



## 6<sup>th</sup> Annual Masters Swimming Meeting

Date: **21<sup>st</sup> April 2012**

Location: Prague, Strahov, Vanickova 2, Praha 6, [map](#), pool 25 m, 6 lanes, electronic timing

Deadline of Entries: received by **16<sup>th</sup> April 2012**

- Electronic media (Excel) by email [neptuncup@neptunmasters.com](mailto:neptuncup@neptunmasters.com)

- On form (Excel) by mail: Anezska 4/1043,CZ-11000 Prague 1 / fax: +420 244 468 270

**Neptun Cup** – will be awarded to the team with highest sum of best top 10 performances of its members (separate for Men and Women). The team member who brings the highest number of points to this result will be awarded with prize for “Best Team Member”.

**Master of Style** - Trophies will be awarded to the first three Men/Women with sum of top points for two events of the same stroke. Sum of points for: 50 + 100 back / 50 + 100 breast / 50 fly +100 fly / 50 + 100 free / 100+400 free / 100 I.M. + 200 I.M.

**Crawl-o-mania:** The best relay 8x50m Freestyle MIX (more teams available, min. 3 Women) according to Czech Masters Points (400 free Men, according to the average age). **These prizes will be awarded at the evening party.**

**Individual events:** The best three Men/Women according to Czech Masters Tables will receive certification and small gifts.

**Age groups:** AG20 (pre-masters), AG25 – AG95+, relays AG80 (pre-masters), AG100 – AG320+

### Program:

**Saturday 21<sup>st</sup> April – warm-up 10:00, competition 11:00**

1. 400 m Freestyle Women
2. 400 m Freestyle Men
3. 50 m Fly Women
4. 50 m Fly Men
5. 100 m Back Women
6. 100 m Back Men
7. 4 x 50 m Medley Relay Mix
8. 100 m Breast Women
9. 100 m Breast Men
10. 50 m Freestyle Women
11. 50 m Freestyle Men
12. 200 m I.M. Women
13. 200 m I.M. Men

**Saturday 21<sup>st</sup> April – warm-up 15:00 competition 15:30**

14. **Crawl-o-mania** - 8 x 50 m Freestyle Relay Mix (more teams min. 3 Women)
15. 100 m Fly Women
16. 100 m Fly Men
17. 50 m Back Women
18. 50 m Back Men
19. 50 m Breast Women
20. 50 m Breast Men
21. 100 m Freestyle Women
22. 100 m Freestyle Men
23. 100 m I.M. Women
24. 100 m I.M. Men
25. 4 x 50 m Medley Relay Women
26. 4 x 50 m Medley Relay Men

**Rules:** FINA Masters and Czech Swimming Federation Regulations incl. “One start rule”.

**Withdrawal:** received by 18<sup>th</sup> April 2012

**Presence Check and Payment:** Saturday 21<sup>st</sup> April 2012 from 09:00 to 09:55 in swimming pool lobby.

**Entry Fees:**

- Individual event: 90 CZK / 45 CZK for swimmers over 70 years (1 Euro=approx. 25 CZK)
- Relays: 100 CZK
- Crawl-mania: free

**Organizer:** Neptun Masters – Swim Club, Anezska 4/1043, CZ-11000 Praha 1, phone: +420 604 254 558, <http://www.neptunmasters.com>, [info@neptunmasters.com](mailto:info@neptunmasters.com)

**Accommodation:** not arranged by organization committee, we recommend **Hostel Strahov**, Vanickova 7, 160 00 Praha 6 –Strahov, phone +420 220 513 111, <http://www.studenthostel.cz/strahov.html>.

**Transport to swimming pool:** bus **176** – stop „Stadion Strahov“ (Metro Karlovo namesti), **143, 149** – stop „Koleje Strahov“ (Metro Dejvicka), **217** – zastavka Koleje Strahov (Metro Dejvicka, Andel), [www.idos.cz](http://www.idos.cz)

**Snack bar:** open during the meeting in pool lobby.

**The evening party with victory ceremony takes place after the meeting on Saturday, entry fee 50 CZK (2 Euro).** Restaurant Petrin, 200 meters from swimming pool (<http://www.restaurantpetrin.cz/>).

**Booking of party together with entries.**

Actual info on <http://www.neptunmasters.com/neptuncup>