



FINA WORLD CHAMPIONSHIPS
MASTERS
KAZAN 2015

Fina
WORLD
CHAMPIONSHIPS

16th FINA World Masters
Championships 2015
in Kazan



COMPETITION RULES AND REGULATIONS

Swimming

Swimming

MINIMUM AGE LIMIT: 25 years

AGE DETERMINING DATE: Competitor's age as of December 31, 2015

AGE GROUPS, INDIVIDUAL EVENTS: 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 ... (five year age groups as high as is necessary).

AGE GROUPS, RELAY EVENTS: To be conducted on the total age of team members in whole years. Age groups of relay events are as follows: 100–119, 120–159, 160–199, 200–239, 240–279, 280–319, 320–359, and (forty year increments as high as necessary).

EVENTS:

Freestyle — 50m, 100m, 200m, 400m, 800m

Backstroke — 50m, 100m, 200m

Breaststroke — 50m, 100m, 200m

Butterfly — 50m, 100m, 200m

Individual Medley — 200m, 400m

Relays — 4x50m Freestyle, 4x50m Medley, 4x50m Mixed Freestyle, 4x50m Mixed Medley

TRAINING PROVISION: Friday, August 7 — Sunday, August 9, 2015 will be held at the Burevestnik Swimming Pool. Sunday, August 9, 2015 at the Aquatics Palace as well.

COMPETITION DATES: Monday, August 10 — Sunday, August 16, 2015. Daily start times of competition at 8:00

COMPETITION VENUES: Aquatics Palace

POOL CHARACTERISTICS: Competition pool 1 — 52x25m, variable depth 0–3.0 m, movable bulkhead (2m). Competition pool 2 — 50x25m, depth 2.2 m.

WARM UP/WARM DOWN POOLS: Warm-up sessions will be organised all day 7:00–22:00 at the Water Polo Arena outdoor temporary pool, located at the Aquatics Palace adjacent area.

Warm-up at competition venue will be available from 6:30 to 7:40. Start of competition at 8:00 daily.

WARM-UP PROCEDURES: Swimmers must enter the pool feet first in a cautious and controlled manner. No diving or backstroke starts will be allowed except in designated sprint lanes. One or more lanes shall be designated as ONE WAY SPRINT lanes during the pre-meet warm-up sessions in the competition pool only. No diving or backstroke starts will be allowed in the warm-up pool. No sprint lanes will be designated in the warm-up pool.

Pull-buoys, kick boards, fins, hand paddles and other training aids consider inappropriate are not allowed in the competition pool or warm-up pool, as well as watches and heavy jewellery.

ANY SWIMMER WHO ACTS IN AN UNSPORTSMANLIKE OR UNSAFE MANNER WITHIN THE SWIMMING VENUE MAY BE CONSIDERED FOR APPROPRIATE ACTION OR PENALTY by the FINA Masters Commission.

ENTRY RESTRICTIONS: A swimmer may enter a maximum of **five (5)** individual events. Swimmers may also enter the Open Water Swimming in addition to the five individual events. The time **entered** for an individual event shall not exceed the qualifying time for that event.

Entries without times will not be accepted. All individual event entries must be submitted and paid by June 15, 2015. Only corrections to individual Swimming entry times (submitted and paid before June 15, 2015) will be accepted up to July 2, 2015. All Team event entries must be submitted and paid by July 2, 2015. No changes to any individual or team events will be accepted after July 2, 2015.

QUALIFYING STANDARDS: The Qualifying Standards are long course times. See the Qualification Standard Time at the end of the Swimming Information.

Qualification Time can be done in short course and long course meets. Short course times can be converted by adding 2%. The times should be obtained during a sanctioned meet.

FINA suggests that the times should be obtained within a year of the Championships. Please note that the actual time of the event swum, which has exceeded the qualifying standards, will not be shown on the result sheets, but instead will be noted on the result sheets as N.T. (No Time).

COMPETITION NOTES: All starts will be «over the head» i.e. swimmers from the previous race will stay in the water until the next race has started. The one-start rule will apply for all swimming events.

RECONFIRMATION: There is no reconfirmation of events. The events will be seeded from entries.

PRE-SEEDING: The 800m, and 400m Freestyle and 400m Individual Medley will be pre-seeded using the times entered, slowest to fastest regardless of age or age group. All other events will be pre-seeded using the times entered with the oldest age groups first and with the slowest heats swum first with in each age group.

Heat sheets will be available on the Championships website and an individual listing per swimmer will be available at the accreditation centre.

RELAY EVENTS: Notice to coaches: your relay sheets will be available at the relay table, in the Sport Information Centre of the Aquatics Palace, from July 2, 2015. All relay sheets should be returned signed, at the same place, before Thursday, August 13, 2015 at 13:00. No changes can be made after that time. However, according to rule SW 10.13: substitutions may be accepted upon presentation of a medical emergency certificate.

All relay team members must be affiliated with the same swimming club. A swimmer may not swim for more than one team per relay event.

MIXED RELAYS: «Mixed» means both sexes compete; i.e., two females and two males. The order of swimming is optional.

REPORTING: It is the responsibility of all swimmers to report to the clerk of the course (call room) at least 20 minutes prior to their designated races.

RESULTS: All results will be posted on the Championships website after each event. Results sheets per event are available for purchase at the Sports Information Desks at the Aquatics Palace.

MEDALS, INDIVIDUAL EVENTS: Medals will be awarded from 1st to 3rd place (gold, silver and bronze) in each age group and 4th to 10th places. Awarding ceremonies will be held in the FINA Water World Park on the day of the respective event. If the competition ends before 16.00, the Victory Ceremony is held on the same day, otherwise on the following day.

Medals from the 4th on place on to be collected by the athletes from the special desks in the FINA Water World Park.

MEDALS, RELAY EVENTS: 1st to 3rd place (gold, silver and bronze) in each age group (each member of the team will receive a medal) on the day of the respective event in the Information Centre. If the competition ends before 16.00, the Victory Ceremony is held on the same day, otherwise on the following day.

IMPORTANT: Smoking at the sports venues is prohibited by federal law of the Russian Federation.

QUALIFICATION STANDARD TIMES: See next page

Qualification standard times

| WOMEN | | | | | | | | | | | | | | |
|------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 |
| 50 FREE | 34.00 | 35.00 | 36.00 | 38.00 | 40.00 | 42.60 | 45.50 | 48.00 | 51.80 | 56.00 | 1:00.50 | 1:10.00 | 1:31.00 | 1:52.00 |
| 100 FREE | 1:15.50 | 1:19.00 | 1:21.00 | 1:24.00 | 1:31.00 | 1:38.00 | 1:42.00 | 1:49.00 | 2:00.00 | 2:06.00 | 2:22.00 | 2:48.00 | 3:15.00 | 3:55.00 |
| 200 FREE | 2:43.00 | 2:49.00 | 2:58.00 | 3:07.00 | 3:23.00 | 3:39.00 | 3:49.00 | 4:03.00 | 4:21.00 | 4:34.00 | 5:04.00 | 6:09.00 | 6:55.00 | 8:15.00 |
| 400 FREE | 5:47.00 | 5:59.00 | 6:14.00 | 6:33.00 | 7:05.00 | 7:38.00 | 8:03.00 | 8:35.00 | 9:20.00 | 10:03.00 | 11:13.00 | 12:55.00 | 14:30.00 | 16:30.00 |
| 800 FREE | 12:25.00 | 12:40.00 | 13:05.00 | 13:50.00 | 15:00.00 | 16:00.00 | 16:50.00 | 18:00.00 | 19:15.00 | 20:50.00 | 23:55.00 | 25:50.00 | 28:50.00 | 35:40.00 |
| 50 BACK | 40.00 | 41.80 | 44.00 | 46.50 | 49.30 | 52.00 | 54.80 | 58.00 | 1:03.00 | 1:08.00 | 1:15.00 | 1:31.00 | 2:20.00 | 2:53.00 |
| 100 BACK | 1:27.50 | 1:31.50 | 1:37.00 | 1:42.50 | 1:49.00 | 1:55.00 | 2:04.00 | 2:13.00 | 2:24.00 | 2:32.00 | 2:50.00 | 3:25.00 | 4:00.00 | 5:05.00 |
| 200 BACK | 3:11.00 | 3:13.00 | 3:26.00 | 3:40.00 | 3:51.00 | 4:08.00 | 4:23.00 | 4:36.00 | 5:02.00 | 5:21.00 | 5:53.00 | 7:04.00 | 8:49.00 | 9:53.00 |
| 50 BREAST | 44.50 | 46.00 | 48.00 | 50.00 | 52.00 | 55.50 | 58.00 | 1:02.00 | 1:08.00 | 1:13.00 | 1:25.00 | 1:43.00 | 2:17.00 | 3:03.00 |
| 100 BREAST | 1:39.00 | 1:41.00 | 1:44.00 | 1:51.00 | 1:56.00 | 2:02.00 | 2:10.00 | 2:19.00 | 2:32.00 | 2:45.00 | 3:16.00 | 4:10.00 | 5:05.00 | 6:15.00 |
| 200 BREAST | 3:33.00 | 3:37.00 | 3:45.00 | 3:56.00 | 4:06.00 | 4:18.00 | 4:33.00 | 4:50.00 | 5:15.00 | 5:40.00 | 6:23.00 | 7:38.00 | 9:38.00 | 11:25.00 |
| 50 FLY | 37.50 | 38.50 | 40.50 | 43.00 | 45.50 | 47.50 | 51.50 | 57.00 | 1:04.50 | 1:15.50 | 1:32.00 | 2:32.00 | 3:24.00 | 4:20.00 |
| 100 FLY | 1:24.50 | 1:28.00 | 1:32.50 | 1:38.50 | 1:47.50 | 2:00.00 | 2:09.00 | 2:23.00 | 2:43.00 | 3:10.00 | 3:43.00 | 4:33.00 | 5:25.00 | 7:55.00 |
| 200 FLY | 3:13.00 | 3:22.00 | 3:33.00 | 3:44.00 | 4:05.00 | 4:34.00 | 4:49.00 | 5:20.00 | 5:45.00 | 6:48.00 | 8:05.00 | 9:20.00 | 11:08.00 | 14:30.00 |
| 200 I.M. | 3:08.00 | 3:13.00 | 3:25.00 | 3:33.00 | 3:44.00 | 4:00.00 | 4:13.00 | 4:30.00 | 5:02.00 | 5:28.00 | 6:10.00 | 7:03.00 | 8:22.00 | 9:48.00 |
| 400 I.M. | 6:38.00 | 6:48.00 | 7:08.00 | 7:25.00 | 7:55.00 | 8:45.00 | 9:23.00 | 9:43.00 | 10:55.00 | 12:50.00 | 15:15.00 | 16:40.00 | 17:45.00 | 21:45.00 |

| MEN | | | | | | | | | | | | | | |
|------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 |
| 50 FREE | 29.40 | 30.10 | 31.10 | 32.50 | 33.50 | 34.80 | 36.30 | 38.30 | 40.80 | 43.80 | 49.00 | 1:02.00 | 1:12.00 | 1:22.00 |
| 100 FREE | 1:06.40 | 1:08.00 | 1:09.40 | 1:11.30 | 1:15.30 | 1:19.20 | 1:22.50 | 1:28.00 | 1:34.30 | 1:45.00 | 1:58.00 | 2:13.00 | 2:47.00 | 3:14.00 |
| 200 FREE | 2:27.00 | 2:30.00 | 2:32.00 | 2:37.00 | 2:42.00 | 2:52.00 | 3:07.00 | 3:18.00 | 3:32.00 | 3:53.00 | 4:19.00 | 4:37.00 | 5:22.00 | 6:30.00 |
| 400 FREE | 5:15.00 | 5:22.00 | 5:28.00 | 5:36.00 | 5:51.00 | 6:05.00 | 6:27.00 | 6:52.00 | 7:38.00 | 8:28.00 | 9:10.00 | 10:18.00 | 11:33.00 | 12:38.00 |
| 800 FREE | 11:08.00 | 11:15.00 | 11:26.00 | 11:35.00 | 12:05.00 | 12:50.00 | 13:40.00 | 14:45.00 | 15:45.00 | 17:20.00 | 18:50.00 | 20:40.00 | 23:13.00 | 26:55.00 |
| 50 BACK | 35.10 | 36.00 | 37.60 | 39.30 | 40.70 | 42.50 | 44.50 | 47.80 | 50.30 | 55.00 | 1:03.30 | 1:10.00 | 1:27.00 | 1:48.00 |
| 100 BACK | 1:15.80 | 1:19.00 | 1:23.50 | 1:25.50 | 1:30.50 | 1:34.50 | 1:41.00 | 1:51.00 | 1:59.50 | 2:08.50 | 2:25.00 | 2:38.00 | 3:28.00 | 4:10.00 |
| 200 BACK | 2:45.00 | 2:49.00 | 2:55.00 | 3:03.00 | 3:15.00 | 3:26.00 | 3:37.00 | 3:58.00 | 4:14.00 | 4:34.00 | 5:10.00 | 6:02.00 | 7:45.00 | 9:23.00 |
| 50 BREAST | 37.80 | 38.80 | 39.80 | 40.80 | 43.00 | 45.30 | 47.30 | 49.50 | 52.50 | 56.80 | 1:03.00 | 1:14.00 | 1:43.00 | 2:11.00 |
| 100 BREAST | 1:23.50 | 1:26.10 | 1:29.80 | 1:32.50 | 1:36.00 | 1:40.00 | 1:47.00 | 1:53.00 | 2:02.00 | 2:14.00 | 2:32.00 | 2:56.00 | 4:05.00 | 5:03.00 |
| 200 BREAST | 3:05.00 | 3:09.00 | 3:13.00 | 3:22.00 | 3:29.00 | 3:38.00 | 3:53.00 | 4:05.00 | 4:27.00 | 4:49.00 | 5:26.00 | 6:13.00 | 7:45.00 | 9:20.00 |
| 50 FLY | 32.00 | 32.40 | 33.50 | 35.30 | 36.50 | 38.00 | 39.50 | 43.30 | 47.00 | 52.80 | 1:04.00 | 1:29.00 | 2:06.00 | 2:44.00 |
| 100 FLY | 1:11.00 | 1:12.80 | 1:15.50 | 1:19.50 | 1:23.00 | 1:27.00 | 1:37.50 | 1:47.50 | 2:00.00 | 2:08.00 | 2:50.00 | 3:24.00 | 4:20.00 | 5:20.00 |
| 200 FLY | 2:52.00 | 2:55.00 | 2:59.00 | 3:08.00 | 3:16.00 | 3:32.00 | 3:53.00 | 4:08.00 | 4:40.00 | 5:10.00 | 5:53.00 | 6:54.00 | 8:48.00 | 10:50.00 |
| 200 I.M. | 2:44.00 | 2:49.00 | 2:54.00 | 3:03.00 | 3:13.00 | 3:18.00 | 3:28.00 | 3:46.00 | 4:07.00 | 4:26.00 | 5:08.00 | 5:36.00 | 7:19.00 | 9:00.00 |
| 400 I.M. | 6:10.00 | 6:16.00 | 6:21.00 | 6:33.00 | 6:50.00 | 7:15.00 | 7:43.00 | 8:23.00 | 9:18.00 | 10:14.00 | 12:28.00 | 13:30.00 | 14:25.00 | 17:25.00 |