

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.