



**RULES AND REGULATIONS  
OF THE INTERNATIONAL  
SPORTS COMPETITION**

**SWIMMING**

**Olsztyn, 28 – 31 August 2014**

## **I. ORGANISER**

**Warmia and Mazury Province**

## **II. CO-ORGANISERS**

### **City of Olsztyn**

Municipal Sports and Leisure Centre  
ul. Żołnierska 13 a  
Tel. +48 5 27 03 10

### **Competition Director:**

**Jacek Puciło**

**Tel.:+48605666753**

**jacekpucilo@gazeta.pl**

## **III. TIME AND PLACE**

1. The sports competition called **WARMIA MAZURY SENIOR GAMES 2014** is scheduled to take place between 28–31 August 2014 at sports venues located throughout the Warmia and Mazury Province.
2. The official opening ceremony of the competition will take place on 29 August 2014 at 19:00 hrs in Ostróda.

## **IV. COMPETITION DATES AND PLACE**

The sports competition will be held between 28–30 August in Olsztyn at ‘Aquasfera’ Water Sports and Recreation Centre in Olsztyn, ul. Piłsudskiego 69 b,  
The location may be changed to another swimming facility in Olsztyn.

## **V. TERMS AND CONDITIONS OF PARTICIPATION**

1. In order to be eligible to take part in the competition, participants must be at least 45 years old in 2014, subject to the following provisions.
2. The competition participant is required to sign a declaration stating that he/she takes – on his/her own responsibility – the risk related to his/her participation in and physical effort during the competition and will not seek recourse against the organiser in the event that he/she experiences any negative consequences of his/her participation in the competition. The contestant will also submit a declaration stating that his/her health allows him/her to participate in the competition and that he/she knows of no contraindications to his/her participation in the competition. Submission of the declaration is necessary to be admitted to the competition. A declaration form may be downloaded from the official website of ‘Warmia Mazury Senior Games 2014’ at [www.seniorgames.pl](http://www.seniorgames.pl), section: druki – oświadczenie (forms – declaration).

3. In order to be registered and admitted to the competition, the contestant is required to pay the registration fee in the amount and by the deadline specified in Section VII Financial Rules.
4. The contestant is responsible for taking out his/her own accident insurance.
5. To apply, contestants are requested to complete on-line the entry form available on the competition's official website at [www.seniorgames.pl](http://www.seniorgames.pl).
6. Entries to participate in the competition are accepted electronically by 15:00 hrs on 21 August 2014.
7. In the event that a significant number of entries in a given event is received, the competition organiser reserves the right to limit the number of participants. In such a case, qualification for the competition will be on a first-come, first-served basis. The complete list of participants who qualified for the competition will be published on the competition's official website at [www.seniorgames.pl](http://www.seniorgames.pl) by 23 August 2014.
8. Following the announcement of the list of competitors, changes can only be made at the technical meeting and relate to:
  - 1) withdrawal of the competitor from the event,
  - 2) entry of another representative of the same club in the place of the withdrawn competitor.
9. The detailed competition programme will be published on the competition's official website at [www.seniorgames.pl](http://www.seniorgames.pl), as soon as the registration of participants has ended, but not later than by 23 August 2014.

## **VI. FINANCIAL RULES**

1. The organiser has the right to collect from participants a registration fee to cover the costs of organising the competition, in the amount specified in Section 2.
2. The registration fee is € 12.00 incl. tax or PLN 5000 incl. tax. The fee should be paid to the indicated bank account by 21 August 2014, i.e. by the date when the registration of participants ends. The date funds are credited to the organiser's account is considered as the date of payment. The account number and the name of the bank will be published on the competition's official website at [www.seniorgames.pl](http://www.seniorgames.pl).
3. Contestants registered by the competition organiser as the competition participants are entitled to:
  - 1) participate in all sports events,
  - 2) receive the official T-shirt (if registered by 21 August 2014),
  - 3) receive the competition programme,
  - 4) receive a certificate of participation in the competition.
4. The costs of accommodation and meals will be borne by the participants.

## **VII. ACCOMMODATION**

1. The competition organiser will provide the addresses of hotels, guesthouses and other accommodation options which the participants may use. The addresses will be published on the organiser's official website.
2. The competition participants are required to book a hotel or guesthouse of their choice themselves.

## VIII. COMPETITION RULES

### 1. Age categories:

#### 1) individual starts:

Men and Women	
45-49	1965 – 1969
50-54	1960 – 1964
55-59	1955 – 1959
60-64	1950 – 1954
65-69	1945 – 1949
70-74	1940 – 1944
75-79	1935 – 1939
80-84	1930 – 1934
85 +	1929+

#### 2) relays:

180+, 220+, 260+, 300+, 340+

### 2. Technical regulations:

- 1) swimming pool length: 50 meters, number of tracks: 10, water temperature 27 C, electronic timing,
- 2) rules of FINA and PZP [Polish Swimming Federation] apply during the competition,
- 3) athletes intending to try to break a national, European or World Masters record are requested to indicate this in their entries,
- 4) any athlete can start up to 6 times (2 starts per day),
- 5) in relay races the team may consist of individuals from different clubs from the same country,
- 6) in mixed relay races the team consists of 2 women and 2 men,
- 7) the competition formula will include series of timed heats.
- 8) morning competition sessions: warm-up at 8:00 hrs, competition at 9.00 hrs,
- 9) afternoon competition sessions: warm-up at 16:00 hrs, competition at 17.00 hrs.

## IX. COMPETITION PROGRAMME

### Session I 28.08.2014 – morning

No.	Women	No.	Men
1.	<i>400 m Freestyle</i>	2.	<i>400 m Freestyle</i>
3.	<i>50 m Backstroke</i>	4.	<i>50 m Backstroke</i>
5.	<i>100 m Breaststroke</i>	6.	<i>100 m Breaststroke</i>

### Session II 28.08.2014 – afternoon

No.	Women	No.	Men
7.	<i>50 m Freestyle</i>	8.	<i>50 m Freestyle</i>
9.	<i>200 m Butterfly</i>	10.	<i>200 m Butterfly</i>

11.	<i>400 m Medley</i>	12.	<i>400 m Medley</i>
13.	<i>4x50 m Freestyle</i>	14.	<i>4x50 m Freestyle</i>

Session III 29.08.2014 – morning

No.	Women	No.	Men
15.	<i>50 m Butterfly</i>	16.	<i>50 m Butterfly</i>
17.	<i>200 m Backstroke</i>	18.	<i>200 m Backstroke</i>
19.	<i>800 m Freestyle</i>	20.	<i>800 m Freestyle</i>

Session IV 29.08.2014 – afternoon

No.	Women	No.	Men
21.	<i>100 m Freestyle</i>	22.	<i>100 m Freestyle</i>
23.	<i>200 m Breaststroke</i>	24.	<i>200 m Breaststroke</i>
25.	<i>200 m Individual medley</i>	26.	<i>200 m Individual medley</i>
27.	<i>4x50 m Medley</i>	28.	<i>4x50 m Medley</i>

Bloc V 30.08.2014 – morning

No.	Women	No.	Men
29.	<i>50 m Breaststroke</i>	30.	<i>50 m Breaststroke</i>
31.	<i>100 m Backstroke</i>	32.	<i>100 m Backstroke</i>
33.	<i>1500 m Freestyle</i>	34.	<i>1500 m Freestyle</i>

Session VI 30.08.2014 – afternoon

No.	Women	No.	Men
35.	<i>200 m Freestyle</i>	36.	<i>200 m Freestyle</i>
37.	<i>100 m Butterfly</i>	38.	<i>100 m Butterfly</i>
39.	<i>4x50 Medley - mixed</i>	40.	<i>4x50 Freestyle - mixed</i>

## X. PRIZES

1. Contestants who finish their events in places 1 to 3 will receive medals and commemorative certificates.
2. All participants will receive a certificate of participation in the competition.

## XI. MISCELLANEOUS

1. The swimming pool will be available for practice on 27.08.2014 at 16.00 - 20.00 hrs.
2. Protests should be made to the the Jury of Appeal within 30 minutes of the end of the event the protest refers to. A fee of 50 € must be paid together with the protest. The amount is non-refundable irrespective of the decision of the Jury of Appeal.
3. A physician on duty will be present during the competition and warm-up sessions.
4. Any disputes or concerns will be resolved by the head of the competition.