



«Hellenic Master International Swimming Championships»

4th GREEK MASTERS SWIMMING SERIES

GMA SWIMMING SERIES-OKEANOS 2018

Marousi, 22 January 2018

MEETING INFORMATION

HOST

A.O OKEANOS swimming club hosts the **2nd International MASTER Swimming Meeting** which is the major event of the **4th Greek Masters Swimming Series** (GMA swimming series) under the authority of the **Hellenic Swimming Federation**.

LOCATION – DATE – TIME

The meeting will take place at the **Olympic Athletic Center of Athens OAKA** (Spyrou Loui 37, Marousi 15123) on the following dates:

- FRIDAY 25 MAY 2018: A' Session 17:00 p.m.
- SATYRDAY 26 MAY 2018: B' Session 09:00 a.m.
C' Session 17:00 p.m.
- SUNDAY 27 MAY 2018: D' Session 09:00 a.m.
E' Session 16:00 p.m.

ENTRIES

Swimmers who have valid athletic card issued by the Swimming Federation of their country and also are members of a swimming club can participate at the meeting.

CATEGORIES

Individual events Men-Women:

- | | AGE – BIRTH DATE | |
|-----------------------------------|------------------|-----------|
| • 1 st CATEGORY 25-29 | | 1993-1989 |
| • 2 nd CATEGORY 30-34 | « | 1988-1984 |
| • 3 rd CATEGORY 35-39 | « | 1983-1979 |
| • 4 th CATEGORY 40-44 | « | 1978-1974 |
| • 5 th CATEGORY 45-49 | « | 1973-1969 |
| • 6 th CATEGORY 50-54 | « | 1968-1964 |
| • 7 th CATEGORY 55-59 | « | 1963-1959 |
| • 8 th CATEGORY 60-64 | « | 1958-1954 |
| • 9 th CATEGORY 65-69 | « | 1953-1949 |
| • 10 th CATEGORY 70-74 | « | 1948-1944 |
| • 11 th CATEGORY 75-79 | « | 1943-1939 |
| • 12 th CATEGORY 80-84 | « | 1938-1934 |
| • 13 th CATEGORY 85-89 | « | 1933-1929 |
| • 14 th CATEGORY 90-94 | « | 1928-1924 |

The categories of the relay races are calculated by the sum of the ages of the participants:

- | | | |
|----------------------------|---------|-------|
| • 1 st CATEGORY | 100-119 | YEARS |
| • 2 nd CATEGORY | 120-159 | « |
| • 3 rd CATEGORY | 160-199 | « |
| • 4 th CATEGORY | 200-239 | « |
| • 5 th CATEGORY | 240-279 | « |
| • 6 th CATEGORY | 280-319 | « |
| • 7 th CATEGORY | 320-359 | « |
| • 8 th CATEGORY | 360-399 | « |



PARTICIPATION RULES

- The events will be held at 5 sessions, in final heats, open category. Swimmers will be placed in heats according to their personal best times. The results will be announced by category.
- Every Club participates with unlimited number of swimmers per event and with only one team in relays. Swimmers can participate in maximum 2 individual events and 1 relay race per session. Swimmers cannot exceed 6 individual races.
- The synthesis of the team events will be consisted only by swimmers from the same club.
- Heats will be seeded based on swimmers' best records and if the athlete has not official time he/she will be placed according to registration or starting from the smallest one. Faster swimmers will swim at the first heat.
- Foreign swimmers are permitted to participate only if they are registered members of their Swimming Federation and their entry can be done by their club or individually.
- Medals and diplomas will be awarded to **the first 3 winners** of each category.
- Entry deadline is on **11th of May 2018**.
- Entries must be sent to the Hellenic Swimming Federation by Fax: **(+302109850964)** or by E-mail: **(info@koe.org.gr and okeanos.ao@gmail.com) (please send to both e-mails)**. Entries for relay events must be entered at the same time with entries of individual races. In case of delay the fee will be **40 Euro**.



FEES

The entry fee is **30 Euro** per swimmer, which must be paid before the start of the event at the secretariat (CASH DESK) of OKEANOS club in order to register and make entries valid.

INFORMATION

OKEANOS Desk, OAKA, Tel.:+30 2106850920 and +30 6932376106 (daily 16:00-21:00, Saturday 10:00-14:00), **E-mail:oceanos.ao@gmail.com** or **Facebook:[Oceanos Masters Swimming](https://www.facebook.com/OceanosMastersSwimming)**.

ACCOMODATION

Please contact with Mr. Sotirelis Vasilis tel. +30 2106200431 and +30 6936200431, email: sotrgr@otenet.gr

NOTE

OKEANOS CLUB, HELLENIC SWIMMING FEDERATION AND FINA HAVE NO RESPONSIBILITY FOR ANY MEDICAL INCIDENT DURING THE EVENT AND COMPETITORS ARE OBLIGED TO SIGN SPECIAL FORM FOR SPECIFYING THE ABOVE STATEMENT AT THE SECRETARIAT.

EVENT PROGRAM

A' SESSION FRIDAY 17:00 p.m.

- 1)** 400m. Individual Medley Women
- 2)** 400m. Individual Medley Men
- 3)** 800m. Freestyle Women
- 4)** 1500m. Freestyle Men
- 5)** 4x50m. Freestyle Mixed (2 Men -2 Women)

B' SESSIONSATURDAY09:00a.m.

- 1) 50m. Backstroke Women
- 2) 50m. Backstroke Men
- 3) 400m. Freestyle Women
- 4) 400m. Freestyle Men
- 5) 200m. Butterfly Women
- 6) 200m. Butterfly Men
- 7) 4x50m. Freestyle Women
- 8) 4x50m. Freestyle Men

C' SESSIONSATURDAY 17:00 p.m.

- 1) 50m. Butterfly Men
- 2) 50m. Butterfly Women
- 3) 200m. Breaststroke Men
- 4) 200m. Breaststroke Women
- 5) 200m. Individual Medley Men
- 6) 200m. Individual Medley Women
- 7) 200m. Freestyle Men
- 8) 200m. Freestyle Women
- 9) 4x50m. Medley Women

D' SESSION SUNDAY 09:00 a.m.

- 1) 50m. Freestyle Women
- 2) 50m. Freestyle Men
- 3) 100m. Backstroke Women
- 4) 100m. Backstroke Men
- 5) 100m. Breaststroke Women
- 6) 100m. Breaststroke Men
- 7) 800m. Freestyle Men
- 8) 4x50m. Medley Mixed (2 Men -2 Women)

E' SESSION SUNDAY 16:00 p.m.

- 1)** 50m. Breaststroke Men
- 2)** 50m. Breaststroke Women
- 3)** 100m. Freestyle Men
- 4)** 100m. Freestyle Women
- 5)** 100m. Butterfly Men
- 6)** 100m. Butterfly Women
- 7)** 200m. Backstroke Men
- 8)** 200m. Backstroke Women
- 9)** 1500m. Freestyle Women
- 10)** 4x50m. Medley Men

CHAIRMAN OF THE BOARD



I. GAROUFALIAS

K O E

ENTRY FORM

CLUB

HELLENIC

SWIMMING

MEN

WOMEN

FEDERATION

MEETING

DATE

A/A	ID ATHLETIC <i>Number</i>	NAME/SURNAME	YEAR OF <i>BIRTH</i>	FREESTYLE						BACKSTROKE			BUTTERFLY			BREASTSTROKE			MEDLEY		
				50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	100	200	400
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CATERGORY

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AGES

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
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E-MAIL

PHONE