



Κολυμβητική
Ομοσπονδία
Ελλάδας

Hellenic
Swimming
Federation

swimming
κολύμβηση

water polo
υδατοσφαίριση

synchro
συγχρονισμένη

diving
καταδύσεις

finswimming
τεχνική κολύμβηση

open water
μεγάλες αποστάσεις

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Athens, June 6th 2022

Protocol no.: 2921/Ε

To:

EUROPEAN SWIMMING FEDERATIONS

The Hellenic Swimming Federation is organizing the National Masters Swimming Championship at the Municipal Swimming Pool of Alimos, Athens, on the dates 1-3 July 2022.

GENERAL INFORMATION

Any club that is registered under HSF or any other federation under FINA has the right to participate in the National Championship.

The competitions will be held in the form of Open Category, in final heats regardless of the age of the swimmers.

USEFUL INFORMATION

The entries will be based on the times achieved from 1/1/2021.

The program of the Championship includes five (5) competitive sessions.

Each Club can participate with an unlimited number of swimmers. Each swimmer can participate with up to two (2) individual events in each competitive session and four (4) in total in the Championship, as well as any team event (relays).

In Team events the categories are calculated from the sum of the ages of the members of the relay. The team should consist of swimmers from the same Club.

The results and awards will be awarded per category.

The competition will be conducted in accordance with the applicable FINA regulations for the sport of swimming, as well as the FINA Code of Ethics.



NATIONAL MASTERS CHAMPIONSHIP PROGRAMME

A' Session - FRIDAY 1/7/2022 evening, time 18:00

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

B' Session - SATURDAY 2/7/2022 morning, time 09:00

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.	Medley Relay	Women	
8	4x50m.	Medley Relay	Men	

C' Session - SATURDAY 2/7/2022 evening, time 18:00

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.	Freestyle	Men	
10	4x50m.	Freestyle	Women	

D' Session - SUNDAY 3/7/2022 morning, time 09:00

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

E' Session - SUNDAY 3/7/2022 evening, time 17:00

1	50m.	Breaststroke	Women	
2	50m.	Breaststroke	Men	
3	100m.	Freestyle	Women	
4	100m.	Freestyle	Men	
5	100m.	Butterfly	Women	
6	100m.	Butterfly	Men	
7	200m.	Backstroke	Women	
8	200m.	Backstroke	Men	
9	1500m.	Freestyle	Women	

SWIMMERS CATEGORIES

The categories on individual events for men and women are the following:

CATEGORY	AGE	DATE OF BIRTH
A' CATEGORY	25-29.	1997-1993
B' CATEGORY	30-34	1992-1988
C' CATEGORY	35-39	1987-1983
D' CATEGORY	40-44	1982-1978
E' CATEGORY	45-49	1977-1973
F' CATEGORY	50-54	1972-1968
H' CATEGORY	55-59	1967-1963

I' CATEGORY	60-64	1962-1958
J' CATEGORY	65-69	1957-1953
K' CATEGORY	70-74	1952-1948
LK' CATEGORY	75-79	1947-1943
M' CATEGORY	80-84	1942-1938
N' CATEGORY	85-89	1937-1933
O' CATEGORY	90-94	1932-1928

ENTRIES

Swimmers who have a sports card issued by their national association are welcomed.

The participating swimmers, in addition to the health card (doctor's note), they should sign the declaration form according to FINA Rules responsible for their participation in the MASTERS races (to be signed at the swimming pool upon arrival).

The applications must be submitted in a special form of HSF to the email: swimming@koe.org.gr, no later than Friday 24/6/2022 at 14:00.

Relay Entries

The Relay Entries should be submitted together with the entries of the club. The final entries of the team events must be submitted no later than 60' before the start of each competition session and, in addition, they can be submitted at the previous competition session if already ready.

PARTICIPATION FEE

The participation fee for each swimmer is set at 30 Euros, which must be deposited in one of the following bank accounts of HSF, where the club and the organisation must be mentioned:

NATIONAL BANK OF GREECE:

GR6601100800000008048090172

EUROBANK:

GR82 0260 2770 0007 0020 1520 045

ALPHABANK:

GR15 0140 1470 1470 0232 0003 260

The copy of the deposit must be submitted together with the entries.

In addition to the above:



The competition will be held with strict application of the updated sanitary protocols of the G.G.A. and the H.S.F., and in addition with the provisions and clarifying instructions that will be in force during the Event.

PRIZES

The first three winners of each category and each individual and team event are awarded medals and diplomas.

SCORING

The scoring of the National Masters Championship is determined as follows:

POSITION: 1-2-3-4-5-6-7-8

SCORING: 9-7-6-5-4-3-2-1

For the team events (relays) the scoring is doubled.

The HSF awards Cups for the first winning Club of the championship which is highlighted by the total number of points it collects in the following standings

- A) Men
- B) Women
- C) General Men and Women.

SPECIAL AWARDS

There will be an award ceremony at the end of the event,

In the older Man

The oldest Woman

participating in the Masters Championship.

The Technical Meeting will be held online via ZOOM on Thursday 30/6/2022 at 21:00. The representatives of the teams will have to submit the deletions at the Technical Meeting. The entries of the team events with their compositions should be submitted with the total entries of participation in the event. Deletions of team events can be submitted up to one (1) hour before the start of the competition session.

With honours,
K. The SECRETARY GENERAL

STEFANOS G. AVGOULEAS