



«OKEANOS MASTERS INTERNATIONAL MEETING 2017»

3rd GREEK MASTERS SWIMMING SERIES

GMA SWIMMING SERIES

MEETING INFORMATION

HOST

AO OKEANOS swimming club organizes the 1st International **MASTER** Swimming Meeting which is the major event of the 3rd Greek Masters Swimming Series (GMA swimming series) under the supervision of the Hellenic Swimming Federation.

LOCATION – DATE – TIME

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

- SATURDAY 18 MARCH 2017: A' Session 09:00 a.m. (warm up 08:00-08:45)
B' Session 17:00 p.m. (warm up 16:00-16:45)
- SUNDAY 19 MARCH 2017: C' Session 09:00 a.m. (warm up 08:00-08:45)

ENTRIES

All 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 this event.

CATEGORIES

Individual events Men-Women:

• 1 st	CATEGORY	25-29	AGE – BIRTH DATE	1992-1988
• 2 nd	CATEGORY	30-34	«	1987-1983
• 3 rd	CATEGORY	35-39	«	1982-1978
• 4 th	CATEGORY	40-44	«	1977-1973
• 5 th	CATEGORY	45-49	«	1972-1968
• 6 th	CATEGORY	50-54	«	1967-1963
• 7 th	CATEGORY	55-59	«	1962-1958
• 8 th	CATEGORY	60-64	«	1957-1953
• 9 th	CATEGORY	65-69	«	1952-1948
• 10 th	CATEGORY	70-74	«	1947-1943
• 11 th	CATEGORY	75-79	«	1942-1938
• 12 th	CATEGORY	80-84	«	1937-1933
• 13 th	CATEGORY	85-89	«	1932-1928
• 14 th	CATEGORY	90-94	«	1927-1923

The categories of the relay events are calculated from the sum of the ages of 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 3 sessions, in final heats, open category. Swimmers will be placed in heats according to their personal best times. The results will be announced individually for each category.
- Every Club participates with unlimited number of swimmers and with only one team in relay events. Swimmers can participate at maximum 4 Individual events and not more than 2 per session.
- The synthesis of the team events will be consisted only with swimmers from the same club.
- Heats will be seeded according to swimmers best records and if the record is blank, according to the age starting from the younger swimmers. Faster swimmers will swim at the first heat.
- Foreign swimmers are permitted to participate with the condition that they are registered members of their Swimming Federation and their entry can be done by their club or individually.
- Medals will be awarded to the first 3 winners of each category and all athletes will take participation certificates (diplomas).
- Entry deadline is 10th of March 2017 .
- 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)



FEES

The entry fee is 15 euros 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.

EVENT HOTEL

Civitel Attik Hotel (www.civitelhotels.com) is preparing to welcome and host the participants of the event. A perfect arrangement with competitive pricing is available for teams and individuals.

Booking can be done directly at the hotel (phone +30 210 6101000 +30 210 6801900) using the bookin code : Okeanos Master Account.

Final booking day 6/2/2017.

INFORMATION

- OKEANOS Desk, OAKA, tel. +30 2106850920 (daily 16:00-21:00, Saturday 10:00-14:00).
- Ilias Panetis (coach) tel. +30 6948055025

NOTE

THE OKEANOS CLUB, THE HELLENIC SWIMMING FEDERATION AND THE FINA DON'T HAVE ANY MEDICAL RESPONSIBILITY DURING THE EVENT AND COMPETITORS HAVE TO SIGN SPECIAL FORM AT THE SECRETARIAT.

EVENT PROGRAM

A' SESSION SATURDAY 09:00 a.m.

- 1. 1.50m. Butterfly Men
- 2. 2.50m. Butterfly Women
- 3. 200m. Freestyle Men
- 4. 200m. Freestyle Women
- 5. 400m. Individual Medley Men
- 6. 400m. Individual Medley Women
- 7. 200m. Backstroke Men
- 8. 200m. Backstroke Women
- 9. 100m. Breaststroke Men
- 10. 100m. Breaststroke Women
- 11. 800m. Freestyle Men
- 12. 1500m. Freestyle Women
- 13. 4X50m. Freestyle Women
- 14. 4X50m. Freestyle Men

B' SESSION SATURDAY 17:00 p.m.

- 1. 50m. Freestyle Women
- 2. 50m. Freestyle Men
- 3. 50m. Breaststroke Women
- 4. 50m. Breaststroke Men
- 5. 200m. Butterfly Women
- 6. 200m. Butterfly Men
- 7. 400m. Freestyle Women
- 8. 400m. Freestyle Men
- 9. 100m. Backstroke Women
- 10. 100m. Backstroke Men
- 11. 200m. Individual Medley Women
- 12. 200m. Individual Medley Men
- 13. 4X50m. Freestyle Mixed (2 Men - 2 Women)
- 14. 4X50m. Medley Mixed (2 Men - 2 Women)

C' SESSION SUNDAY 09:00 a.m.

- 1. 50m. Backstroke Women
- 2. 50m. Backstroke Men
- 3. 100m. Freestyle Women
- 4. 100m. Freestyle Men
- 5. 200m. Breaststroke Women
- 6. 200m. Breaststroke Men
- 7. 100m. Butterfly Women
- 8. 100m. Butterfly Men
- 9. 800m. Freestyle Women
- 10. 1500m. Freestyle Men
- 11. 4X50m. Medley Men
- 12. 4X50m. Medley Women

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