

SPRING MASTERS SWIMMING CUP, VOLOS, GREECE 22-23/3/2025

Dear Friends,

The Hellenic Swimming Federation and the Region of Thessaly organize the 2025 Spring MASTERS Swimming Cup.

Date of Competition: The competition is going to be conducted from March 22nd to March 23rd in the city of Volos (Vasilis Polimeros Swimming pool).

Eligible age groups: Swimmers born from 2000 and earlier.

Timing: Electronic Timing System.

Swimming pool: 50m Indoor Swimming pool.

Warm up pool: 50m Indoor pool, can be used 1 hour before the beginning of the competition.

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.

swimming
κολύμβηση

water polo
υδατοσφαίριση

artistic swimming
καλλιτεχνική κολύμβηση

diving
καταδύσεις

finswimming
τεχνική κολύμβηση

open water
μεγάλες αποστάσεις

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- ✓ The formation of the Heats will be based on the times achieved in a 50m pool from 1/1/2024 to 9/3/2025.
- ✓ The competition is going to be conducted in two (2) days and three (3) sessions as follows (Table 1):
 - Saturday 22.3.2025 afternoon 16:00
 - Sunday 23.3.2025 morning 09:00 and afternoon 16:00
- ✓ Results and award ceremonies are going to be conducted separately per age group.

COMPETITION PROGRAM (TABLE 1):

SPRING MEN & WOMEN MASTERS SWIMMING CUP 22-23.3.2025 1st Session Saturday 22.3.2025 (16.00)

1	50m	BUTTERFLY	MEN	Final Heats
2	50m	BUTTERFLY	WOMEN	Final Heats
3	200m	FREESTYLE	MEN	Final Heats
4	200m	FREESTYLE	WOMEN	Final Heats
5	400m	IND.MEDLEY	MEN	Final Heats
6	400m	IND.MEDLEY	WOMEN	Final Heats
7	4X50m	FREESTYLE MIXED	2MEN/2WOMEN	Final Heats
8	200m	BACKSTROKE	MEN	Final Heats
9	200m	BACKSTROKE	WOMEN	Final Heats
10	100m	BREASTROKE	MEN	Final Heats
11	100m	BREASTROKE	WOMEN	Final Heats
12	800m	FREESTYLE	MEN	Final Heats
13	1500m	FREESTYLE	WOMEN	Final Heats
14	4X50m	TEAM MEDLEY	MEN	Final Heats
15	4X50m	TEAM MEDLEY	WOMEN	Final Heats

2nd Session Sunday 23.3.2025 (9.00)

1	50m	FREESTYLE	WOMEN	Final Heats
2	50m	FREESTYLE	MEN	Final Heats
3	50m	BREASTROKE	WOMEN	Final Heats
4	50m	BREASTROKE	MEN	Final Heats
5	200m	BUTTERFLY	WOMEN	Final Heats
6	200m	BUTTERFLY	MEN	Final Heats
7	400m	FREESTYLE	WOMEN	Final Heats
8	400m	FREESTYLE	MEN	Final Heats
9	4X50m	TEAM MEDLEY MIXED	2WOMEN/2MEN	Final Heats
10	100m	BACKSTROKE	WOMEN	Final Heats
11	100m	BACKSTROKE	MEN	Final Heats
12	200m	IND. MEDLEY	WOMEN	Final Heats
13	200m	IND. MEDLEY	MEN	Final Heats
14	4X50m	FREESTYLE	WOMEN	Final Heats
15	4X50m	FREESTYLE	MEN	Final Heats

3rd Session Sunday 23.3.2025 (16.00)

1	50m	BACKSTROKE	WOMEN	Final Heats
2	50m	BACKSTROKE	MEN	Final Heats
3	100m	FREESTYLE	WOMEN	Final Heats
4	100m	FREESTYLE	MEN	Final Heats
5	200m	BREASTROKE	WOMEN	Final Heats
6	200m	BREASTROKE	MEN	Final Heats
7	100m	BUTTERFLY	WOMEN	Final Heats
8	100m	BUTTERFLY	MEN	Final Heats
9	800m	FREESTYLE	WOMEN	Final Heats
10	1500m	FREESTYLE	MEN	Final Heats

SWIMMERS AGE GROUP CATEGORIES:

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

Category	Age	Year of birth
A	25-29	2000-1996
B	30-34	1995-1991
C	35-39	1990-1986
D	40-44	1985-1981
E	45-49	1980-1976
F	50-54	1975-1971
G	55-59	1970-1966
H	60-64	1965-1961
I	65-69	1960-1956
J	70-74	1955-1951
K	75-79	1950-1946
L	80-84	1945-1941
M	85-89	1940-1936
N	90-94	1935-1931

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

ENTRIES AND WITHDRAWALS:

- ✓ Entries must be submitted until Monday 17.3.2025 at 14:00 at the link that follows: https://clubs.koe.org.gr/KOEWebEntries_PROD/
- ✓ All the swimmers have to sign responsible a declaration form that will assure the organizing committee that they are physically capable to participate in the competition.
- ✓ On Tuesday March 18th the Hellenic Swimming Federation will post the initial entry lists and the final program of the competition and warm up.
- ✓ All withdrawals must be submitted until Thursday March 20th or 30 minutes prior to the beginning of each session at the Front Office.
- ✓ 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:

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 Team/Club with the highest score at all the events will be awarded with the Spring Masters CUP.
- ✓ 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

ENTRY FEE AND ACCREDITATION:

The entry fee is € 30.

Payments can be made through bank transfer to the following account number:



Beneficiary Address: Hellenic Swimming Federation, 236 Syngrou Avenue, 17672 Kallithea, 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 Organizing 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 Organizing Committee and to such data being stored and used by the EVENT Organizing Committee, and, where necessary, third parties,

for the purposes of, and to the extent necessary in relation to, facilitating my participation in, and/or organizing, 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.

