



## VII Caldas da Rainha City Cup/INTERNATIONAL MASTER SWIMMING MEETING

Caldas da Rainha, Portugal

April 24 & 25, 2010

PIMPÕES Swimming School, with the institutional support of the Municipality of Caldas da Rainha, the Leiria District Swimming Association (ANDL) and the Portuguese Swimming Federation (FPN), have the pleasure in announcing the VII City Cup and International Masters Swimming Meeting, which will take place at the Caldas da Rainha Municipal Swimming Complex on 24 and 25 April, 2010.

This Complex consists of a 25m X 8 lane pool, and a warm-up pool with 20m X 4 lanes. The public seating area accommodates 300 people, and the pool area can seat 250 swimmers. An electronic ALGE Timer will be used as well as an official arbitrage committee of the Leiria District Swimming Association (ANDL), thus allowing the homologation of records.

### General Rules

#### 1. Date:

- 24 & 25 April, 2010

#### 2. Schedule:

- Friday, 23 April 21:30 – Reception of swimming teams enrolled.  
22:00 – Press Conference  
(3 lanes will be available for training during the day for those who arrive early)
- Saturday, 24 April 08:00 – Office/Secretariat opens  
09:00 – Meeting of Team Representatives  
09:30 – Opening Ceremony  
10:00 – Competition starts  
13:30 – First Session ends  
14:00 – Free Lunch  
15:30 – Tour of the city and surrounding areas-  
19:00 – Day ends.
- Sunday, 25 April 08:00 – Pool opens  
08:15 – Warm-up  
09:30 – Second Session starts  
13:00 – Estimated end of 2nd Session  
14:00 – Official lunch, prize distribution and farewell to participants.



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### 3. Participation:

- a) Meeting is open to all swimmers born up to 31 December 1985 (inclusive), holders of a current Masters licence, issued by the respective Swimming Federation of each country.
- b) Any swimmer with a Masters licence issued by any Federation accredited by FINA, is authorized to participate. A copy of this licence should be sent to ANDL together with enrolments forms.
- c) Each swimmer may participate in two individual races and one relay per Session.
- d) There is no limit in the number of swimmers per club.
- e) Each club may enter one relay for each age group..
- f) Relays will be mixed (2 females and 2 males).
- g) Swimmers will be entered in accordance with enrolment times, independent of age group.  
Female races will take place before male races.

### 4. Age Groups:

Group	Age	Year of birth
A	25-29	85-81
B	30-34	80-76
C	35-39	75-71
D	40-44	70-66
E	45-49	65-61
F	50-54	60-56
G	55-59	55-51
H	60-64	50-46
I	65-69	45-41
J	70-74	40-36
K	75-79	35-31
L	80 e +	30 e antes



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- **Relays**

Group	Age Group
1	100-119
2	120-159
3	160-199
4	200-239
5	240-279
6	280-319
7	320-359

### 5. Enrolment:

- Enrolment forms should be received at ANDL no later than **9 de April, 2010**, by Email to: [andl.inscricoes@gmail.com](mailto:andl.inscricoes@gmail.com), or by mail - see c) below.
- Enrolment forms received after that date will **not** be accepted and clubs will be notified in writing of that fact.

### c) INTERNATIONAL MASTER SWIMMING MEETING

Associação Distrital de Natação de Leiria  
Edifício Nascente, Arrabalde d'Aquem  
2401-977 Leiria, Portugal

Contactos:

Tel: +351 244 811 367

Fax: +351 244 832 306

- Entry list will be available on 14 April, 2010 on the following site: [www.pimpoescompeticao.blogspot.com](http://www.pimpoescompeticao.blogspot.com). If any error is found, please notify the Organization by Email to: [andl.inscricoes@gmail.com](mailto:andl.inscricoes@gmail.com),



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### 6. Payment:

- a) Payment should be made by electronic transfer to: (Proof of transfer should accompany enrolment package)

National Swimmers:

NIB: 0010 0000 07374870004 08 / BPI

International Swimmers:

IBAN: PT50 0010 000 0737 4870 0040 8

BIC: BBPIPTPL

### 7. Prizes:

- a) Prize "We are Many" for the team with the highest number of swimmers enrolled.
- b) Prize "Career" for the oldest swimmers enrolled, male or female)
- c) Participation prizes for all clubs and swimmers.
- d) A Cup for the first three teams.
- e) A trophy for the swimmer of each age group who added more points (Female or Male), in accordance with FINA Tables of 2009.

### 8. Program:

Event No.	1st Session	Event No.	2nd Session
1	100 Free Fem	12	100 Ind Med Fem
2	100 Free Male	13	100 Ind Med Masc
3	200 Fly Fem	14	50 Free Fem
4	200 Fly Masc	15	50 Free Masc
5	200 Breast Fem	16	50 Breast Fem
6	200 Breast Masc	17	50 Breast Masc
7	200 Back Fem	18	50 Back Fem
8	200 Back Masc	19	50 Back Masc
9	200 Free Fem	20	50 Fly Fem
10	200 Free Masc	21	50 Fly Masc
11	4x50 Free Mixed	22	4x50 Med Mixed
End of 1st Session		End of 2nd Session	



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### 9. Classification:

- a) **Collective** – Clubs/Teams will be listed by the total number of points obtained by the best swimmer in accordance with the results obtained by Age Group in individual races, as per chart below:
- b)
  - 1st Place: 12 points
  - 2nd Place: 9 points
  - 3<sup>rd</sup> Place: 7 points
  - 4th Place: 5 points
  - 5th Place: 4 points
  - 6th Place: 3 points
  - 7th Place: 2 points
  - 8th Place: 1 point
- c) On the relays, each team will double the points, following the same chart.

### 10. Jury of Appeal:

- a) Appeals will be submitted to the Head of the Arbitrage Committee, and will only be accepted in cases of right. These appeals will be reviewed by the Jury of Appeal (Director of Event, District Technical Director, and the Director of the Institution), and the conclusion submitted to the originator.

### 11. Others:

- a) For better knowledge of the area to be visited and lodging information, it is suggested you click on [www.cm-caldas-rainha.pt](http://www.cm-caldas-rainha.pt). It would be appreciated if Portuguese swimmers would make their own accommodation bookings personally. Special prices were obtained in various hotels around the city (*a list of these hotels is attached*) for the duration of this Meeting. Just mention the International Masters Swimming Meeting or Pimpões to benefit from reduced prices.
- b) Upon arrival at the Complex, the representative of each Club or team should contact the Secretariat of the Competition, where he/she will check-in and receive the Information Package and Program.
- c) In case the team or swimmers arrive earlier, they should check-in at the place where the Press Conference will be held.



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- d) There will be a free luncheon on the last day of the Meeting, offered by the Organization, on 25 April at the place and hour to be confirmed, where prize distribution will take place.
- e) Any further news or announcements will be available at the Pimpões site:  
[www.pimpoesnatacao.blogspot.com](http://www.pimpoesnatacao.blogspot.com).



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### INDIVIDUAL ENTRY FORM

Each participant should fill-in this form **in block letters**.

Entry fee – 3.00 €

<b>Surname</b>	
<b>Name and initials</b>	
<b>Complete address</b> (Please include town, postal code and country)	
<b>Telephone/fax:</b>	
<b>E-mail</b> (if any)	
<b>Male/Female</b> (please indicate)	
<b>Date of birth:</b>	
<b>Age as of 31 Dec. 2010</b>	
<b>Club name &amp; address</b>	
<b>Masters Swimming Licence Number</b>	

### **WAIVER.**

I, THE UNDERSIGNED, intending to be legally bound, hereby certify that I have not been restricted by any doctor for a medical condition and that I am aware of all risks inherent to Masters swimming, including possible disability or death, and that I assume all those risks. I hereby waive any and all rights to claims for loss or damage arising out of participating in this I International Masters Swimming Meeting at Caldas da Rainha, Portugal, or any activities incident thereto or against the organizers PIMPÕES, the Municipality of Caldas da Rainha or ANDL, or any entity or individuals officiating at the Competition or supervising such activities as a condition of my participation in this I International Masters Swimming Meeting

Assinatura: \_\_\_\_\_

Data: \_\_\_\_\_



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### SWIMMING ENTRY FORM

<b>Surname and given name</b>	
<b>Age Group</b> (See Table)	
<b>Club Name</b>	
<b>Country</b>	

MALE		FEMALE		
Event No.	Entry time	Event	Event No.	Entry time
<b>1<sup>ST</sup> SESSION</b>				
		100m Free Fem	1	
2		100m Free Male		
		200 Fly Fem	3	
4		200 Fly Male		
		200 Breast Fem	5	
6		200 Breat Male		
		200 Back Fem	7	
8		200 Back Male		
		200 Free Fem	9	
10		200 Free Male		
		4X50 Free Mixed	11	
<b>2<sup>ND</sup> SESSION</b>				
		100 Ind Medley Fem	12	
13		100 Ind Medley Male		
		50 Free Fem	14	
15		50 Free Male		
		50 Breast Fem	16	
17		50 Breast Male		
		50 Back Fem	18	
19		50 Back Male		
		50 Fly Fem	20	
21		50 Fly Male		
		4X50 Medley Mixed	22	

Signature: \_\_\_\_\_

Club's stamp:





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### RELAY ENTRY FORM.

- a. Competitors may only swim for the club indicated on the Individual Entry Form.  
b. Competitors may only swim in one age group (Please see Table)

<b>Club's Name:</b>	<b>Country:</b>
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4 X 50m Free		Names of Swimmers	Group	Entry time.
<b>Mixed</b>	1			
Event No. 11	2			
	3			
	4			

4 X 50m Medley		Names of Swimmers	Group	Entry time
<b>Mixed</b>	1			
Event No. 22	2			
	3			
	4			

Signature: \_\_\_\_\_

Club's stamp:

Note: This form may be copied in case there are more than one teams participating.



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### **PAYMENT DETAILS.**

Attached is proof of payment for the following fees:

Surname and Given Name	
Club's Name	
Country	

	Quantity			Quantity
Individual Entry fee		X	€ 5.00	€
Individual Entries		X	€ 3.00	€
Relays		X	€ 5.00	€
Tour of City & Surroundings		X	Free	
Prize Giving Lunch		X	Free	
<b>TOTAL:</b>				€



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### ACCOMODATION

Information on hotels and prices negotiated for the event.

- **Caldas da Rainha**

Name & Phone	Address	Cost p/night
<b>Caldas Internacional Hotel</b> Tel: 262830500	Rua Dr. Figueirôa Rego, 45 2500 Caldas da Rainha	
<b>Hotel Cristal</b> Tel: 262840260	Rua António Sérgio, 31 2500 Caldas da Rainha	
<b>Residencial D. Carlos</b> Tel: 262832551	Rua de Camões 2500 Caldas da Rainha	
<b>Residencial Europeia</b> Tel: 262 839320	R. Almirante Cândido dos Reis 2500 Caldas da Rainha	
<b>Residencial Hotel Centra</b> Tel: 262 831914	Largo Dr. José Barbosa 2500 Caldas da Rainha	
<b>Residencial Olhos Pretos</b> Tel: 262843001	Rua do Rosário 2500 Caldas da Rainha	
<b>Residencial Irmãos Unidos</b> Tel: 262832562	Rua da Nazaré 2500 Caldas da Rainha	

- **Óbidos: (3 kms from Caldas da Rainha)**

Name & Phone	Address	Cost p/night
<b>Hotel Mansão da Torre</b> Tel: 262 955 460 info@hotelmansadatorre.com	Estrada Nacional 8, No. 19 2510-216 Óbidos	
<b>Hotel Real d'Óbidos</b> Tel: 262 955 989 info@hotelrealobidos.com	Rua D. João d'Órnelas 2510-074 Óbidos	
<b>Albergaria Josefa d'Óbidos</b> Tel: 262 959 228 josefadobidos@iol.pt	Rua D. João d'Órnelas 2510-074 Óbidos	