

Dear friends,

Hellenic Swimming Federation (HSF) organizes the 2024 Greek MASTERS Swimming Championships.

Date of Competition: The competition is going to be conducted from June 14th to June 16th in the city of Athens (Athens Olympic Aquatic Center).

Eligible age groups: Swimmers born from 1999 and earlier.

Timing: Omega Electronic Timing System (Athens Olympic Aquatic Center).

Swimming pool: 50m 10 lanes outdoor swimming pool with electronic timing system.

Warm up pool: 50m 8 lanes outdoor swimming pool will be available for warm up and swimdown.

Rules: The competition will follow the World Aquatics Rules and the World Aquatics Integrity Code.

COMPETITION

- ✓ The competition is going to be conducted in an Open Category format in Final Heats regardless of the age of the competitors.
- ✓ Each club may participate with no limit to the number of swimmers in each event. Each swimmer may compete in up to four (4) total events and in up to two (2) per session.
- ✓ Relay events to be conducted on the total age of team members in whole years. Team will be consisted of swimmers – members of the same swimming club.
- ✓ Masters competitors must be aware of the need of being well prepared and medically fit before entering into Masters Competitions. They shall assume full responsibility for the risks included in competing in such competitions. In consideration of their entry, they must agree to waive and release the Organizing Committee from any kind of liability for accidents, which may cause death, injury, or property loss.
- ✓ Age shall be determined as of December 31 of the year of competition.
- ✓ The formation of the Heats will be based on the times achieved in a 50m pool from 1/1/2023 to 2/6/2024.

swimming
κολύμβηση

water polo
υδατοσφαίριση

artistic swimming
καλλιτεχνική κολύμβηση

diving
καταδύσεις

finswimming
τεχνική κολύμβηση

open water
μεγάλες αποστάσεις

Λεωφόρος
Συγγρού 137
17 121 Νέα Σμύρνη
Τηλ. 210 98 51 020

137, Syngrou
Avenue
17 121 Nea Smirni
Athens Greece
Tel. 30 210 98 51 020

- ✓ The competition is going to be conducted in three (3) days and five (5) sessions as follows:
 - Friday 14.6.2024 afternoon 17:30
 - Saturday 15.6.2024 morning 09:00 and afternoon 17:30
 - Sunday 16.6.2024 morning 09:00 and afternoon 17:30
- ✓ Results and award ceremonies are going to be conducted separately per age group.

SWIMMERS AGE CROUP CATEGORIES

The Masters Swimmers Age Group Categories will be as indicated below:

CATEGORY	AGE	YEAR of BIRTH
A'	25-29	1999-1995
B'	30-34	1994-1990
C'	35-39	1989-1985
D'	40-44	1984-1980
E'	45-49	1979-1975
F'	50-54	1974-1970
G'	55-59	1969-1965
H'	60-64	1964-1960
I'	65-69	1959-1955
J'	70-74	1954-1950
K'	75-79	1949-1945
L'	80-84	1944-1940
M'	85-89	1939-1935
N'	90-94	1934-1930

The Masters Age Group Categories for the Relay events in men and women are estimated based on the sum of the ages of the four (4) swimmers of each team and will be as follows:

CATEGORY	SUM of AGE
A'	100-119
B'	120-159
C'	160-199
D'	200-239
E'	240-279
F'	280-319
G'	320-359
H	360-399

COMPETITION PROGRAM

The Competition is going to be conducted in three (3) days and five (5) sessions in Final Heats and the program will be as follows in the Table 1:

Table 1 - Competition Program

GREEK MEN & WOMEN MASTERS SWIMMING CHAMPIONSHIP 2024 14-16.6.2024

1st Session- Friday 14.6.2024 (17.30)			
1.	1500m FREESTYLE	Men	Final Heats
2.	1500m FREESTYLE	Women	Final Heats
2nd Session- Saturday 15.6.2024 (09.00)			
1.	50m BACKSTROKE	Women	Final Heats
2.	50m BACKSTROKE	Men	Final Heats
3.	100m BREASTROKE	Women	Final Heats
4.	100m BREASTROKE	Men	Final Heats
5.	200m FREESTYLE	Women	Final Heats
6.	200m FREESTYLE	Men	Final Heats
7.	400m Ind. Medley	Women	Final Heats
8.	400m Ind. Medley	Men	Final Heats
9.	4X50m. FREESTYLE	Women	Final Heats
10.	4X50m. FREESTYLE	Men	Final Heats
3rd Session- Saturday 15.6.2024 (17.30)			
1.	100m BUTTERFLY	Men	Final Heats
2.	100m BUTTERFLY	Women	Final Heats
3.	50m BREASTROKE	Men	Final Heats
4.	50m BREASTROKE	Women	Final Heats
5.	400m FREESTYLE	Men	Final Heats
6.	400m FREESTYLE	Women	Final Heats
7.	200m BACKSTROKE	Men	Final Heats
8.	200m BACKSTROKE	Women	Final Heats
9.	4X50 MEDLEY MIXED	2 Men & 2 Women	Final Heats
4th Session- Sunday 16.6.2024 (09.00)			
1.	100m FREESTYLE	Men	Final Heats
2.	100m FREESTYLE	Women	Final Heats
3.	200m BREASTROKE	Men	Final Heats
4.	200m BREASTROKE	Women	Final Heats
5.	50m BUTTERFLY	Men	Final Heats
6.	50m BUTTERFLY	Women	Final Heats
7.	800m FREESTYLE	Men	Final Heats
8.	800m FREESTYLE	Women	Final Heats
9.	4X50 MEDLEY RELAY	Men	Final Heats
10.	4X50 MEDLEY RELAY	Women	Final Heats
5th Session- Sunday 16.6.2024 (17.30)			
1.	50m FREESTYLE	Women	Final Heats
2.	50m FREESTYLE	Men	Final Heats
3.	100m BACKSTROKE	Women	Final Heats
4.	100m BACKSTROKE	Men	Final Heats
5.	200m BUTTERFLY	Women	Final Heats
6.	200m BUTTERFLY	Men	Final Heats
7.	200m INDIVIDUAL MEDLEY	Women	Final Heats
8.	200m INDIVIDUAL MEDLEY	Men	Final Heats
9.	4X100 FREESTYLE MIXED	2 Men & 2 Women	Final Heats

ENTRY LISTS

- Entry lists must be submitted until **Wednesday 5/6/2024** at the latest only via email in a link that will be announced shortly.
- On **Tuesday June 6th** the Hellenic Federation of Greece will post the initial entry lists and the final timetable of the competition and warm up.
- All withdrawals must be submitted **until 30' prior** to the beginning of each session. With the completion of the withdrawals the final starting lists will be posted.
- The entry lists for the Relay events must be submitted along with those of the individual events. The final roster of each relay can be submitted to the Competition Front Office **until 30' prior** to the start of each session that the relay is going to take place.

POINT SYSTEM

There is going to be a point system with the 8 top ranked swimmers in the individual events and the 8 top ranked teams in the relay events will be rated according to the following point system:

Greek MASTERS Swimming Championship Point System								
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th
Individual events	9	7	6	5	4	3	2	1
Relay events	18	14	12	10	8	6	4	2

PRIZES

- ✓ Medals will be awarded to the first three (3) winners of every individual or relay event in each age category.
- ✓ The Teams/Clubs will be awarded the following prizes:
 - 1st Ranked Team/Club in the Point System for the Men Category
 - 1st Ranked Team/Club in the Point System for the Women Category
 - 1st Ranked Team/Club in the Point System overall Men and Women

Special Awards

In the end of the Competition there is going to be awarded a special prize to:

- The older male swimmer
- The older female swimmer



That competed in the Greek Masters Swimming Championship.

ENTRY FEE & ACCREDITATION

- The entry fee is **€ 40**.
- Payments can be made through bank transfer to the following account number:

Beneficiary Address: Hellenic Swimming Federation, 137 Syngrou Avenue, 17121
Nea Smirni, Greece

Bank: National Bank of Greece

IBAN: GR66 0110 0800 0000 0804 8090 172

BIC/SWIFT: ETHNGRAA

Transfer Reason: MASTERS- name of the athlete.

A copy of the deposit must be attached along with the entry list.



DECLARATION FORM

I, _____ hereby declare that:

- I have a valid accreditation and health card .
- I am aware of and appreciate the inherent risks involved in such competition.
- I have recently been examined by a doctor.
- I am absolutely fit and healthy to participate in the above event.
- The Hellenic Swimming Federation is not liable for any personal injury or any injury inflicted to other contestants from my mistake before, during or at the end of the events, or for any loss or damage to personal belongings.
- I agree the event O.C. may use my photo, provided as a part of my official entry, for the use on an EVENT Accreditation Card, as well as for an athlete profile to be offered to any person concerned with, or displayed during the EVENT or any other event or activity
- I am fully aware and conscious that participation in competitions requires a perfect health condition and a high level of physical fitness. I acknowledge that I am personally and solely responsible to ensure that my health is not affected and that I do have the required level of training and fitness to participate in the EVENT. By participating in the EVENT, I confirm that I consider to be in a perfect health condition and that I have not received any information, including without limitation, advice by a physician or another person, that my health might be negatively affected or my level of fitness not be sufficient to participate in the EVENT
- I am fully aware and conscious of the potential risks involved in competition activities, be it during training or during the actual EVENT. I know and accept that when I engage in competitive activities, my physical integrity and, in extreme cases, even my life may be endangered. I acknowledge that it is my sole personal responsibility to assess whether any competition or training course, respectively the conditions thereof at the relevant time are too challenging for me
- To the fullest extent permitted by the applicable laws, I release the EVENT Organising Committee and their respective members, directors, officers, employees, volunteers, partners, contractors and agents as well as any other entities and persons involved with or participating in the EVENT from any liability (excluding gross negligence and willful misconduct) for any loss, injury, death, damage and costs incurred or suffered in relation to my participation in the EVENT or related training
- In respect of information about myself (“Personal Data”), I agree: a) to my Personal Data being collected by the EVENT Organising Committee and to such data being stored and used by the EVENT Organising Committee, and, where necessary, third parties, for the purposes of, and to the extent necessary in relation to, facilitating my participation in, and/or organising, the EVENT; b) to the transfer of my Personal Data to such third parties, and to the processing of such data and potentially any relevant sensitive personal data (including about unspent criminal convictions), as are necessary for security and other background checks in order for me to gain the necessary accreditation for the EVENT;
- The terms and conditions set forth above supersede any prior terms and conditions. They shall remain effective for as long as I participate in the EVENT unless otherwise specified in this Declaration Form. They shall also be binding on my heirs, successors, beneficiaries, next of kin or assigns who might pursue any legal action in connection with the same.



Name: _____

Passport / ID Card: _____

Signature: _____ Date: _____

A copy of the passport of Identification card must be sent with the declaration form.

