-

Name		Masters Club		Federation (Country)	
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Event Number	Women's entry times Min: sec: and 1/100	Date	Swimming Event	Men's entry times Min: Sec: 1/100	Event Number
1		Saturday 31 July	800 free		2
3		Sunday 1 August	200 back		4
5			100 free		6
7			100 breast		8
9		Monday 2 August	400 IM		10
11			200 free		12
13			50 fly		14
15		Tuesday 3 August	50 free		16
17			200 IM		18
19			100 fly		20
21			50 breast		22
23	_____	Wednesday 4 August	200 mixed me relay	_____	23
24	_____		200 mixed free relay	_____	24
25	_____		200 free relay	_____	26
27	_____		200 me relay	_____	28
29		Thursday 5 August	200 breast		30
31			100 back		32
33			200 fly		34
35		Friday 6 August	50 back		36
37			400 free		38

IMPORTANT: Please note that entries without times will not be accepted

SWIMMING RELAY TEAM ENTRY FORM

Each relay team is SEK 240:- Manual entries only. Use our online services www.2010finamasters.org

Important: Changes to swimmers (not team ages) can be made until Tuesday, 3 August, 2010 at 13.00 at the designated point in Valhalla Swimming arena.

Event No	Team Name Federation (Country)	Total team age (yrs)	Anticipated time Min: Sec; 1/100
Swimmers names Surname First name		Club registration number	Age on 31 December 2010
1			
2			
3			
4			

Event No	Team Name Federation (Country)	Total team age (yrs)	Anticipated time Min: Sec; 1/100
Swimmers names Surname First name		Club registration number	Age on 31 December 2010
1			
2			
3			
4			

Event No	Team Name Federation (Country)	Total team age (yrs)	Anticipated time Min: Sec; 1/100
Swimmers names Surname First name		Club registration number	Age on 31 December 2010
1			
2			
3			
4			

Event No	Team Name Federation (Country)	Total team age (yrs)	Anticipated time Min: Sec; 1/100
Swimmers names Surname First name		Club registration number	Age on 31 December 2010
1			
2			
3			
4			

OPEN WATER ENTRY FORM

For manual registration only. Please try to enter through our online service at www.2010finamasters.org

The entry fee is SEK 265:-

I wish to compete in the Open Water Swim at the XIII FINA World Masters Championships, Saturday 7, 2010

- See the Open water fact file in this book for full details relating to the conduct of this event,
- Swimmers who cannot complete the 3 km course in less than 90 minutes should not enter.

Event Number	Open water 3 km	Women estimated entry time (min; sec; 1/100)	Men estimated entry time (min; sec; 1/100)
39	Saturday 7 August)		
40	Saturday 7 August)		

DIVING ENTRY FORM

For manual use only. Please try our online service on www.2010finamasters.org

The entry fee is SEK 75:- / Event (75:- for each diver in the synchronized diving events)

I wish to compete in the Diving Competition at the XIII FINA World Masters Championships, 2010

- You are requested to read the diving fact file and the FINA Masters Diving Rules to familiarize yourself with the entry restrictions and conditions for your chosen sport.
- The organizing committee cannot be held responsible for competitors who do not familiarize themselves with the FINA rules.

Event	Event number (Include number out of schedule of events)	Women Age group	Event Number (Include number out of schedule of events)	Men Age group
3 Meter Springboard				
Platform				
1 Meter Springboard				
3 Meter Synchronized diving				
Synchronized Platform diving				

For manual use only. Please try our online registration at www.2010finamasters.org

I wish to compete in the Synchronised Swimming at the XIII FINA World Masters Championships

- See the “Synchronised Swimming Fact File” in this book for full details relating to the conduct of the synchronised swimming competition.
- A competitor may enter up to three events and one free combination

[illegible]

WATER POLO ENTRY FORM

(For manual registration only and only by team representative)

If possible do this on our website www.2010finamasters.org

Water polo fee for each team is SEK 2440:-).

I wish to compete with the following team in the Water Polo at the XIII FINA World Masters Championships.

- Complete the name of your team and the team representative who has completed your water polo team entry form. Only one team entry form should be submitted for each club team.
- Each individual team member must complete the individual registration form in full however.
- A team shall consist of players registered with the same club. No player is allowed to represent more than one club. However, a player may represent the same club on two teams in the same competition. Also see the latest FINA MWP Rules.
- To be received by the Organising Committee by Monday, 17 May, 2010.
- Please list the players opposite the cap number that they will wear for each game during the tournament. The #1 cap is the Goalkeeper; #2–12 and 14 to 15 will be the remaining players. A substitute goalkeeper must be assigned number 13, and will wear that cap if entering the game as a field player. On the program, the first team listed shall wear white caps. See FINA MWP Rules.

Team Coach/ Representative		Team Name	
Age Group		Federation (Country):	
Team member Names;			
Surname	First Name	Club registration No	Age as at 31 Dec (2010)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

Any amendments to the above team list should be advised on arrival at Competitor registration. Any additional or substitutes must have previously registered using the Individual Registration form prior to Monday, 17 May, 2010. (Or online not later than Saturday, 22 May, 2010)

Event Number	Team	Age group competing in
71	Women's	
81	Men's	