

# XXVI TALLINN OPEN MASTERS CHAMPIONSHIPS IN SWIMMING

## INVITATION

The competition will be held in Tallinn, Estonia in swimming pool Nõmme (25 meters, 6 lanes)  
Vabaduse pst. 156.

**Session Times:** Saturday, April 4th, 2009 at 15:00

Sunday, April 5th, 2009 at 9:30

Warm-up starts 30 min earlier, race office is open from 13:30 on Saturday and 8:30 on Sunday.

<b>Programm:</b>	<b>Saturday, April 4th</b>	<b>Sunday, April 5th</b>
	50 m Free W, M	50 m Butt. W, M
	50 m Back W, M	50 m Breast W, M
	100 m Breast W, M	100 m Free W, M
	100 m Butt. W, M	100 m Back W, M
	100 m IM W, M	4x50 m IM (mixed)
	4x50 m Free (mixed)	

**Eligibility:** The Tallinn Open Masters Championships are open to all registered Masters Swimmers 25 years of age and over. FINA rules and regulations for Masters swimming are valid. The age of competitors is determined as of December 31, 2009.

Age groups for individual events as follows:

Men and women

A = 25-29 years	E = 45-49 years	I = 65-69 years
B = 30-34 years	F = 50-54 years	J = 70-74 years
C = 35-39 years	G = 55-59 years	K = 75-79 years
D = 40-44 years	H = 60-64 years	L = 80-84 years etc

Age groups for relay events as follows:

A = 100 - 119 years	C = 160 - 199 years	E = 240 - 279 years
B = 120 - 159 years	D = 200 - 239 years	F = 280 - 319 years etc

**Entries:** Entries, notifying the name of the competitor, club, year of birth and best achieved time, must be sent via e-mail to [a\\_kristiina@hotmail.com](mailto:a_kristiina@hotmail.com) (Kristiina Arusoo +372 56656831) or via regular post to Viive Nõu, Magasini 10, 10138 Tallinn, Estonia

**All entries to be received by March 30, 2009**

Relay teams (consisting from the members of the same club!) must notify the age group and estimated entry time. Swimming order can be notified at the location before the session starts.

**Entry fees:** 60 EEK per event  
Foreign participants can pay their entry fees at location in cash.

**Awards:** Diplomas and souvenirs will be given to all swimmers. Medals will be awarded to swimmers placed first (one medal per person).

**Social events:** Party with dinner on Saturday, April 4th after the competition. Entry fee 250 EEK. Please confirm participation also by March 30th.

**Information:** Information can be obtained by Tallinn Mastersswimming U-club  
phone: +372 56656831 (Kristiina Arusoo)  
fax: +372 6777699  
e-mail: [a\\_kristiina@hotmail.com](mailto:a_kristiina@hotmail.com)

WELCOME TO THE SWIM MEET IN TALLINN!  
ESTONIAN SWIMMING FEDERATION  
U-CLUB TALLINN