

ENTRY BOOKLET



XII EUROPEAN M A S T E R S CHAMPIONSHIPS CÁDIZ

S W I M M I N G
D I V I S I O N
O P E N W A T E R S W I M M I N G

'09



CÁDIZ
15

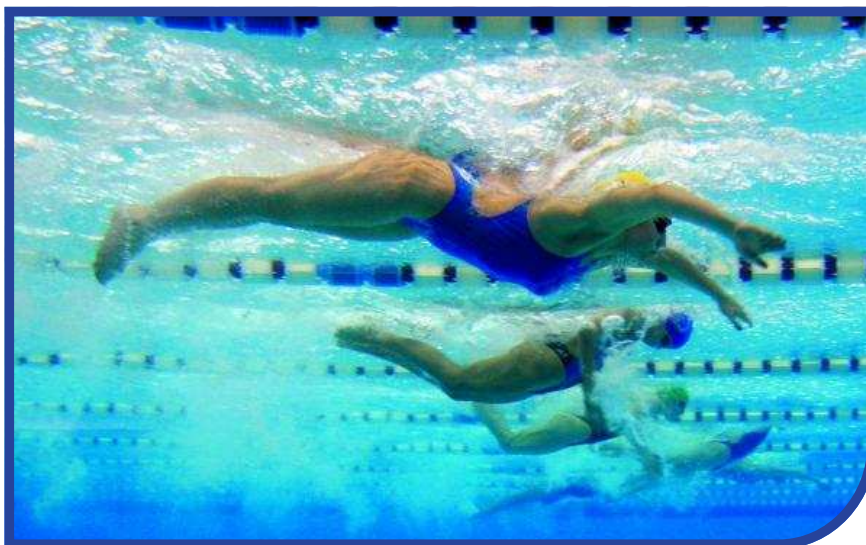
TO

20

SEPTEMBER

SEVILLA
2009

W W W . C A D I Z M A S T E R S 2 0 0 9 . E S



3 Welcomes

LEN President | President Andalusian Government | Lady Major of Cádiz
Major of Sevilla | RFEN President

8 Cádiz and Sevilla tourism & tours

11 Provisional calendar

12 Organization

13 Venues

15 Master LEN Committee visits

16 Accreditations

17 Accommodation and transportation

23 Competition

Swimming | Diving | Synchronised Swimming | Open Water

27 LEN rules and regulations

31 FAQs

33 Entry forms

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Mr. Nory Kruchten
LEN President

● Qué mejor lugar para tener juntos a la familia de los Master Europeos en un festival acuático deportivo que la ciudad que anualmente celebra uno de los mejores y más famosos carnavales del mundo.

Cádiz es reconocida por su belleza y por el estupendo humor de sus gentes. La oportunidad de ir y sumergirse dentro de su rica historia y disfrutar de su espíritu y marco privilegiado es ya un gran resultado para todos los competidores y acompañantes.

Hablando de saltos, Sevilla acogerá esta parte de la competición y nos da la posibilidad de volver a la espectacular capital Andaluza 12 años después de la celebración del memorable 23º Campeonato de Europa de Natación en el Complejo Deportivo San Pablo.

Estos campeonatos Master se han transformado en un gran evento en un tiempo relativamente corto. La última edición hace dos años fue el mayor evento deportivo del año 2007 en Europa y esperamos que se alcance una vez más un nuevo récord de participación en esta 12ª edición en el sur de España.

El entusiasmo y la pasión con la que los Masters practican y viven su deporte aseguran una competición excitante. La historia y encanto de ambas ciudades garantizan una más que placentera estancia para los participantes, sus familiares y animadores.

Juventud es el común denominador para estos campeonatos. Teniendo en cuenta la edad, el espíritu siempre enérgico de todos los participantes resulta contagioso y refrescante. Los Masters son un ejemplo de la unión armónica entre el aspecto saludable vital y el divertimento festivo de las actividades deportivas.

Como Presidente de LEN agradezco al Comité Organizador por su trabajo y a la Real Federación Española de Natación, siempre gran compañera, por su apoyo y determinación en la contribución del desarrollo de las actividades acuáticas y el deporte Master en España y Europa.

Os deseo lo mejor a todos.

● *What better place to bring together the European Masters family in an aquatic festival of sport than the city that annually hosts one of the World's most famous carnivals.*

Cádiz is renowned for its beauty and for the good humour of its people. The opportunity to go there and dive into its rich history and enjoy its spirit and privileged setting is already a great result for all competitors and company. Speaking of diving, Sevilla will host this part of the competition and give us the chance to return to the spectacular Andalusian capital twelve years after the celebration of the memorable 23rd European Swimming Championships at the San Pablo Sport Complex.

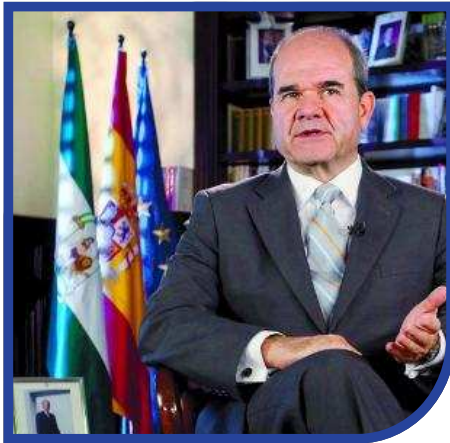
These Masters Championships have become a huge event in a relatively short time. The last edition two years ago was the biggest sports event of 2007 in Europe and we hope participation will once again reach a new record at this 12th edition in southern Spain.

The enthusiasm and passion with which Masters practice and live their sports assure an exciting competition. The history and charm of both host cities guarantee a most pleasant stay for the participants, their families, and supporters.

Youth is the common denominator for these championships. Regardless of age, the ever energetic spirit of all participants is contagious and refreshing. Masters are an example of the harmonic communion between a healthy vital outlook and the enjoyment and festivity of sport activities.

As LEN President I thank the Organising Committee for their work and the Royal Spanish Swimming Federation, always great partners, for their support and determination in contributing to the development of Aquatics and Masters sports in Spain and Europe.

All the best to all.



Mr. Manuel Chaves
Andalusian Government
President

● Andalucía vuelve a ser protagonista de un acontecimiento de magnitud deportiva como es, en esta ocasión, el XII Campeonato de Europa de Natación Master; que se celebrará en Cádiz y Sevilla entre los días 14 y 20 de septiembre, ciudades que siempre han destacado en su labor por el fomento de la práctica deportiva y en concreto de la natación.

Contamos con grandes clubes, importantes competiciones y magníficos deportistas. Andalucía se caracteriza desde hace años por su gran experiencia en materia de organización de eventos deportivos, tanto nacionales como internacionales, en todas las categorías y disciplinas. En esta línea, estoy seguro de que este Campeonato constituirá un nuevo éxito organizativo y deportivo para nuestra Comunidad, lo que hará crecer aún más la confianza que las federaciones internacionales tienen en nuestras capacidades.

Por ello la Junta de Andalucía pondrá cuanto esté de su parte para que en este evento se alcancen las más altas metas organizativas y deportivas y, al mismo tiempo, contribuya a animar a la práctica de la natación entre los jóvenes andaluces.

Desde estas líneas, saludo a cuantos participantes y aficionados llegarán a nuestra tierra y les animo a que también disfruten con las maravillas que ofrecen dos de nuestros mayores destinos turísticos y culturales, la Bahía de Cádiz y Sevilla.

Mi más sincera bienvenida a los deportistas, mi ánimo para que con espíritu deportivo alcancen las metas para las que con esfuerzo y sacrificio se han ido preparando y mi deseo de que este acontecimiento brille con luz propia en el ámbito deportivo, sirva para estrechar los lazos de amistad y para que se lleven un inolvidable recuerdo de nuestra tierra.

Manuel Chaves González



Mrs. Teófila Martínez
Lady Major of Cádiz
President Organising Committee



● Una vez más nos congratulamos con que la ciudad de Cádiz albergue una competición de un deporte con el que nos sentimos tan vinculados. Cádiz, por méritos propios, por la excelente labor de los clubes de natación y el apoyo de las federaciones de este deporte, ha sido capaz de albergar en los últimos años varios campeonatos de natación de alto nivel. Ahora, la elite de la natación se da cita en Cádiz para participar en el Campeonato de Europa de Natación Master, lo que concitará a miles de nadadores y nadadoras llegados desde todo el continente.

Como alcaldesa, es un orgullo recibir hoy a estos deportistas, a sus equipos y clubes, a sus entrenadores... En estos días estoy segura que los gaditanos y gaditanas van a volcarse en este evento de magnitud, ofreciendo lo mejor de esta ciudad: su carácter, su alegría y su sonrisa. Cádiz tiene mucho que ofrecer: gastronomía, historia, playas...

Las instalaciones del Complejo Deportivo Ciudad de Cádiz están a disposición de este campeonato y de sus participantes. Para nosotros es una satisfacción que se haya vuelto a confiar en nosotros para albergar este evento deportivo que es una muestra de la superación deportiva, y de la competitividad sana. Por ello, espero de todo corazón que, durante estos días, disfrutéis de vuestra estancia en una ciudad abierta y cálida, que os recibe con los brazos abiertos y que espera que os sintáis como en casa.

● *Once again we have to congratulate ourselves that the City of Cadiz can hold a competition of a sport from which we feel very much entailed. Cadiz, with its own merits, with the excellent work of the swimming clubs and the help of federations of this sport, it has been able to hold, during the pasted years, several swimming championships of high level. Now, the elite of swimming have an appointment in Cadiz to participate in the "European Master Swimming Championships 2009", which will bring thousands of swimmers from the whole continent.*

As the Mayor of Cadiz, I am proud to welcome these swimmers, its teams and clubs, and its coaches. I am certain that during that time the people of Cadiz are going to offer the best of this town: its character, happiness and smile. Cadiz has a lot to offer: Gastronomy, History, Beaches.....

The installations of the Sports Complex "Ciudad de Cadiz" are at the disposition of this Championships, and its participants. It is a real satisfaction for us to have been trusted again to hold this sports event, which make us believe in our sporting overcome, and our competitive and friendly ways. For all that I hope deep in my hart that during those days you can enjoy your stay in this warm and open City that will welcome you with its open arms to make you all feel like at home.





NO DO
AYUNTAMIENTO DE SEVILLA

**Mr. Alfredo Sánchez
Monteseirín**
Mayor of Sevilla

● Sevilla se ofrece complacida como el escenario en el que durante los días 15 a 18 de Septiembre, sea el marco de la competición de saltos en el Campeonato de Europa Master de Natación a celebrar conjuntamente con la ciudad de Cádiz y rinda los frutos esperados por parte de los admirados y esforzados deportistas.

La nuestra es una ciudad para el deporte, que ha hecho de la práctica deportiva en todos sus niveles una seña de identidad. Nuestra ciudad, por su tradición e instalaciones deportivas, por su atractivo turístico e inversor en nueva economía y por su clima, opta en su modelo de futuro por el desarrollo del deporte en todas su facetas y, muy en especial, como factor de vida saludable y convivencia ciudadana.

Sevilla como organizadora de grandes eventos deportivos, cuenta con un nombre, un prestigio y una trayectoria que eventos deportivos como el que se va a desarrollar en esos días, en nuestras instalaciones de San Pablo, sin duda alguna, reafirmarán dicha trayectoria. Los eventos deportivos de alcance nacional o internacional generan un elevado impacto en las ciudades en que se realizan, tanto en términos de dotación de instalaciones, como en repercusión económica y social y de imagen exterior de la ciudad. Y nosotros en materia de alta competición, hemos demostrado que estamos a la altura.

Nuestra ciudad renueva permanentemente su compromiso con el deporte, estamos convencidos de que el Deporte es un bien social de primera magnitud, de que la práctica del deporte favorece la diversión y el placer individual... pero también la salud, la convivencia; el bienestar de los ciudadanos, la economía y el empleo.

Sean bienvenidos a Sevilla. Espero que su estancia entre nosotros servirá también para descubrirles una ciudad en la que la palabra hospitalidad tiene auténtico sentido. Pero es necesario que les advierta una cosa: es muy posible que aquellos de ustedes que no formen parte ya de la legión de profundos enamorados que nuestra ciudad tiene en todas partes de la tierra, caigan en breve presa de este dulce cautiverio y, a buen seguro, regresen siempre a Sevilla.





Mr. Fernando Carpena
RFEN President



● Con gran satisfacción, como presidente de la Real Federación Española de Natación, quiero daros la bienvenida a esos XII Campeonatos de Europa Masters, que la Liga Europea de Natación (LEN) concedió en su día a nuestra RFEN, y que la Federación Andaluza organizará los próximos días 15 a 20 de septiembre de 2009, en dos sedes de aquella Comunidad Autónoma, Cádiz y Sevilla.

El movimiento master sigue ganando en importancia, social y deportiva, por lo que la participación a nivel continental será excepcional, a buen seguro, y en línea con la masiva inscripción que ya venimos registrando en nuestros propios Campeonatos de España..., incluso con bastantes más deportistas al sumarse a las habituales pruebas de natación, las de saltos, natación sincronizada y aguas abiertas.

La amplia experiencia de la Federación Andaluza en la organización de eventos internacionales es evidente y, con la colaboración de esta RFEN, el Consejo Superior de Deportes, la Consejería de de Turismo, Comercio y Deportes de la Junta de Andalucía y los Excelentísimos Ayuntamientos de Cádiz y Sevilla, estamos seguros de que estos XII Campeonatos Europeos Masters serán modélicos en cuanto a instalaciones y organización.

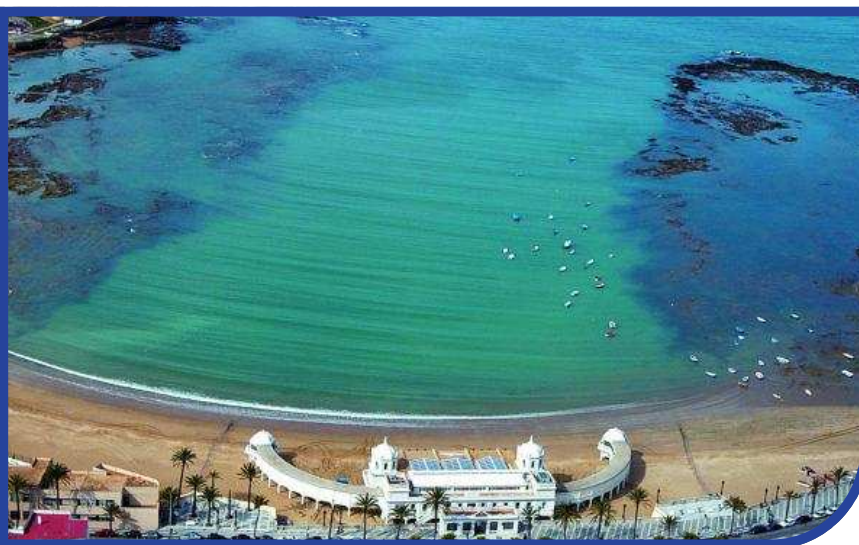
Nuestro agradecimiento desde la RFEN a las colaboraciones institucionales antes mencionadas, sin cuya decidida ayuda no sería posible alcanzar todas las metas programadas. Estamos seguros de que los gaditanos Complejo Municipal "Ciudad de Cádiz" (natación y sincronizada) y el Centro Náutico "Elcano" (aguas abiertas), y el sevillano Ciudad Deportiva "San Pablo" (saltos) serán escenarios deslumbrantes en esta cita europea del próximo septiembre..., para realce de la natación continental y una nueva confirmación de las virtudes organizativas de la NATACIÓN ESPAÑOLA.

● *With great satisfaction as president of the Royal Spanish Swimming Federation, I want welcome all of you to this XII European Master Championships, that LEN grant to RFEN and Andalusian Federation will organize the next 15th to 20th September 2009 to be held in two cities of the Regional community, Cádiz and Seville.*

The Master movement are wining in importance, social and sport, so the participation as continental level will be exceptional, for sure, and in the way with the massive entries that we usually have in our Spanish Championships..., even more masters because of the diving, synchronised swimming and open water events.

The large experience of the Andalusian Swimming Federation to organize international events is evident and, with the support of the Royal Spanish Swimming Federation (RFEN) , Sport National Council (CSD), Tourism, Commerce and Sport of Andalusia government , and the city council of Cádiz and Seville, for sure this XII European Master Championships will be a model as facilities and organization.

Our gratitude from the RFEN to the institutional collaborations before mentioned, without determined help will be not possible to reach all the programme objectives. For sure the facilities from Cádiz, Municipal Complex "City of Cádiz" (swimming and synchronised swimming) and Nautic Centre "Elcano" (open water); and from Seville, Sport City "San Pablo" (diving) will be dazzling stages for this European appointment next September..., for splendour of the continental swimming and a new confirmation of the organization virtues of the SPANISH SWIMMING.



HISTORIA

La provincia de Cádiz es la más meridional de la Península Ibérica. Tiene un perímetro de 586 kms. de los que 260 corresponden a la costa. Su superficie es de 7.385 kms repartidos en sus 44 municipios. Su población supera ligeramente el millón de habitantes, dando una densidad por encima de la media nacional.

Su Historia es antiquísima. Tartessos y fenicios visitaron estas tierras hace más de 3.000 años, y en un punto de este territorio levantaron la antigua Gadir, que se sitúa a unos 1.100 años a. de C., convirtiéndose a la capital de la provincia en la más antigua de Occidente. Los romanos y visigodos también dejaron sus huellas y a partir del año 711 fue territorio musulmán. Alfonso X El Sabio la reconquistó en la segunda mitad del siglo XIII para el Reino de Castilla.

Desde esta provincia se contribuyó notablemente al descubrimiento y colonización de América durante el s.XV. Cristóbal Colón y otros ilustres marinos utilizaron sus puertos como punto de partida hacia el Nuevo Continente. En el s.XVIII, "siglo de Oro" de Cádiz, se monopoliza el comercio de ultramar, lo que le imprime un carácter cosmopolita, penetrando nuevas ideas que dieron lugar a la apertura liberal y democrática recogida en la Constitución de 1812.

Cádiz, privilegiada y singular, reúne todos los atractivos que puedan apeteecer quienes valoran el turismo en su verdadera dimensión cultural y festiva, ecológica y monumental, costumbrista, auténtica y esencialmente andaluza.

HISTORY

The province of Cadiz is the southernmost of the Iberian Peninsula . It has a perimeter of 586 Km, 260 of which are coastline. It has a surface area of 7,385 Km, divided up into 44 municipal areas. Its population totals just over one million.

Cadiz has an ancient history. The Tarshish and Phoenicians visited these lands more than three thousand years ago. It was here that they built the old Gadir around 1,100 B.C., making it the oldest capital in the West. The Romans and the Visigoths also left their marks here. After 711, it was ruled by the Muslims until Alfonso X "The Wise" reconquered it in the middle of the 13th century for the Kingdom of Castilla.

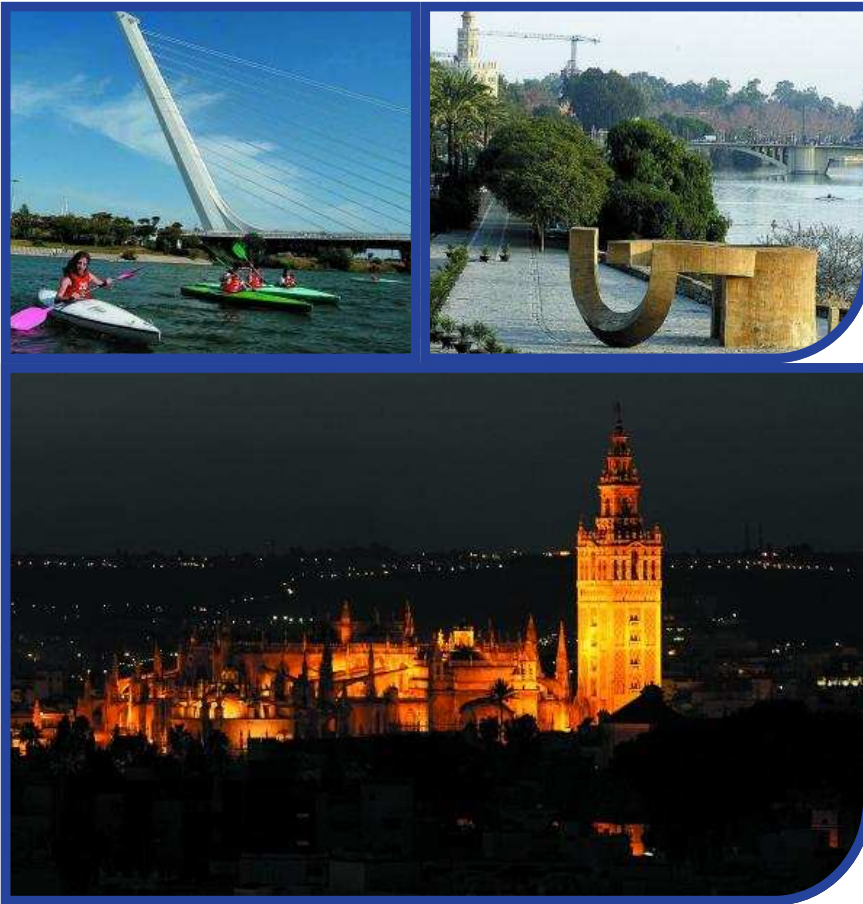
The province played an important role in the discovery and colonization of America during the 15th century. Christopher Columbus and other famous sailors set sail from these ports on their voyages to the New Continent. The 18th century, Cadiz's "Golden Century" was dominated by the growth of overseas trade, giving the city its cosmopolitan character and introducing new liberal ideas and opening the door for democracy which came to fruition with the drafting of the constitution in 1812.

The province of Cadiz is exceptional and unique area, whose qualities will delight those people seeking tourism that reflects true cultural, festive and ecological values, together with the authentic and essentially Andalusian customs and monuments.

SEVILLA TOURISM



EUROPEAN
MASTERS
CHAMPIONSHIPS
CADIZ '09



HISTORIA

Muchas y diferentes culturas han estado presentes en la historia de Sevilla. Su legado ha conformado a lo largo de siglos el patrimonio cultural, monumental y artístico que podemos admirar en sus calles y en sus museos. Los oscuros orígenes han dado lugar a las leyendas que atribuyen a Hércules la fundación de Sevilla. En el Museo Arqueológico encontraremos los vestigios de los pueblos del otro lado del Mediterráneo, la representación de sus dioses lejanos y el Tesoro del Carambolo muestra de la influencia oriental asimilada por aquellos primitivos "sevillanos".

Sevilla ha sido tierra de cartagineses, romanos, musulmanes, almohades y castellanos. Será en el siglo XVI cuando Sevilla, tras el Descubrimiento de América, se convierta en el Puerto de Indias que monopolice el comercio con el Nuevo Continente. El siglo XVII alumbrará figuras artísticas universales y las Hermandades de Pasión que sacaban sus imágenes desordenadamente a la calle, son reglamentadas creándose la Carrera Oficial: el itinerario obligado para todas ellas por donde debían desfilan en un orden determinado por la antigüedad. Se está creando la Semana Santa que unida a la profunda religiosidad da lugar a figuras como Montañés, Murillo, Zurbarán y Valdés Leal, cuyas obras encontramos en el Museo de Bellas Artes y repartidos por diversas parroquias.

HISTORY

Numerous and varied cultures have been present in Seville's history. The city's cultural, monumental and artistic legacy gained over the centuries can be admired in its streets and museums. Seville's dark origins have provided legends such as the one that attributes Hercules as its founder. In order to appreciate the ancient history of Seville, one must visit the Museo Arqueológico (Archaeological Museum), a spectacular site in itself; once a Pavilion of the 1929 Exhibition. Here one can observe the remains of cultures that traveled from across the Mediterranean, bringing with them their distant gods. The Tesoro del Carambolo is a clear example of oriental influences assimilated by the ancient peoples of Seville.

Carthaginians, romans, muslims, almohades and castiles lived here and left its customs and way of life. After the discovery of America, 16th C Seville became the Puerto de las Indias, monopolizing trade with the New Continent. The 17th C brought in illustrious and universal artists. The Holy Week: Brotherhoods, which has traditionally paraded without any order were soon organized under the Official Route body. The float's itinerary was coordinated according to seniority; Holy Week was becoming formalized and its profound religiousness was represented in works of artists such as, Montañés, Murillo, Zurbarán and Valdés Leal. Their works can be found today in the Museo de Bellas Artes (Fine Arts Museum) as well as in various city parishes.



WINE CELLARS WILLIAMS & HUMBERT IN JEREZ

Visits to Jerez wineries, where these famous wines, brandies and vinegars are aged, is recommended for those wine lovers looking for a deeper knowledge of wine and a biggest knowledge of wine cellars products. This visit goes through the most emblematic areas of each wine cellar; history, products, museums... A professional guide accompanied the visitor.

Visit to wine cellars + tasting of three types of wines + 30 minutes of Horse Exhibition + transfers : Price per person : €22

FLAMENCO SHOW

'The cradle of Flamenco'. Jerez is the city where best flamenco dancers, singers and guitarists were born. This last one was the creator of the traditional flamenco 'Bulería'. A good flamenco show must include some nice traditional food and wine accompanied by a great dancing and singing show. Traditional flamenco styles: 'Bulería', 'Soleares', 'Alegrías'...

Dinner + Flamenco Show (75 minutes) Price per person: €40

FIGHTING BULLS RANCHES

You will visit best fighting bulls' ranches in Spain; included in the 'Fighting Bull Route' in Cadiz. To discover the entire ranch and enjoy just a few meters away the animals. You will see more than 2,000 heads of cattle, attend shoeing, equestrian shows and 'capeas' (amateur bullfighting without blood). Guests who want to experience bullfighting can practice with young bulls.

Price per person, including hotel transfer (round trip), visit, "capeas" and an unpack lunch €40

FIGHTING BULLS RANCHES BY 4X4

A new way to visit the ranches near Medina Sidonia at least with a minimum length of three hours and a half.

Price per car (capacity four people), the car will pick up the clients at their hotel €230

YEGUADA DE LA CARTUJA - HIERRO DEL BOCADO HORSE EXHIBITION

This is the land where Spanish thoroughbreds graze and grow: the Cartujano lineage of Yeguada de la Cartuja-Hierro del Bocado equine stock. The stud farm is located in the old state of Fuente del Suero, and holds the most important reserve of Andalusian Horse Cartujano lineage, worldwide. Visits take place every Saturday at 11:00 a.m.

Price per person, private visit, horse show and transfer from the clients hotels (round trip) €25

BODEGAS WILLIAMS & HUMBERT EN JEREZ

Visita a las bodegas productoras de vinos de Jerez, donde sus vinos, brandys y vinagres de renombre mundial nacen y toman cuerpo. Este tour se recomienda a los amantes de vinos: se visitan las zonas más emblemáticas de la bodega; historia, productos, museos... Un guía profesional acompaña a los visitantes.

Visita + cata de tres tipos de vinos + 30 minutos de exhibición ecuestre + transfers. Precio por persona : €22

ESPECTÁCULO FLAMENCO

Jerez es la tierra donde han nacido los mejores bailarines, guitarristas y cantaores flamencos del mundo. Donde se creó la tradicional 'Bulería'... Un buen show flamenco incluye comida típica y tradicional de la tierra y vinos para acompañar un show de bailes y cantes de los palos tradicionales del flamenco: 'Bulería', 'Soleares', 'Alegrías'...

Cena + Show Flamenco (75 minutos) Precio por persona: €40

DEHESAS DE TOROS BRAVOS

Se visitan las mejores fincas de toros bravos de España: incluidas en la ruta del toro bravo de Cádiz. Una buena forma de descubrir el mundo del toro y acercarse sólo a unos metros de estos animales. Pueden observarse hasta 2.000 cabezas de ganado y presenciar el trabajo de los mayores, la tiente y hasta practicar en una capea.

Precio por persona, incluyendo transfers, "capeas" y un picnic: €40

DEHESAS DE TOROS BRAVOS EN 4X4

Una nueva forma de visitar al menos tres fincas de Medina Sidonia en una visita de un mínimo de tres horas y media.

Precio por coche (cuatro personas), con recogida en el hotel. €230

EXHIBICIÓN ECUESTRE DE LA YEGUADA DE LA CARTUJA - HIERRO DEL BOCADO

Esta es la tierra donde los caballos andaluces pastan y crecen: el linaje Cartujano de la Yeguada de la Cartuja-Hierro del Bocado. La reserva se localiza en la antigua Fuente del Suero, y conserva la más importante reserva de caballos cartujanos andaluces, del mundo. La visita es cada sábado a las 11:00 a.m.

Precio por persona, incluyendo transfers, visita privada, espectáculo ecuestre: €25

For more information or reservation, please contact **Carlson Wagonlit Travel** or www.cadizmaster2009.es



CALENDAR



**EUROPEAN
MASTERS
CHAMPIONSHIPS
CADIZ '09**

TUESDAY 15th September 2009	<i>SWIMMING</i>	<i>SYNCHRO</i>	<i>DIVING</i>	<i>OPEN WATER</i>
	200 medley W 200 medley M 800 freestyle W 800 freestyle M		Springboard 1-3 m M & W	
SOCIAL PROGRAMME				
WEDNESDAY 16th September 2009	<i>SWIMMING</i>	<i>SYNCHRO</i>	<i>DIVING</i>	<i>OPEN WATER</i>
	200 freestyle M 200 freestyle W 50 breaststroke M 50 breaststroke W 100 butterfly M 100 butterfly W 4x50 freestyle M 4x50 freestyle W		Springboard 1-3 m M & W	
SOCIAL PROGRAMME				
THURSDAY 17th September 2009	<i>SWIMMING</i>	<i>SYNCHRO</i>	<i>DIVING</i>	<i>OPEN WATER</i>
	200 butterfly W 200 butterfly M 50 backstroke W 50 backstroke M 100 breaststroke W 100 breaststroke M 4x50 medley Mix 400 freestyle M	Solo technical routine	Springboard 1-3 m M & W	
SOCIAL PROGRAMME				
FRIDAY 18th September 2009	<i>SWIMMING</i>	<i>SYNCHRO</i>	<i>DIVING</i>	<i>OPEN WATER</i>
	200 backstroke M 200 backstroke W 50 butterfly M 50 butterfly W 100 freestyle M 100 freestyle W 4x50 freestyle Mix 400 freestyle W	Duet technical routine Team technical routine	Platform M & W	
SOCIAL PROGRAMME				
SATURDAY 19th September 2009	<i>SWIMMING</i>	<i>SYNCHRO</i>	<i>DIVING</i>	<i>OPEN WATER</i>
	200 breaststroke W 200 breaststroke M 50 freestyle W 50 freestyle M 100 backstroke W 100 backstroke M 4x50 medley W 4x50 medley M	Duet free routine		
SUNDAY 20th September 2009	<i>SWIMMING</i>	<i>SYNCHRO</i>	<i>DIVING</i>	<i>OPEN WATER</i>
		Solo free routine Team free routine		5 km competition M & W

MONDAY
14th September
2009

OPENING
CEREMONY

SATURDAY
19th September
2009

CLOSING
CEREMONY



● The Organizing Committee of Cádiz 2009 is integrated by The Spanish Royal National Swimming Federation, The Superior Sports Council, The Sports Head Office of the Andalusian Government, The Town Hall of the City of Cádiz, The Town Hall of the City of Sevilla and the Andalusian Swimming Federation, and other Institutions and clubs.

Organizing Committee

President. Teófila Martínez Saiz

Alcaldesa de Cádiz. Major of Cádiz

Vice President, first. Vicente Sánchez Costa

Teniente Alcalde delegado de Deportes, Ayuntamiento de Cádiz
Vice Major, delegate of Sports, Cádiz Town Hall

Vice President, second. Fernando Carpena

Presidente de la Real Federación Española de Natación
President Royal Spanish Swimming Federation

Vice President, third. Ignacio Rodríguez

Director General de Actividades y Promoción Deportiva, Consejería de Turismo, Comercio y Deporte, Junta de Andalucía
General director of sports and promotion. Sports, Commerce and Tourism, Andalusia Regional Government

Vice President, fourth. J. Manuel García Martínez

Concejal Delegado Juventud y Deportes, Ayuntamiento de Sevilla
Delegate of Sports and Youth. Sevilla Town Hall

Vocales

Ignacio Romani Cantera, Teniente Alcalde Delegado Presidencia, Fomento, Empleo y Comunicación. Excmo. Ayuntamiento de Cádiz

Bruno García León, Concejal Delegado de Turismo del Excmo. Ayuntamiento de Cádiz

Albert Soler, Consejo Superior de Deportes

José M^a Reguera Benítez, Delegado Provincial de la Consejería de Turismo, Comercio y Deporte de la Junta de Andalucía

Antonio Roldán Muñoz, Vicepresidente Primero de la Excmo. Diputación Provincial de Cádiz

Javier Díaz-Jargüin Ocaña, Responsable Eventos del Instituto Municipal de Deportes del Excmo. Ayuntamiento de Sevilla

Luis Martínez del Pozo, Presidente de la Comisión Master de la Real Federación Española de Natación

Juan Viota Bazo, Presidente Federación Andaluza Natación

Joaquín Canales de Mendoza, Coordinador de Actividades Master de la Federación Andaluza de Natación

Juan Gil Pérez, Vicepresidente de la Federación Andaluza de Natación y delegado en Cádiz de la FAN

Antonio Rodríguez Cifredo, Presidente del Club Natación Cádiz



General Coordinator. Jesús García Chaparro

Director Área de Deportes, Ayuntamiento de Cádiz
Sports area Director. Cadiz Town Hall

Executive director. Alfonso Wucherpfennig

Date

It will be organized

Swimming: 15th September to 19th September 2009 in Cadiz- City of Cadiz Sport Complex. The competition will take place in 50m indoor pool and warm-up will take place in 25m indoor pool.

Diving: 15th September to 18th September 2009 in Seville- San Pablo Sport Centre.

Open Water Swimming: 20th September 2009 in Cadiz- El Cano Nautical Centre.

Synchronised Swimming: 17th to 20th September 2009 in Cadiz- City of Cadiz Sport Complex.

Facilities and organization

Where to find us

Swimming and synchronised swimming will take place in City of Cádiz sport complex; Open Water Swimming, in El Cano nautical Centre in Cádiz, and Diving in Seville-San Pablo Sport Centre. These are the addresses.

CITY OF CÁDIZ SPORT COMPLEX. Avda. José León de Carranza, s/n. Cádiz

ELCANO NAUTICAL CENTRE. Carretera de Cádiz, s/n. Cádiz

SAN PABLO SPORT COMPLEX. Avda. Kansas City, s/n. Sevilla

ORGANIZATION OFFICE, ANDALUSIAN SWIMMING FEDERATION.

C/ José Damaso Pepete, 9- portal 1- Módulo B

14005 Cordoba- Spain. **EMAIL.** fan@fan.es

WEB PAGE. <http://www.cadizmaster2009.es/>

EMAIL. infocadiz09@fan.es

Logistic

Cadiz Information centre

Information centre will be situated in the City of Cadiz Sport Complex from 12th September until the end of the Championships information centre include following offices: Information desk, Accreditation centre, Accommodation and Transportation office. In the Information centre you will also be able to rent car reservation or tourist tours.

Information opening hours

Saturday 12th September: 8:00hrs a.m until necessary

Sunday 13th September: 8:00hrs a.m until necessary

Monday 14th September: 8:00hrs a.m until necessary

Tuesday 15th until 20th September: 7:00 until until necessary

Seville information centre

For diving events Sub-information centre will be situated in San Pablo Sport Centre.

Information opening hours

Saturday 12th September: 8:00hrs a.m to 20:00hrs p.m.

Sunday 13th September: 8:00hrs a.m to 20:00hrs p.m.

Monday 14th September: 8:00hrs a.m to 20:00hrs p.m.

Tuesday 15th until 18th September: 8:00 until one hour after finishing competition.

Lockers

There will be lockers in Cadiz City Sport Complex and San Pablo Sport Centre.

Deposit for lockers will be **10 Euros**.

CHAMPIONSHIPS VENUES

LEN

Cádiz '09

XII EUROPEAN
MASTERS CHAMPIONSHIPS

EUROPEAN
MASTERS
CHAMPIONSHIPS
CADIZ '09



● El Complejo Deportivo Ciudad de Cádiz es la principal instalación deportiva que acogerá estos Campeonatos de Europa Master 2009. La instalación está dividida en diferentes zonas deportivas que permiten usos diversos: zona de piscinas, zona de pabellón, gimnasio, sala de body building, sauna y salas de reuniones. La competición tendrá lugar en la piscina cubierta.

La competición de saltos se celebrará en la piscina de saltos del Centro Deportivo San Pablo, una instalación moderna y funcional; las aguas abiertas se disputarán en la Bahía de Cádiz partiendo del Centro Náutico Elcano.

● The City of Cádiz Sports Centre, the main sports facility in this Championships, is divided into several sports zones: swimming-pools zone, pavilion zone, gymnasium, body building room, sauna and meeting room. The swimming and synchronised swimming competition will run in Indoor swimming pool.

The diving competition will run in Outdoor swimming pool in San Pablo City of Sevilla, a very modern and suitable sports centre; the Open Water Swimming will take place in the Cádiz Bay waters from the Elcano Sailing Centre.

Details of the venues

Complejo 'Ciudad de Cádiz'

Competition pool: 50 x 25 with 10 lanes; recreation pool: 25 x 12'50; kids pool: 10'30 rounded. Attendance: 1.300.

ADDRESS. Avda. José León de Carranza, s/n

CITY. Cádiz, 11011

TELEPHONE. +34 956 26 33 07

FAX. +34 956 253 761

WEB PAGE. www.deportecadiz.com

Centro Náutico 'Elcano'

Newly local port prepared for the training and learning of sailing and water sports.

Very well equipped with gymnasium and offices. Very well communicated.

ADDRESS. Ronda de Vigilancia s/n

CITY. Cádiz, 11011

TELEPHONE. +34 956 26 40 08

WEB PAGE. www.deportecadiz.com

Centro Deportivo 'San Pablo'

Outdoor Pools that hosted European Swimming Championships in 1997, indoor hall and other sports facilities near to the city centre.

ADDRESS. Avda Kansas City, nº s/n

CITY. Sevilla, 41007

TELEPHONE. +34 954 260 881 / 871 / 877

WEB PAGE. www.sevilla.org

13

How to reach us

Cádiz. By air

There are two international airports where you can get to Cádiz (Jerez de la frontera – Cadiz province – and Seville), which offers flights to and from the main Spanish cities, and other overseas destinations, with Spanish and foreign airlines.

Airlines Jerez de la Frontera

Air Berlin, Air Europa, Air Plus, Futura, Hapag Lloyd, Iberia, LTU, Ryanair, and Thomas Cook

Cádiz. By car

The main road route into Cadiz is on the A-4/E-05, although there is also good access on the A-92N.

Cádiz. By train

By train: The Spanish National Railways Network (RENFE) offers a full range of services interconnecting the major cities of Andalusia and many smaller municipalities: there are a Regional Services. There is also a High Speed Service (AVE) Madrid to Málaga, Córdoba and Sevilla.

Cádiz. By bus

There are many bus companies operating in Andalusia. They offer an extensive network of service with spacious, comfortable coaches, running to many towns and villages.

Within cities, there are municipal bus services running between different urban areas during the day, with a few special services by night.

Sevilla. By air

Iberia, is the best air travel option to Sevilla. Offers 40 non-stop flights weekly to Sevilla from Madrid and 42 from Barcelona.

Airlines Sevilla

Iberia, Air Europa, LTU, British Airways, Air France, Basij Air / Transavia, Brussel Airlines, Air Berlin, Hapag Lloyd Express, Spanair.

Sevilla. By car

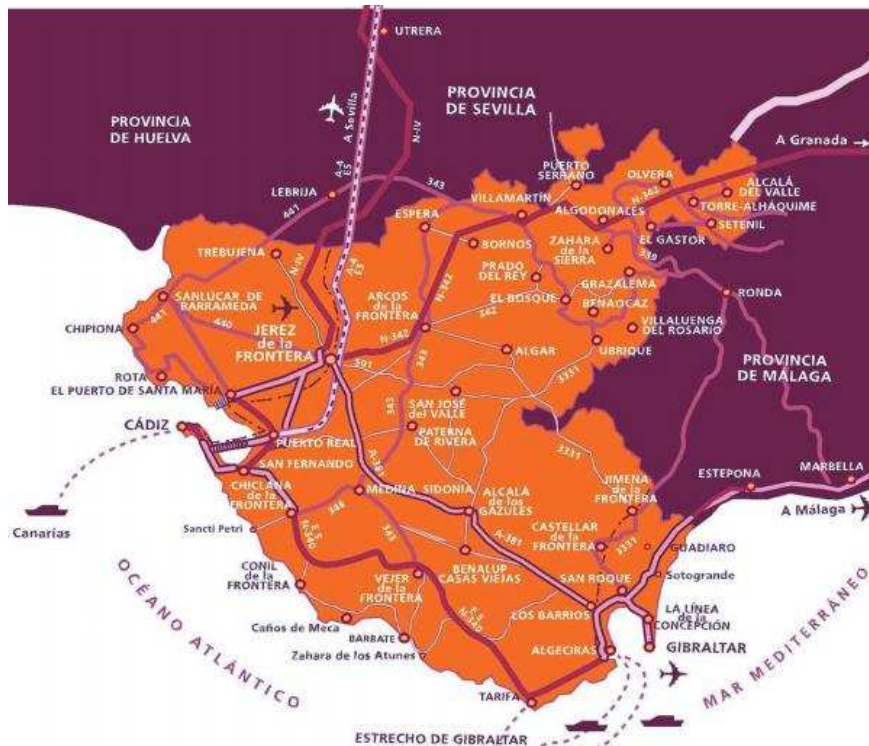
The main road route into Cadiz is on the A-4/E-05, that is also connecting to Cádiz.

Sevilla. By train

There is a High Speed Service (AVE) from Madrid, Córdoba, Barcelona and Málaga to Santa Justa Train Station.

Sevilla. By bus

The main destinations are: Madrid, Southern Portugal, Lisboa, Huelva, Huelva coast, Barcelona, Valencia, Alicante, Mérida, towns within the province of Sevilla, Asturias, Galicia, northern Spain, and also foreign countries with Eurolines.

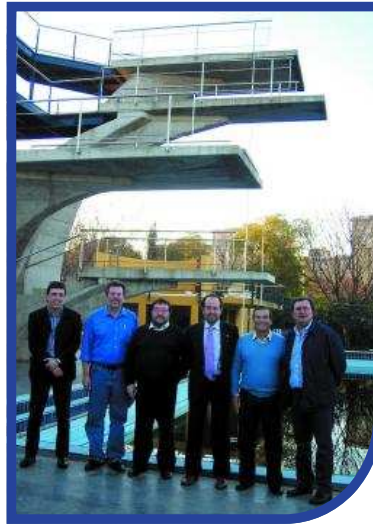


LEN MASTERS COMMITTEE VISITS



XII EUROPEAN MASTERS CHAMPIONSHIPS

EUROPEAN MASTERS CHAMPIONSHIPS CADIZ '09

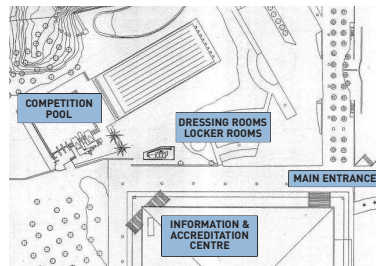


Simon Rothwell (Chairman LEN Masters Committee) and Hans Peter Sick (Secretary LEN Masters Committee) visited the Cádiz venues accompanied by members of the Organising Committee last January. Hans Peter Sick also visited the Diving venue in Seville last January.

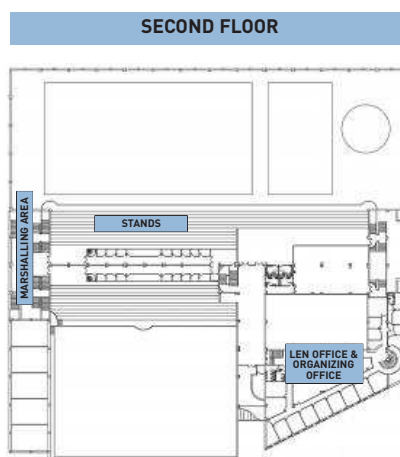
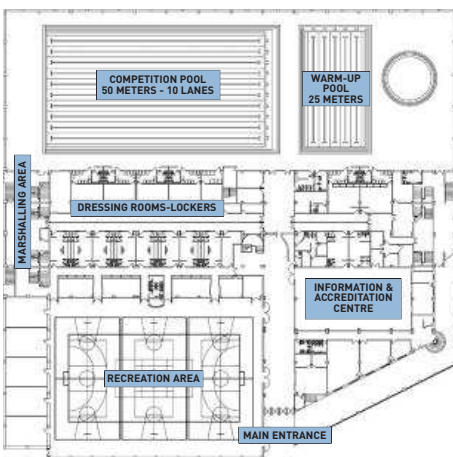
Situation of Cádiz venues



Plan of the San Pablo complex



Plans of the 'Ciudad de Cádiz' complex



Para registrarse no debe faltar

1. Fotocopia del pasaporte o del carnet de identidad, mostrando la fecha de nacimiento.
2. El documento de registro aprobado por la Federación en la que el competidor esté dado de alta.
3. El documento "Release from Liability" relleno.
4. El documento de acreditación relleno y firmado.
5. 1 fotografía reciente para la acreditación.

Todos los competidores que no participen en pruebas individuales pero sí lo hagan en pruebas de relevos deben enviar también toda la documentación referida anteriormente.

No se aceptarán documentos de registro y de acreditación enviados a través de Internet. Todos deben ser impresos y enviados junto con una fotografía, firmados y con la confirmación por parte de su federación.

Fechas importantes

01 Julio 2009: Fecha límite de registro y de pago de las tasas.

Oficina de acreditaciones

Horario de apertura

Sábado 12 de septiembre de 2009: de 8:00 a 20:00 horas
Domingo 13 de septiembre de 2009: de 8:00 a 20:00 horas
Lunes 14 de septiembre de 2009: de 8:00 a 20:00 horas
Martes 15 hasta 20 de septiembre de 2009: de 7:00 hasta una hora después de la finalización de la competición.

Cada competidor debe recoger su acreditación en el Centro de Acreditaciones mostrando un documento oficial de identidad (carnet o pasaporte).

Regulación para los visados

Requieren visado los ciudadanos de los siguientes países: Albania, Armenia, Azerbaijan, Bielorrusia, Bosnia-Herzegovina, Georgia, Macedonia, Moldavia, Rusia, Serbia, Turquía, Ucrania.

Detalles de pago

Las tasas deben ser pagadas por transferencia al hacer la inscripción. No se devolverán las tasas en ningún caso.

Registration form must include

1. A photocopy of passport or Identity Card, showing date of birth.
2. Entry forms approved by National Federation of the competitors
3. Filled in and signed "Release from Liability"
4. Filled in and signed Individual registration form
5. 1 photo for accreditation

All competitors who will not compete in individual swimming events and will compete in relay events should also complete and send in these forms.

Registration and entry forms in all events cannot be accepted over internet. They must be posted together with one recent photo, be signed and confirmed by the federation.

Important dates

1st July 2009: Deadline for entries and payment of entry fees.

Accreditation Office

Opening hours

Saturday 12th September 2009: 8:00hrs a.m to 20:00hrs p.m
Sunday 13th September 2009: 8:00hrs a.m to 20:00hrs p.m
Monday 14th September 2009: 8:00hrs a.m to 20:00hrs p.m
Tuesday 15th until 20th September 2009: 7:00 until one hour after finishing competition.

Each competitor may collect his/her Accreditation Card at the Accreditation Centre after proof of identity (passport or ID card).

Regulations for immigrations and visas

Please note that Visa are required for citizens of the next Countries: Albania, Armenia, Azerbaijan, Belarus, Bosnia and Herzegovina, Georgia, Formal Yugoslav Republic of Macedonia, Republic of Moldova, Russian Federation, Serbia, Turkey, Ukraine. In case you need official invitation please contact Organizing Committee.

Payment details

The fee stated below must be prepaid by bank draft at the time of entry. There will be no refund of entry fees for any reason.

Where to pay and to send the entry fees

FEDERACIÓN ANDALUZA DE NATACIÓN

Address

C/ José Damaso Pepete, 9- portal 1- Módulo B
14005 Córdoba
Spain
Bank
CAJASUR. Ronda de los Tejares, 18-24. 14001 Córdoba ES

Account number

20246028103305551032
IBAN
ES3020246028103305551032
BIC
CECAESMM024

TO DOWNLOAD FORMS, FEES AND INFORMATION. www.cadizmaster2009.es



ACCOMMODATION AND TRANSPORTATION



XII EUROPEAN
MASTERS CHAMPIONSHIPS

EUROPEAN
MASTERS
CHAMPIONSHIPS
CADIZ '09

● Carlson Wagonlit Travel (CWT) es líder global especializado en la gestión de los viajes de negocios y es la agencia elegida para la gestión del alojamiento del Campeonato de Europa Master Cadiz 2009.



● Carlson Wagonlit Travel (CWT) is a global leader specializing in business travel management, and has been selected to manage the accommodation and transportation of the European Master Championships Cadiz 2009.

Todas las gestiones de reservas se realizarán a través de la página web: <http://www.cadizmaster2009.es/> o a través del siguiente contacto:

Carlson Wagonlit Travel
Condesa de Venadito 1,5º
28027 Madrid (España)
Tel: +34 91 724 99 50
Fax: +34 91 724 99 40
Email: cadiz2009emc@carlsonwagonlit.es

For further information and for the reservations, please use the web link <http://www.cadizmaster2009.es/> or contact:

Carlson Wagonlit Travel
Condesa de Venadito 1,5º
28027 Madrid (España)
Tel: +34 91 724 99 50
Fax: +34 91 724 99 40
Email: cadiz2009emc@carlsonwagonlit.es

Presente en casi 150 países, CWT sirve a las empresas de todos los tamaños, así como las instituciones gubernamentales y no gubernamentales. Al aprovechar tanto la experiencia y la tecnología de vanguardia, CWT ayuda a los clientes obtener el máximo valor de su programa de viaje en términos de ahorro, servicio y seguridad, y proporciona lo mejor en su clase de servicio y asistencia a los viajeros.

Present in nearly 150 countries, CWT serves companies of all sizes, as well as government institutions and non governmental organizations. By leveraging both and expertise of its people and leading-edge technology, CWT helps clients derive the greatest value from their travel program in terms of savings, service and security, and provides best-in-class service and assistance to travellers.

For more information, please visit www.carlsonwagonlit.com

Para más información, visite www.carlsonwagonlit.com

CÁDIZ HOTELS



Barcelo Cádiz ****

Hotel overview

Newly-built with a modern design and innovative architecture. Located in the heart of Cadiz at then main avenue of the city and close to the seafont promenade at Victoria Beach.
DETAILS. Avda. Andalucía, 89, 11009, Cádiz.

Rooms

96 Rooms, each one provides: Minibar, Room Service 24 hours, safe of suitable size for laptop computers.
RATE SINGLE ROOM. €125
RATE DOUBLE ROOM. €150
Per room, per night, including breakfast and local taxes.



Playa Victoria ****

Hotel overview

Unique location right on the seafont overlooking the Atlantic Ocean on one side and one of the main squares of the ancient city of Cadiz on the other. The building is modern in design.
DETAILS. Ingeniero la Cierva, 4, 11010, Cádiz.

Rooms

Ample terraces with seaviews. Marine style decoration with exotic woods. Individual a/c, minibar, safe, modem line.
RATE SINGLE ROOM. €125
RATE DOUBLE ROOM. €150
Per room, per night, including breakfast and local taxes.



Senator Spa Cádiz ****

Hotel overview

Located in the heart of the historical quarter. Next to the Town Hall, the Avenida Ramón de Carranza and the Cathedral and surrounded by the best shopping streets.
DETAILS. C/ Rubio y Diaz, 1. 11004, Cádiz.

Rooms

Spacious and perfectly equipped: TV with 32 channels, Mini-bar, safe, perfectly sound-proofed, Internet connection.
RATE SINGLE ROOM. €295
RATE DOUBLE ROOM. €350
Per room, per night, including breakfast and local taxes.

17



Tryp La Caleta ****

Hotel overview

Located along the seafront promenade bordering the famous Victoria Beach. Close to the shopping centre, Casino; the historical centre, train station and harbour are nearby.

DETAILS. Avda. Amílcar Barca. 11009, Cádiz.

Rooms

Nine floors. Bathroom with hair-dryer, Air-conditioning, Satellite TV, telephone, Internet, Mini-Bar, Safe.

RATE SINGLE ROOM. €125

RATE DOUBLE ROOM. €150

Per room, per night, including breakfast and local taxes.



Parador de Cádiz ****

Hotel overview

Modern tourist complex next to the Genovés park, in the city ancient centre and by the sea, the Parador has impressive views of the sea and the Bay of Cádiz.

DETAILS. Duque de Najera, 9. 11002, Cádiz.

Rooms

Spacious, bright, carefully decorated with panoramic views. Telephone, Minibar, Room Service 24 hours, Safe.

RATE SINGLE ROOM. €148

RATE DOUBLE ROOM. €207

Per room, per night, including breakfast and local taxes.

EL PUERTO DE SANTA MARÍA HOTELS



Duques de Medinaceli *****

Hotel overview

Charm and elegance style, combined with antiquity and luxury in the city's historic center. An 18th Century Palace with terrace views of the magnificent botanic gardens.

DETAILS. Pl. de los Jazmines, 2. 11500, El Puerto de Santa María.

Rooms

All have complete bath with tub and shower of independent hydromassage, telephone and TV-cable, a/c, minibar and safety box.

RATE SINGLE ROOM. €176

RATE DOUBLE ROOM. €220

Per room, per night, including breakfast and local taxes.



Jandalos Vista Hermosa ****

Hotel overview

Magnificent combination of light and colour, mixing the blue sky and fine sands lapped incessantly by the sea. In whole, a perfect combination where you'll find 'Andalusia Charm'.

DETAILS. C/ Amparo Osborne. 11500, El Puerto de Santa María.

Rooms

45 apartments of 62m² and 18 luxury rooms of 40m². You'll enjoy the highest levels of comfort.

RATE SINGLE ROOM. €150

RATE DOUBLE ROOM. €165

RATE FOUR PEOPLE ROOM. €190

Per room, per night, including breakfast and local taxes.



Monasterio de San Miguel ****

Hotel overview

Luxury and regal hotel, a Monastery of the XVIII Century where you'll enjoy the excellence and quality service. The Baroque Architecture and today's luxuries combined.

DETAILS. C/ Virgen de los Milagros, 27. 11500, El Puerto de Santa María.

Rooms

127 air-conditioned guestrooms and 23 suites all feature satellite television and minibars. Bathrooms have baths and hair dryers.

RATE SINGLE ROOM. €135

RATE DOUBLE ROOM. €178

Per room, per night, including breakfast and local taxes.

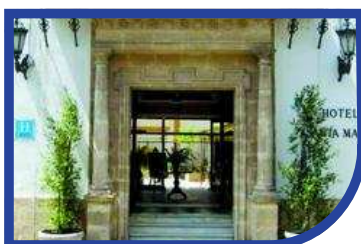
ACCOMMODATION AND TRANSPORTATION



Cádiz '09

XII EUROPEAN
MASTERS CHAMPIONSHIPS

EUROPEAN
MASTERS
CHAMPIONSHIPS
CADIZ '09



Santamaría ***

Hotel overview

Historical and in center commercial of the city, just in front of the sea. It conserves part of this historical enchantment to the recovered salary the facade of the house-palace.

DETAILS. Avda. de la Bajamar. 11500, El Puerto de Santa María.

Rooms

100 comfortable rooms well decorated and equipped with all the necessary amenities. A/c, Cable-satellite TV, Telephone.

RATE SINGLE ROOM. €90

RATE DOUBLE ROOM. €122

Per room, per night, including breakfast and local taxes.



Dunas Puerto ***

Hotel overview

A villa-style hotel set amid pine trees in the town of El Puerto de Santa María on the Bay of Cadiz, close to the beaches at La Puntilla and Pinares de las Dunas de San Anton.

DETAILS. Camino de los Enamorados. 11500, El Puerto de Santa María.

Rooms

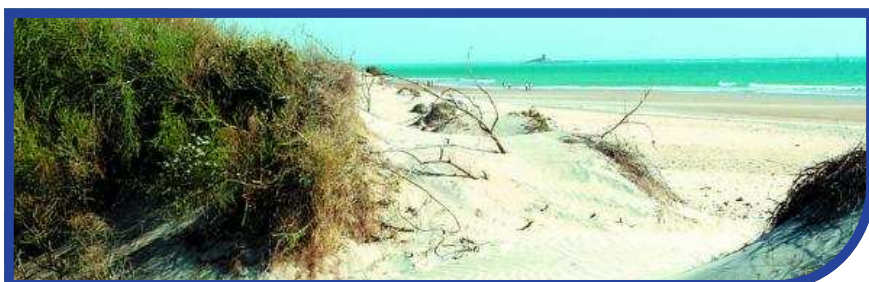
62 rooms simple decor with rustic wood furniture and patterned fabrics. A/c, satellite television, direct-dial phones.

RATE SINGLE ROOM. €86

RATE DOUBLE ROOM. €120

Per room, per night, including breakfast and local taxes.

SAN FERNANDO HOTELS



AC Saly Mar ****

Hotel overview

New building that provides a perfect combination of comfort and functionality, located in the centre of the city, opposite the Plaza de la Iglesia, San Pedro and San Pablo Church.

DETAILS. C/ Real, 32. 11100, San Fernando.

Rooms

Exclusive details, smoker/non-smoker rooms, four pillows, magazines, daily newspapers and big screen satellite television.

RATE SINGLE ROOM. €125

RATE DOUBLE ROOM. €140

Per room, per night, including breakfast and local taxes.



Bahía Sur Cádiz ****

Hotel overview

Strategically situated in the heart of a shopping center. Apart from the breathtaking views of the sea, there are also splendid making this a point of matchless spectacular scenery.

DETAILS. Caño Herrera S/N. 11100, San Fernando.

Rooms

Ypu can choose from its comfortable and cozy, rooms, bungalows, apartments and studio flats.

RATE SINGLE ROOM. €135

RATE DOUBLE ROOM. €150

RATE SIX PEOPLE BUNGALOW. €262

Per room, per night, including breakfast and local taxes.

19

NOVO SANCTI PETRI & CHICLANA HOTELS

● *Novo Sancti Petri is a resort complex which is located on the Atlantic coastline of Southern Spain just a few kilometres south of Chiclana. It covers 4,000 hectares and stretches over 4 kilometres of coastline.*



Melia Sancti Petri ★★★★★ G.L.

Hotel overview

The Meliá Sancti Petri is nursed by the essence of the taste of this magical ground. It's designed by the prestigious architect Alvaro Sans and offers its clients exactly what they need.
DETAILS. Loma de Sancti Petri. 11130, Chiclana de la Frontera.

Rooms

170 Double rooms, 6 Suites and 3 Presidential elegantly furnished and with views over the pool, golf course or the ocean.
RATE SINGLE ROOM. €235
RATE DOUBLE ROOM. €265
Per room, per night, including breakfast and local taxes.



Hipotels Barrosa Palace ★★★★★

Hotel overview

An elegant and luxurious establishment that offers ample and modern instalations. This hotel also offers a Helth & Beauty Farm on the see front one kilometre away from the Golf Club.
DETAILS. Urb. Novo Sancti Petri. 11130, Chiclana de la Frontera.

Rooms

Modern décor in warm neutral tones with wrought iron furniture. They have a private balcony or terrace with sea view.
RATE SINGLE ROOM. €125
RATE DOUBLE ROOM. €190
Per room, per night, including breakfast and local taxes.



Barcelo Sancti Petri ★★★★★

Hotel overview

Enjoy this hotel in a premium setting. A hotel featuring cutting-edge luxury, and located on the seafront at La Barrosa beach. Relax in the spacious Spa spread over 3,650 square metres.
DETAILS. Loma de Sancti Petri. 11130, Chiclana de la Frontera.

Rooms

There are 195 rooms and 91 luxury apartments each overlooking either the sea or the hotel's tropical gardens.
RATE SINGLE ROOM. €245
RATE DOUBLE ROOM. €320
Per room, per night, including breakfast and local taxes.



Tartessus ★★★

Hotel overview

Located 900 meters from the beach, at the atlantic coastline. From the terraces of the apartments and bungalows you can enjoy the excellent views from the environment and gardens.
DETAILS. Loma de Sancti Petri. 11139, Chiclana de la Frontera.

Rooms

Tartessus Sancti Petri has different types of apartments and bungalows (duplex), with one or two bedrooms.
RATE SINGLE ROOM. €215
RATE DOUBLE ROOM. €258
Per room, per night, including breakfast and local taxes.



Las Dunas ★★★

Hotel overview

Featuring 11.000 m2 of wonderful gardens, this apartment hotel lies directly beside the sea with two access points to the beach. Built in 19995 and completely renovated in 2004
DETAILS. Urb. Novo Sancti Petri. 11130, Chiclana de la Frontera.

Rooms

The comfortable, air-conditioned apartments each come with a combined lounge-bedroom, bedroom and bathroom.
RATE SINGLE ROOM. €120
RATE DOUBLE ROOM. €152
Per room, per night, including breakfast and local taxes.



Hipotels Barrosa Park-Garden-Playa ****

Hotel overview

Found on beach front, provides a complete sport complex, a beauty and health spa, leisure, spacious halls for congresses and exquisite gastronomy, ideal for the perfect holidays.

DETAILS. Urb. Novo Sancti Petri. 11130, Chiclana de la Frontera.

Rooms

384 rooms including double-rooms, family-rooms, apartments, junior-suites and senior-suites.

RATE SINGLE ROOM. €110

RATE DOUBLE ROOM. €165

Per room, per night, including breakfast and local taxes.



Vincci Costa Golf ****

Hotel overview

Vincci Resort Costa Golf is located beside Barrosa beach. Excellent outdoor amenities, including water sports, beach activities and most notably for the hotel in question, golf!

DETAILS. Urb. Novo Sancti Petri. 11130, Chiclana de la Frontera.

Rooms

195 spacious guestrooms, designed with your every comfort in mind offering the opportunity to experience high level of comfort.

RATE SINGLE ROOM. €150

RATE DOUBLE ROOM. €198

Per room, per night, including breakfast and local taxes.



Valentin Sancti Petri Hotel Spa ****

Hotel overview

Guests looking for relax, will find our large, spacious Wellness and SPA area in a complex surrounded by a large garden area of about 30.000 sqm with trees.

DETAILS. Urb. Novo Sancti Petri. 11130, Chiclana de la Frontera.

Rooms

All rooms are provided with a/c, telephone, satellite TV, mini-bar, full equipped bathroom with hair dryer, terrace/balcony.

RATE SINGLE ROOM. €145

RATE DOUBLE ROOM. €214

Per room, per night, including breakfast and local taxes.



Iberostar Royal Andalus-Plaza ****

Hotel overview

A hotel with a peaceful, tranquil atmosphere, located on the long, broad sandy beach of La Barrosa, near the Golf Club. A good choice if you are looking for a romantic getaway.

DETAILS. Loma de Sancti Petri. 11130, Chiclana de la Frontera.

Rooms

Fully fitted with bathroom, shower, WC hairdryer, satellite TV, safety deposit box for hire, minibar, telephone, air conditioning...

RATE SINGLE ROOM. €82

RATE DOUBLE ROOM. €208

Per room, per night, including breakfast and local taxes.



Sol Sancti Petri ***

Hotel overview

Aparthotel located 150 m. distance from Barrosa Beach in the Novo Sancti Petri estate, 1 km from the golf course and 30 km from Cádiz and 50 km from Jerez airport.

DETAILS. Novo Sancti Petri. 11130, Chiclana de la Frontera.

Rooms

300 apartments distributed amongst 10 two storey buildings set in spacious gardens, terrace...

RATE SINGLE ROOM. €115

RATE DOUBLE ROOM. €130

Per room, per night, including breakfast and local taxes.

SEVILLA HOTELS

- Hoteles disponibles para la competición de saltos del Campeonato de Europa Master, a celebrar en Sevilla.
- Hotels provided for the diving competition of the European Masters Championships 2009 in the city of Seville.



Hesperia Sevilla ****

Hotel overview

Located in the heart of Seville, moments away from the historic centre and major attractions as the Giralda. Enjoys easy access to the main tourist attractions and commercial areas.

DETAILS. Avda. Eduardo Dato, 49. 41018, Sevilla.

Rooms

Modern comfort, a unique feeling of spaciousness and contemporary decor for both business and leisure travel.

RATE SINGLE ROOM. €110

RATE DOUBLE ROOM. €135

Per room, per night, including breakfast and local taxes.



Meliá Lebreros ****

Hotel overview

With a magnificent location, is one of the largest hotels in the city of Seville, offering an extensive range of services and facilities perfectly adapted to any need.

DETAILS. Calle Luis Morales, 2. 41005, Sevilla.

Rooms

437 Rooms, including 169 Double with king-size beds and 6 Junior Suites, Royal Service Floor, 5 Rooms for the disabled.

RATE SINGLE ROOM. €120

RATE DOUBLE ROOM. €130

Per room, per night, including breakfast and local taxes.



Novotel Sevilla ****

Hotel overview

Near to the major attractions including the Giralda and the Cathedral, and not far from the airport and Santa Justa high speed train station. Easy access to the main tourist attractions.

DETAILS. Avda. Eduardo Dato, 71. 41005, Sevilla.

Rooms

Sprinkler in room: AC, Safe deposit box in room, Minibar, Satellite/cable colour TV, Telephone, WiFi wireless Internet access...

RATE SINGLE ROOM. €105

RATE DOUBLE ROOM. €110

Per room, per night, including breakfast and local taxes.

DAILY EVENT TRANSPORT

- Un servicio de transporte gratuito para todos los competidores, participantes y patrocinadores esta previsto al efectuar su reserva de alojamiento con Carlson Wagonlit Travel (exceptuando en Sevilla y los alojados en el Hotel Playa Victoria y Barceló de Cádiz). Los horarios de transporte serán publicados en el Centro de Información.
- Shuttle bus services will be provided FREE to all competitors, attendees and partners who book their accommodation with Carlson Wagonlit Travel (except Seville City and Cadiz Barceló and Playa Victoria hotels). Transportation Schedule will be published in the information centre.

Traslados desde Aeropuerto: Carlson Wagonlit Travel dispone de servicios de traslados entre los aeropuertos más cercanos y puede ofrecer traslados adicionales a través de <http://www.cadizmaster2009.es>

Aeropuerto de Jerez de la Frontera (XRY) a Hoteles en Cadiz, Puerto Santa María y Chiclana (Sancti Petri)
Llegadas 12, 13, 14/09/2009 - Salidas 19, 20, 21/09/2009

Aeropuerto de Sevilla (SVQ) a los hoteles (Meliá Lebreros, Novotel Sevilla, Hesperia Sevilla)
Llegadas 12, 13, 14/09/2009 - Salidas 19, 20/09/2009

Precio de los traslados: 15€

Airport Transfer: Additional Airport Transfers will be available with Carlson Wagonlit Travel through <http://www.cadizmaster2009.es/>

Jerez de la Frontera Airport (XRY) to Cadiz, Puerto Santa María and Chiclana (Sancti Petri) hotels
Arrivals 12,13, 14/09/2009 - Departures 19, 20, 21/09/2009

Sevilla Airport (SVQ) to Sevilla hotels (Meliá Lebreros, Novotel Sevilla, Hesperia Sevilla)
Arrivals 12,13, 14/09/2009 - Departures 19, 20/09/2009

Transfer price: 15 €

General Information

Ceremonies

Opening ceremony will take place in the City of Cadiz Sport Complex on Monday 14th September at 19:00 hrs.

Victory ceremonies will take place at competition sites after each event.

Closing ceremony will take place in Cadiz Sport Complex on Saturday 19th September during the last swimming session.

Awards and Diplomas

First three competitors in each event and age group will receive medals, competitors placed from first to eight will receive diploma free of charge. You will get all diplomas in the Information Centre. Each competitor will be able to buy a Championships diploma, if fulfilled the entry time.

Entry fees

Swimming

Individual: **15 EUR/event**

Relays: **20 EUR/event**

Diving

Individual: **15 EUR/event**

Synchronised swimming

Solo: **15 EUR**

Duo: **20 EUR**

Teams: **40 EUR**

Entry fees have to be paid to Cádiz 09.

Please note that by making bank transfer to Cadiz 09, all commissions and charges for bank transfer are payable by the order client, without any charges on behalf of the beneficiary. Terms of condition: OUR

Swimming

General Information

The competition will run in the indoor swimming pool in the City of Cadiz Sport Complex.

The competition will start each day at 08:00 a.m and run without any breaks. Warm up area will be in the 25m indoor pool.

There will be no finals.

Reconfirmation

Please note that competitors participating in 400m and 800m events shall reconfirm their participation to the Organizing Committee no later than 18:00 hrs on the day prior to the event.

Clubs participating in Relay events shall reconfirm their participation and submit the names of the competitors and the order of swimming no later than 18:00 hrs on the day prior to the event.

Reserve swimmers are not allowed.

Training Schedule

Training opportunities will be available in the main indoor 50m competition pool from Sunday 13th September 2009 from 8:00 to 20:00 hrs and Monday 14th September 2009 from 8:00 to 18:00 hrs and each competition day from 6:30hrs to 7:45hrs. On competition days, training will be available in the 25m indoor pool.

Swimming order of Events

Event	Tuesday 15th September- 08:00	Event	Friday 18th September- 08:00
1.	200m Individual Medley Women	21.	200m Backstroke Men
2.	200m Individual Medley Men	22.	200m Backstroke Women
3.	800m Freestyle Women	23.	50m Butterfly Men
4.	800m Freestyle Men	24.	50m Butterfly Women
Event	Wednesday 16th September- 08:00	25.	100m Freestyle Men
5.	200m Freestyle Men	26.	100m Freestyle Women
6.	200m Freestyle Women	27.	4x50m Freestyle Relay Mixed
7.	50m Breaststroke Men	28.	400m Freestyle Women
8.	50m Breaststroke Women	Event	Saturday 19th September- 08:00
9.	100m Butterfly Men	29.	200m Breaststroke Women
10.	100m Butterfly Women	30.	200m Breaststroke Men
11.	4x50m Freestyle Men	31.	50m Freestyle Women
12.	4x50m Freestyle Women	32.	50m Freestyle Men
Event	Thursday 17th September- 08:00	33.	100m Backstroke Women
13.	200m Butterfly Women	34.	100m Backstroke Men
14.	200m Butterfly Men	35.	4x50m Medley Relay Women
15.	50m Backstroke Women	36.	4x50m Medley Relay Men
16.	50m Backstroke Men		
17.	100m Breaststroke Women		
18.	100m Breaststroke Men		
19.	4x50m Medley Relay Mixed		
20.	400m Freestyle Men		

FREESTYLE MEN

	50	100	200	400	800	50	100	200
25-29	0:28,25	1:07,50	2:22,50	5:15,00	11:00,00	0:34,00	1:15,00	2:42,50
30-34	0:29,50	1:10,00	2:25,00	5:22,50	11:30,00	0:35,50	1:17,50	2:45,00
35-39	0:30,75	1:12,50	2:30,00	5:30,00	12:00,00	0:37,00	1:20,00	2:52,50
40-44	0:32,50	1:17,50	2:37,50	5:45,00	12:30,00	0:38,50	1:25,00	3:00,00
45-49	0:33,75	1:20,00	2:45,00	6:00,00	13:00,00	0:40,00	1:30,00	3:10,00
50-54	0:35,00	1:25,00	2:52,50	6:15,00	13:30,00	0:42,50	1:35,00	3:20,00
55-59	0:37,50	1:30,00	3:00,00	6:30,00	14:00,00	0:45,00	1:40,00	3:30,00
60-64	0:40,00	1:35,00	3:15,00	6:45,00	15:00,00	0:50,00	1:50,00	3:45,00
65-69	0:42,50	1:40,00	3:30,00	7:30,00	16:00,00	0:55,00	2:00,00	4:00,00
70-74	0:45,00	1:45,00	3:45,00	8:15,00	17:00,00	1:00,00	2:15,00	4:15,00
75-79	0:50,00	1:50,00	4:00,00	8:45,00	18:00,00	1:05,00	2:22,50	4:45,00
80-84	0:55,00	1:57,50	4:30,00	9:30,00	19:00,00	1:10,00	2:30,00	5:15,00
85-89	1:00,00	2:05,00	5:00,00	10:15,00	20:30,00	1:20,00	2:45,00	6:00,00
90-94	1:10,00	2:30,00	5:30,00	11:00,00	23:00,00	1:30,00	3:15,00	6:45,00
95+	1:22,50	3:00,00	6:30,00	13:00,00	27:00,00	1:45,00	3:45,00	7:45,00

BACKSTROKE MEN

	50	100	200	400	800	50	100	200
25-29	0:34,00	1:15,00	2:42,50	5:15,00	11:00,00	0:34,00	1:15,00	2:42,50
30-34	0:35,50	1:17,50	2:45,00	5:22,50	11:30,00	0:35,50	1:17,50	2:45,00
35-39	0:37,00	1:20,00	2:52,50	5:30,00	12:00,00	0:37,00	1:20,00	2:52,50
40-44	0:38,50	1:25,00	3:00,00	5:45,00	12:30,00	0:38,50	1:25,00	3:00,00
45-49	0:40,00	1:30,00	3:10,00	6:00,00	13:00,00	0:40,00	1:30,00	3:10,00
50-54	0:42,50	1:35,00	3:20,00	6:15,00	13:30,00	0:42,50	1:35,00	3:20,00
55-59	0:45,00	1:40,00	3:30,00	6:30,00	14:00,00	0:45,00	1:40,00	3:30,00
60-64	0:50,00	1:50,00	3:45,00	6:45,00	15:00,00	0:50,00	1:50,00	3:45,00
65-69	0:55,00	2:00,00	4:00,00	7:30,00	16:00,00	0:55,00	2:00,00	4:00,00
70-74	1:00,00	2:15,00	4:15,00	8:15,00	17:00,00	1:00,00	2:15,00	4:15,00
75-79	1:05,00	2:22,50	4:45,00	8:45,00	18:00,00	1:05,00	2:22,50	4:45,00
80-84	1:10,00	2:30,00	5:15,00	9:30,00	19:00,00	1:10,00	2:30,00	5:15,00
85-89	1:20,00	2:45,00	6:00,00	10:15,00	20:30,00	1:20,00	2:45,00	6:00,00
90-94	1:30,00	3:15,00	6:45,00	11:00,00	23:00,00	1:30,00	3:15,00	7:45,00
95+	1:45,00	3:45,00	7:45,00	13:00,00	27:00,00	1:45,00	3:45,00	7:45,00

BREASTSTROKE MEN

	50	100	200	400	800	50	100	200	IM M
25-29	0:36,00	1:22,50	2:57,50	5:15,00	11:00,00	0:32,50	1:15,00	2:45,00	2:50,00
30-34	0:37,50	1:25,00	3:05,00	5:22,50	11:30,00	0:33,75	1:17,50	2:52,50	3:00,00
35-39	0:38,75	1:27,50	3:12,50	5:30,00	12:00,00	0:35,00	1:20,00	3:00,00	3:10,00
40-44	0:40,00	1:30,00	3:20,00	5:45,00	12:30,00	0:37,50	1:22,50	3:10,00	3:20,00
45-49	0:42,50	1:35,00	3:30,00	6:00,00	13:00,00	0:40,00	1:25,00	3:20,00	3:30,00
50-54	0:45,00	1:40,00	3:45,00	6:15,00	13:30,00	0:42,50	1:30,00	3:30,00	3:45,00
55-59	0:50,00	1:50,00	4:00,00	6:30,00	14:00,00	0:45,00	1:40,00	3:45,00	4:00,00
60-64	0:55,00	2:00,00	4:15,00	6:45,00	15:00,00	0:50,00	1:50,00	4:00,00	4:15,00
65-69	1:00,00	2:10,00	4:30,00	7:30,00	16:00,00	0:55,00	2:00,00	4:15,00	4:30,00
70-74	1:05,00	2:20,00	5:00,00	8:15,00	17:00,00	1:02,50	2:15,00	4:45,00	4:45,00
75-79	1:10,00	2:30,00	5:30,00	9:00,00	18:00,00	1:10,00	2:30,00	5:15,00	5:00,00
80-84	1:17,50	2:45,00	6:00,00	9:30,00	19:00,00	1:17,50	2:45,00	5:45,00	5:30,00
85-89	1:25,00	3:00,00	6:30,00	10:15,00	20:30,00	1:25,00	3:00,00	6:30,00	6:00,00
90-94	1:37,50	3:30,00	7:15,00	11:00,00	23:00,00	1:40,00	3:30,00	7:30,00	6:30,00
95+	1:50,00	4:15,00	9:00,00	13:00,00	27:00,00	2:00,00	4:15,00	8:45,00	7:15,00

BUTTERFLY MEN

	50	100	200	400	800	50	100	200	IM M
25-29	0:32,50	1:15,00	2:45,00	5:15,00	11:00,00	0:32,50	1:15,00	2:45,00	2:50,00
30-34	0:33,75	1:17,50	2:52,50	5:22,50	11:30,00	0:33,75	1:17,50	2:52,50	3:00,00
35-39	0:35,00	1:20,00	3:00,00	5:30,00	12:00,00	0:35,00	1:20,00	3:00,00	3:10,00
40-44	0:37,50	1:22,50	3:10,00	5:45,00	12:30,00	0:37,50	1:22,50	3:10,00	3:20,00
45-49	0:40,00	1:25,00	3:20,00	6:00,00	13:00,00	0:40,00	1:25,00	3:20,00	3:30,00
50-54	0:42,50	1:30,00	3:30,00	6:15,00	13:30,00	0:42,50	1:30,00	3:30,00	3:45,00
55-59	0:45,00	1:40,00	3:45,00	6:30,00	14:00,00	0:45,00	1:40,00	3:45,00	4:00,00
60-64	0:50,00	1:50,00	4:00,00	6:45,00	15:00,00	0:50,00	1:50,00	4:00,00	4:15,00
65-69	0:55,00	2:00,00	4:15,00	7:30,00	16:00,00	0:55,00	2:00,00	4:15,00	4:30,00
70-74	1:02,50	2:15,00	4:45,00	8:15,00	17:00,00	1:02,50	2:15,00	4:45,00	4:45,00
75-79	1:10,00	2:30,00	5:15,00	9:00,00	18:00,00	1:10,00	2:30,00	5:15,00	5:00,00
80-84	1:17,50	2:45,00	5:45,00	9:30,00	19:00,00	1:17,50	2:45,00	5:45,00	5:30,00
85-89	1:25,00	3:00,00	6:30,00	10:15,00	20:30,00	1:25,00	3:00,00	6:30,00	6:00,00
90-94	1:40,00	3:30,00	7:30,00	11:00,00	23:00,00	1:40,00	3:30,00	7:30,00	6:30,00
95+	2:00,00	4:15,00	8:45,00	13:00,00	27:00,00	2:00,00	4:15,00	8:45,00	7:15,00

FREESTYLE WOMEN

	50	100	200	400	800	50	100	200
25-29	0:32,50	1:20,00	2:45,00	6:30,00	13:30,00	0:38,75	1:25,00	3:00,00
30-34	0:33,75	1:22,50	2:52,50	6:45,00	14:00,00	0:40,00	1:30,00	3:10,00
35-39	0:35,00	1:25,00	3:00,00	7:00,00	14:30,00	0:42,50	1:35,00	3:20,00
40-44	0:37,50	1:27,50	3:07,50	7:15,00	15:00,00	0:45,00	1:40,00	3:30,00
45-49	0:40,00	1:30,00	3:15,00	7:30,00	15:30,00	0:50,00	1:50,00	3:45,00
50-54	0:42,50	1:37,50	3:30,00	7:45,00	16:00,00	0:55,00	2:00,00	4:10,00
55-59	0:45,00	1:45,00	3:45,00	8:00,00	16:30,00	1:00,00	2:10,00	4:30,00
60-64	0:50,00	1:52,50	4:00,00	8:30,00	17:30,00	1:05,00	2:20,00	4:55,00
65-69	0:55,00	2:00,00	4:15,00	9:00,00	18:45,00	1:12,50	2:30,00	5:15,00
70-74	1:00,00	2:10,00	4:30,00	9:30,00	20:00,00	1:20,00	2:45,00	5:30,00
75-79	1:05,00	2:20,00	4:45,00	10:00,00	21:15,00	1:27,50	3:00,00	6:15,00
80-84	1:10,00	2:30,00	5:15,00	10:45,00	23:00,00	1:30,00	3:15,00	6:45,00
85-89	1:15,00	2:45,00	5:45,00	12:00,00	24:30,00	1:45,00	3:45,00	7:30,00
90-94	1:20,00	3:00,00	6:15,00	13:00,00	26:30,00	2:00,00	4:15,00	8:45,00
95+	1:30,00	3:15,00	6:45,00	14:00,00	29:00,00	2:15,00	4:45,00	10:00,00

BACKSTROKE WOMEN

	50	100	200	400	800	50	100	200
25-29	0:38,75	1:25,00	3:00,00	6:30,00	13:30,00	0:38,75	1:25,00	3:00,00
30-34	0:40,00	1:30,00	3:10,00	6:45,00	14:00,00	0:40,00	1:30,00	3:10,00
35-39	0:42,50	1:35,00	3:20,00	7:00,00	14:30,00	0:42,50	1:35,00	3:20,00
40-44	0:45,00	1:40,00	3:30,00	7:15,00	15:00,00	0:45,00	1:40,00	3:30,00
45-49	0:50,00	1:50,00	3:45,00	7:30,00	15:30,00	0:50,00	1:50,00	3:45,00
50-54	0:55,00	2:00,00	4:10,00	7:45,00	16:00,00	0:55,00	2:00,00	4:10,00
55-59	1:00,00	2:10,00	4:30,00	8:00,00	16:30,00	1:00,00	2:10,00	4:30,00
60-64	1:05,00	2:20,00	4:55,00	8:30,00	17:30,00	1:05,00	2:20,00	4:55,00
65-69	1:12,50	2:30,00	5:15,00	9:00,00	18:45,00	1:12,50	2:30,00	5:15,00
70-74	1:20,00	2:45,00	5:30,00	9:30,00	20:00,00	1:20,00	2:45,00	5:30,00
75-79	1:27,50	3:00,00	6:15,00	10:00,00	21:15,00	1:27,50	3:00,00	6:15,00
80-84	1:30,00	3:15,00	6:45,00	10:45,00	23:00,00	1:30,00	3:15,00	6:45,00
85-89	1:45,00	3:45,00	7:30,00	12:00,00	24:30,00	1:45,00	3:45,00	7:30,00
90-94	2:00,00	4:15,00	8:45,00	13:00,00	26:30,00	2:00,00	4:15,00	8:45,00
95+	2:15,00	4:45,00	10:00,00	14:00,00	29:00,00	2:15,00	4:45,00	10:00,00

BREASTSTROKE WOMEN

	50	100	200	400	800	50	100	200	IM W
25-29	0:43,75	1:37,50	3:22,50	6:30,00	13:30,00	0:36,75	1:22,50	3:15,00	3:20,00
30-34	0:45,00	1:40,00	3:30,00	6:45,00	14:00,00	0:38,00	1:25,00	3:22,50	3:30,00
35-39	0:47,50	1:45,00	3:40,00	7:00,00	14:30,00	0:40,00	1:30,00	3:30,00	

Diving

General Information

The competition will run in the Outdoor Diving Pool of San Pablo Sport Centre in Seville.

The Competition will start each day at 09:00.

There will be no finals.

The Technical meeting will be on Monday, 14th September at 17:00hrs in the pool area in Seville.

Training Schedule

Training opportunities will start on Saturday 12th September 2009 in the competition pool in Seville. Training will also be available on competition days. Details will be given on arrival at the information Centre in Seville.

Competition format

The divers can freely choose the dives from the dive table given in the FINA Handbook. The only requirement is that in age groups 25-69 years, each dive performed has a different dive number. In age groups 70-80+, dives with the same dive number can be repeated, if performed in a different position (straight, pike, tuck or free position).

All divers will perform a full series of dives in their age group and there will be no preliminary or final contests.

Dive Sheets

Late sheets and changes to an existing sheet will be fined with fifteen (15) Euros per sheet.

Dive order of Events

Event	Tuesday 15th September- 09:00	Event	Thursday 17th September- 09:00
1.	Springboard 3m men (70-80+)	19.	Springboard 1m men (25-34)
2.	Springboard 1m women (70-80+)	20.	Springboard 1m women (25-34)
3.	Springboard 3m men (60-69)	21.	Springboard 1m men (35-39)
4.	Springboard 1m women (60-69)	22.	Springboard 1m women (35-39)
5.	Springboard 3m men (50-59)	23.	Springboard 1m men (40-49)
6.	Springboard 1m women (50-59)	24.	Springboard 1m women (40-49)
7.	Springboard 3m men (40-49)		
8.	Springboard 1m women (35-39)	Event	Friday 18th September- 09:00
9.	Springboard 3m men (25-34)	25.	Platform women (70-80+)
		26.	Platform men (70-80+)
Event	Wednesday 16th September- 09:00	27.	Platform women (50-69)
10.	Springboard 3m women (70-80+)	28.	Platform men (50-69)
11.	Springboard 1m men (70-80+)	29.	Platform women (40-49)
12.	Springboard 3m women (60-69)	30.	Platform men (40-49)
13.	Springboard 1m men (60-69)	31.	Platform women (30-39)
14.	Springboard 3m women (50-59)	32.	Platform men (30-39)
15.	Springboard 1m men (50-59)	33.	Platform women (25-29)
16.	Springboard 3m women (40-49)	34.	Platform men (25-29)
17.	Springboard 1m men (35-39)		
18.	Springboard 3m women (25-34)		

Synchronised Swimming

General Information

The competition will run in the 50m indoor pool in the City of Cadiz Sport Complex.

The competition will start on Thursday (17 September) and Friday (18 September) at 20.00 hrs, on Saturday (19 September) at 19.00 hrs and on Sunday (20 September) at 9.30 and 13.00 hrs.

Warm up will be in the 50m indoor pool after finishing of the swimming events on Thursday, Friday and Saturday till 15 min prior the starting time of the daily competition. On Sunday warm up will be possible from 7.00 hrs till 15 min prior the starting time of the competition. Please note, that the depth of the water in the 50m indoor pool is 2.10m to 3.00m in the middle of the pool.

The technical meeting will be on Wednesday, 16 September at 17.00 hrs in the pool area.

Training Schedule

Training opportunities will be available in the 50m indoor pool on Tuesday (15 September) and Wednesday (16 September) after finishing of the swimming events. Details of other training opportunities in another pool will be given on arrival at the information Centre.

Order of Events

Event	Thursday 17th September- 20:00	Event	Sunday 20th September- 9:30
1.	Solo - Technical Routine	5.	Solo- Free Routine
Event	Friday 18th September- 20:00	Event	Sunday 20th September- 13:00
2.	Duet - Technical Routine	6.	Team- Free Routine
3.	Team- Technical Routine		
Event	Saturday 19th September- 19:00		
4.	Duet- Free Routine		

Open Water Swimming

General Information

The competition will take place in Cadiz, El Cano Nautical Centre.

The competition will start at 10:00 in waves with 15 minutes interval. The start and finish are situated in the same place.

The course length is 5.000meter.

Competitors shall confirm their participation at the Information Centre not later than 12:00 on Saturday 19th September 2009.

The Technical meeting will be on Saturday, 19th September at 16:00hrs in the indoor pool area of swimming.

Events

Competitors will be seeded in waves according to age groups from the youngest to the oldest to assure similar wind and water conditions. Competitors may be selected irrespective of gender.

All competitors will receive and must wear a bright colored numbered cap according to the seeding. Not wet suit is allowed.

In each wave, the Referee may order out any competitors who have not finished the race within sixty (60) minutes after the arrival of the winner in the same wave and age group.

Safety full medical provision and appropriate safety will be provided during and at the end of the competition.

Only well prepared and medically fit swimmers may enter this event. Each competitor is responsible for her/his own medical examination. The Organizing Committee is not responsible for accidents related to inadequate preparation or health matters.

Warm drinks will be provided at the end of the course free of charge.



Victory Ceremony

Victory Ceremony will be held directly after the competition of each wave and age group, as soon as possible.

Transportation

There will be transport from Cadiz, City of Cádiz Sport Complex, to the Open Water Swimming venue. A schedule showing the departure times will be announced in the Information Centre of the Organizing Committee.



MA-G GENERAL

MA-G 1 Event and Organisation

MA-G 1.1 The Championships shall be conducted in Swimming, Diving and Open Water Swimming and Synchronised Swimming.

MA-G 1.2 The Championships shall be held every odd year.

MA-G 1.3 The Organising Federation and the place where the Championships shall be held shall be decided by the LEN Bureau and circulated by the LEN Office.

MA-G 1.4 The LEN Bureau Delegate and the LEN Masters Committee (LEN MaC) shall be responsible for and supervise the organisation of the event and the correct conduct of the competitions according to LEN Rules and Regulations. They shall decide on all matters arising on site at the competitions which require an immediate decision.

MA-G 2 ENTRIES AND ENTRY FEES

MA-G 2.1 Competitors shall be eligible for a club either affiliated to a Member Federation or affiliated to a Federation registered by LEN.

MA-G 2.2 Entries shall be confirmed and submitted by the Federation in the name of the club to which the competitor belongs.

MA-G 2.3 Any competitor having represented a non-European Club shall not represent an European club unless he has been under the jurisdiction of one or several European clubs for at least twelve (12) months.

MA-G 2.4 Entries, including signed Release of Liability by every competitor, shall be sent to the Organising Committee together with one photo (passport size).

MA-G 2.5 The deadline for the submission of entries and the payment of the entry fees shall be no later than the date announced by the LEN Office.

MA-G 2.6 Entry fees shall be as decided by the LEN Bureau and circulated by the Organising Committee.

MA-G 2.7 Entry fees shall be paid to the Organising Committee. Confirmation of payment shall be attached to the entries.

MA-G 2.8 There shall be no refund of entry fees.

MA-G 3 ACCREDITATION

MA-G 3.1 Accreditation shall be issued free of charge for:

- a. all competitors and approved officials of the Federations;
- b. any President of a Member Federation or a Federation registered by LEN;
- c. all persons nominated by LEN;
- d. all persons involved in the organisation of the Championships.

No other person shall get accreditation.

MA-G 3.2 Each Competitor may collect his/her Accreditation Card with a photo two (2) days prior to the Championships at the Accreditation Centre after proof of identity (passport or ID card).

MA-G 3.3 The Organising Committee shall check name, age and entries before handing out the accreditation card.

MA-G 4 AWARDS

MA-G 4.1 Victory Ceremonies shall take place after each event at a place and a time announced by the Organising Committee. Medals shall be awarded to competitors placed first to third in each event and age group.

Diplomas shall be awarded to competitors placed first to eighth in each event and age group.

MA-G 4.2 Points shall not be counted and no awards shall be given to Federations or clubs.

MA-G 4.3 A commemorative souvenir shall be given to each competitor starting and to each approved official (see MA-SW 5.2, MA-D 3.2 and MA-OW 4.2).

MA-SW 1 SWIMMING EVENTS AND AGE GROUPS

MA-SW 1.1 Events are (men and women):

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

Breaststroke 50 m, 100 m, 200 m;

Backstroke 50 m, 100 m, 200 m;

Butterfly 50 m, 100 m, 200 m;

Individual Medley 200 m;

Freestyle Relay 4 x 50 m;

Medley Relay 4 x 50 m;

Mixed Freestyle Relay 4 x 50 m (2 women and 2 men);

Mixed Medley Relay 4 x 50 m (2 women and 2 men).

MA-SW 1.2 Age groups for individual events are: 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 and (five year age groups as high as is necessary)

MA-SW 1.3 Age groups for relays are: 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359 and (forty year increments as high as is necessary). All members of a relay team must be from the same club. The total age of the team members (determined by the year of birth) determines the age group of the team.

A competitor may only compete in one age group in the same relay event.

MA-SW 1.4 Competitors may be entered for a maximum of five individual events, but not for more than two individual events each day.

MA-SW 1.5 The order of the events and the Entry Times shall be decided by the LEN Executive on proposal of the LEN MaC and the LEN Bureau Liaison.

MA-SW2 SWIMMING CONFIRMATION OF PARTICIPATION AND COMPOSITION OF RELAY TEAMS

MA-SW 2.1 Competitors participating in 400 m and 800 m races shall confirm their participation to the Organising Committee no later than six o'clock p.m. (18.00 hrs) on the day prior to the event.

MA-SW 2.2 Clubs participating in Relay Events shall confirm their participation and submit the names of the competitors and the order of swimming no later than six o'clock p.m. (18.00 hrs) on the day prior to the event.

Reserve swimmers are not allowed.

MA-SW3 SWIMMING LANE SEEDING, START AND ORDERING OUT OF THE COMPETITION

MA-SW 3.1 Competitors will be seeded according to the submitted entry times, beginning with the oldest age group first and within an age group the slower heats first.

MA-SW 3.2 In 400 m and 800 m races two competitors will be deck seeded and swimming in one lane.

MA-SW 3.3 Overhead start will be used in all events.

MA-SW 3.4 Each competitor is responsible to report to the clerk of course at least 15 minutes prior to the designated race at the marshalling area at the pool.

MA-SW 3.5 In individual events of more than 200 m the Referee may order out any competitor who passed the entry time for the relevant age group.

MA-SW4 SWIMMING CLASSIFICATION

MA-SW 4.1 Individual swimmers will be listed in the result list with name, name of the club, official country code and split times according to ranking and age group.

MA-SW 4.2 Relay teams will be listed in the result list with the name of the club and official country code according to ranking and age group, including names of swimmers and individual split times.

MA-SW 4.3 Any competitor not starting, disqualified or not finishing the race within the required entry time will be placed at the end of the result list without ranking and time.

The reason shall be mentioned.

MA-SW 4.4 A competitor who has a permanent disability shall not be disqualified in a case where his disability prevents him/her from complying with the rules of a particular stroke, provided that the disability has been notified to the referee by the competitor or his/her representative before the race takes place. Notification shall be a medical certificate issued by the Medical Officer of the Federation

MA-SW5 SWIMMING OFFICIALS

MA-SW 5.1 The LEN MaC shall nominate for each competition session one (1) Technical Delegate and one (1) Referee.

MA-SW 5.2 Federations may nominate officials from the FINA lists.

Applications must be submitted to the LEN Office no later than the date announced by the LEN Office.

Officials approved are on the costs of the nominating Federation.

MA-SW 5.3 The Technical Delegate shall nominate the key officials to be on duty on each competition session.

MA-SW 5.4 The Organising Federation shall supply all the other officials.

MA-D1 DIVING EVENTS AND AGE GROUPS

MA-D 1.1 Events are (men and women): Springboard 1 m; Springboard 3 m; Platform 5 m -7.5 m -10 m.

MA-D 1.2 Age groups are: 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+ and (five years age-groups as high as is necessary).

MA-D 1.3 Age groups may be combined.

MA-D 1.4 The total number of dives required are:

Springboard diving (1 metre resp. 3 metre)		Age groups	Platform diving (5 metre, 7.5 metre or 10 metre)	
Men	Women		Men	Women
7	6	25-29	6	6
7	6	30-34	6	6
7	6	35-39	6	6
7	6	40-44	6	6
7	6	45-49	6	6
6	5	50-55	5x	5x
6	5	55-59	5x	5x
6	5	60-64	5x	5x
6	5	65-69	5x	5x
5	4	70-74	4x	4x
5	4	75-79	4x	4x
4	3	80+	3x	3x

x) 10 m limited: Only feet first entries are allowed from the 10 m platform and any performed dive from the 10 m must not exceed degree of difficulty of 2.0.

MA-D 1.5 The order of the events shall be decided by the LEN Executive on proposal of the LEN MaC and the LEN Bureau Liaison to this Committee.

MA-D2 DIVING CONFIRMATION OF PARTICIPATION AND LIST OF THE DIVES

MA-D 2.1 Competitors shall confirm their participation and submit the list of the dives to the Technical Delegate or the nominated member of the LEN MaC no later than six o'clock p.m. (18.00 hrs) on the day prior to the event.

MA-D 2.2 The Technical Delegate may accept later confirmations and/or sub-missions of the list of the dives up to three (3) hours prior to the event, subject to a fine; the amount of the fine shall be decided by the Bureau and circulated by the Organising Committee.

MA-D 2.3 No changes on the list of the dives shall be accepted after the deadline of three (3) hours prior to the event.

MA-D3 DIVING OFFICIALS

MA-D 3.1 The LEN MaC shall nominate for each session one (1) Technical Delegate and one (1) Referee.

MA-D 3.2 Federations may nominate officials from the FINA or LEN lists.

Applications must be submitted to the LEN Office no later than the date announced by the LEN Office.

Officials approved are on the costs of the nominating Federation.

MA-D 3.3 The Technical Delegate shall nominate the key officials and the judges for the panels, to be chosen from the judges nominated and/or from other qualified judges present.

MA-D 3.4 The Organising Federation shall supply all the other officials.

MA-D 3.5 Acting judges may be evaluated.

MA-OW1 OPEN WATER SWIMMING EVENTS AND AGE GROUPS

MA-OW 1.1 Events are:

Open Water Swimming men, up to 5 km;

Open Water Swimming women, up to 5 km.

MA-OW 1.2 Age groups are: 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+.

MA-OW2 OPEN WATER CONFIRMATION OF PARTICIPATION AND SEEDING

MA-OW 2.1 Competitors shall confirm their participation at the Accreditation Centre or by fax not later than twelve o'clock a.m. (12.00) on the day prior to the event.

MA-OW 2.2 Competitors will be seeded in waves according to age groups from the youngest to the oldest to assure similar wind and water conditions. Competitors may be selected irrespectively of gender.

MA-OW 2.3 All competitors will receive and must wear a brightly coloured numbered cap according to the seeding. No wet-suit is allowed.

MA-OW 2.4 In each wave, the Referee may order out any competitors who has not finished the race within sixty (60) minutes after the arrival of the winner in the same wave and age group.

MA-OW3 OPEN WATER START

MA-OW 3.1 The Referee shall allow to start the race only if the security requirements are fulfilled. The Referee may be overruled by the Technical Delegate.

MA-OW 3.2 The Technical Delegate may shorten the distance of the event, due to weather conditions, water temperature and/or if the security requirements are not fulfilled.

MA-OW4 OPEN WATER OFFICIALS

MA-OW 4.1 The LEN MaC shall nominate one (1) Technical Delegate and for each wave one (1) Referee.

MA-OW 4.2 Federations may nominate officials from the FINA lists.

Applications must be submitted to the LEN Office no later than the date announced by the LEN Office.

Officials approved are on the costs of the nominating Federation.

MA-OW 4.3 The Organising Federation shall supply all the other officials

MA-SS1 SYNCHRONISED SWIMMING EVENTS

MA-SS 1.1 Events are (women):

Solo, Duet and Team, each Technical Routine & Free Routine.

Teams shall consist of a minimum of four (4) and a maximum of eight (8) members.

MA-SS 1.2 For Duets one (1) reserve and for Teams a maximum of two (2) reserves may be entered.

MA-SS2 SYNCHRONISED SWIMMING AGE GROUPS

MA-SS 2.1 Age Groups for Solo are: 25-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

MA-SS 2.2 Age Groups for Duet are: 25-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

with the age determined by the average age of the competitors

MA-SS 2.3 Age Groups for Teams are: 25-34, 35-49, 50-64, 65+

with the age determined by the average age of the competitors

MA-SS3 SYNCHRONISED SWIMMING COMPETITIONS

MA-SS 3.1 The Technical Routine shall be performed according to the FINA required elements for Masters Technical Routines (Appendix I to FINA Masters Synchronised Swimming Rules)

Technical Routines have to include all required elements. Music selection is optional and may be the same music as used in the Free Routine.

MA-SS 3.2 There are no restrictions for Free Routines neither in regard to choice of music nor in regard to content of choreography.

MA-SS 3.3 Scoring will be calculated as in FINA Rule SS 19.1. In Duets and Teams the competitors Technical Routine scores will be added and the total divided by the number of competitors for a final Technical Routine Scores.

MA-SS 3.4 The order of events shall be decided by the Bureau Executive after consultation of the MaC and the Bureau Liaison to this Committee.

MA-SS 3.5 The order of appearance for Technical Routines and Free Routines shall be decided by draw for each event in each age group. The age group to start is pulled, and the age groups are drawn by lot. The draw shall take place at the technical meeting to be held latest twenty-four (24) hours in advance of the first part of the competition and shall be conducted in public under the direction of the Technical Delegates.

MA-SS 3.6 The order of appearance for each event and each age group shall be decided by draw. The draw shall be conducted at the Technical Meeting to be held latest twenty-four (24) hours before the beginning of the first part of the competition. The draw shall be held in public under the direction of the Technical Delegates.

MA-SS4 SYNCHRONISED SWIMMING TIME LIMITS

MA-SS 4.1 Timing for the Technical and Free Routines for Solo, Duet and Teams shall be in accordance with FINA Master Synchronised Swimming Rules.

MA-SS5 SYNCHRONISED SWIMMING CONFIRMATION OF PARTICIPATION AND COMPOSITION OF DUET AND TEAM EVENTS

MA-SS 5.1 Competitors participating in Duet and Team events shall confirm their participation to the Organising Committee no later than six p.m (18.00 hrs) on the day prior to the event.

MA-SS 5.2 Reserve swimmers may be substituted up to two hours prior to the start of the first routine of the relevant event.

MA-SS6 SYNCHRONISED SWIMMING OFFICIALS

MA-SS 6.1 The LEN MaC shall nominate for each session of the competition one (1) Technical Delegate and one (1) referee.

MA-SS 6.2 Federations may nominate officials from the FINA Lists and other officials certified by them.

Applications must be submitted to the LEN Office no later than the date announced by the LEN Office.

Officials approved are at the cost of the nominating Federation.

MA-SS 6.3 The Technical Delegate shall nominate the key officials to be on duty on each competition session.

MA-SS 6.4 The organising federation shall supply all the other officials.



HOW CAN I PARTICIPATE?

● Para participar en el XII Campeonato de Europa Masters debes ser miembro de un club europeo registrado en la federación nacional de tu país y debes cumplir las marcas mínimas y las condiciones exigidas.

● *To participate in the XII European Masters Championships, you have to be a member of an European club which is registered in your country's national swimming federation and you have to meet the entry times and requirements.*

HOW CAN I REGISTER?

● Encontrarás los formularios de inscripción en la página web del campeonato (www.cadizmaster2009.es) o a través del formulario enviado a tu federación. Debes rellenarlo y enviarlo junto con los siguientes documentos:

● *You will find all the necessary entry forms on the web page (www.cadizmaster2009.es) or in the entry booklet sent to your federation. You have to fill in and send the following forms:*

1. fotocopia del pasaporte o de DNI, donde se vea la fecha de nacimiento.
2. una hoja de inscripción aprobada por la Federación Nacional a la que pertenezcas.
3. El "Release from Liability" relleno y firmado
4. El documento de acreditación relleno y firmada
5. una fotografía para la acreditación.

1. a photocopy of the passport or ID, showing the date of birth
2. an entry form approved by the National Federation
3. the filled in and signed "Release from Liability"
4. the filled in and signed registration form
5. one photo for accreditation purposes.

All the forms should be sent to the following address:

Deben ser enviados a la siguiente dirección

FEDERACION ANDALUZA DE NATACION
c/ José Damaso Pepete, 9- portal 1- Módulo B
14005 Cordoba
Spain

FEDERACION ANDALUZA DE NATACION
c/ José Damaso Pepete, 9- portal 1- Módulo B
14005 Cordoba
Spain

No later than on 01 July 2009 and entry fee paid to:

Antes del 1 de julio de 2009, pagadas en:
Banco: CAJASUR
Ronda de los Tejares, 18-24
14001 Córdoba ES
Número de cuenta: 20246028103305551032
IBAN: ES3020246028103305551032
BIC: CECAESMM024

Bank: CAJASUR
Ronda de los Tejares, 18-24
14001 Córdoba ES
Account number: 20246028103305551032
IBAN: ES3020246028103305551032
BIC: CECAESMM024

HOW CAN I MAKE SURE THAT MY REGISTRATION IS CORRECT?

● El Comité Organizador enviará la confirmación por email a todos los competidores que nos faciliten su dirección y publicará todos los registros en la página web oficial. Todos los competidores podrán comprobar los datos para evitar problemas futuros. Las correcciones: infocadiz09@fan.es

● *The Organizing Committee will publish all the entries on the official web page. All competitors will be able to check their data and entries in order to avoid later mistakes and problems.*

HOW CAN I FIND ACCOMMODATION?

● La agencia oficial es Carlson Wagonlit Travel, que ofrece una gran variedad de alojamientos de distintos tipos que puedes comprobar en nuestra página web.

Los precios que se ofrecen están por debajo de la media habitual. Septiembre es aún temporada turística, por lo que muchos de los alojamientos podrán estar ocupados. Por eso recomendamos a todos los participantes que reserven sus habitaciones por anticipado.

● *The Official Agency Carlson Wagonlit Travel is offering a wide range of all types of accommodation which you can see on our web page www.cadizmaster2009.es.*

Prices are lowest than regular hotel prices. Please note that September is still tourist season, so many accommodation options could be occupied during that time. We advise all competitors to book their rooms well in advance (as soon as possible).

WHAT IS THE BEST PLACE TO STAY?

● Recomendamos la estancia en hoteles oficiales de Cádiz, San Fernando, El Puerto de Santa María y Novo Sancti Petri, desde los que habrá servicio de autobús diario a las instalaciones; así como los de Sevilla.

● *We advise all the competitors to stay in the official hotels offered in Cadiz, San Fernando, El Puerto de Santa María & Novo Sancti Petri with shuttle bus service for daily event transport, and Seville.*

WHAT IS THE FIRST THING I HAVE TO DO WHEN I ARRIVE?

● Lo primero que deben hacer todos los competidores (saltadores incluidos) es acudir a un centro de información, en Cádiz o Sevilla, donde obtendrán su acreditación, el ticket del alojamiento y podrán reservar tours.

● *The first thing all competitors (also divers) have to do is come to the Information Centre at Cádiz (divers in Seville), where they will get their accreditation and accommodation voucher. It is also possible to book tourist tours there.*

I'M FLYING TO SPAIN, HOW DO I GET TO CADIZ AND SEVILLE?

● La agencia oficial Carlson Wagonlit Travel ofrece transporte desde los aeropuertos de Jerez y Sevilla. Advertimos que este transporte debe ser reservado por adelantado en la página web: <http://ewt.eventszone.net/cadiz09/dailyevent.php>

La distancia entre el aeropuerto de Jerez y Cádiz es de 35 kilómetros. La distancia entre el aeropuerto de Sevilla y el centro de la ciudad es de 10 kilómetros.

● *The official partner Carlson Wagonlit Travel is offering transportation from Jerez airport and Seville airport. We strongly advise you to book your transportation in advance at the following address <http://ewt.eventszone.net/cadiz09/dailyevent.php>*

The distance between Jerez airport and Cadiz is about 35 kilometers, the distance between Seville airport and Seville is about 10 kilometers.



WHAT ARE THE DISTANCES BETWEEN VENUES?

● La distancia entre San Fernando y Cádiz es de 10 minutos; entre El Puerto de Santa María y Cádiz es de 20 minutos, ambas conectadas por autovía. La distancia con la urbanización de Novo Sancti Petri, en Chiclana, es de 30 minutos. Las instalaciones de Cádiz y Sevilla están muy bien conectadas.

● *The distance between San Fernando and Cádiz is 10 minutes;. The distance between El Puerto de Santa María and Cádiz is 20 minutes, the towns are connected with a highway the distance between Novo Sancti Petri and Cádiz is 30 minutes. The venues in Cádiz and Seville are well connected.*

WILL THERE BE ANY ORGANIZED TOURS?

● La agencia oficial ha previsto una serie de tours turísticos que pueden ser consultados en la página web. Debido a que las plazas en muchos de ellos son limitadas, rogamos la reserva por adelantado.

● *The official agency Carlson Wagonlit Travel will provide different daily tours in Cadiz and Seville. A short description can be found on our web page under the title Tourist tours. Because the number of participants for some tours is limited, we strongly advise all the competitors to book their tours as soon as possible.*

WHEN TRAININGS FOR OPEN WATER SWIMMING ARE POSSIBLE?

● La información sobre los entrenamientos para las aguas abiertas se dará a la llegada en el Centro de Información.

● *Information about training opportunities for open water swimming will be given on arrival at the Information Centre.*

RELEASE FROM LIABILITY

SURNAME AND GIVEN NAME

CLUB NAME

COUNTRY

● I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a medical practitioner. I acknowledge that I am aware of the risks inherent in Masters Swimming, Diving, Open Water Swimming and Synchronised swimming (training and competition) including possible permanent disability or death, and assume all risks.

I hereby waive all rights to claims for loss and damages, arising out of my participation in Masters Swimming Events or any activities incidental thereto, against the Ligue Européenne de Natation (LEN) or any individual's participation in Masters Swimming, Diving, Open Water Swimming and Synchronised swimming. In addition I agree to abide by and be governed by the rules of the Ligue Européenne de Natation (LEN).

I further declare that I have sufficient health insurance valid in Spain to cover any medical, pharmaceutical, hospitalization and repatriation expenses that may occur in connection with my stay and participation at the 12th European Masters Championships in Swimming, Diving, Open Water Swimming and Synchronised swimming Cadiz 2009. I understand and agree that the OC of Cadiz 09, LEN or Spanish authorities may request to submit evidence of such insurance coverage for participation on the event for myself as well as for any friends and/or family members intending to join me for the event.

Both European Masters Championships participants and companions are responsible for their own travelling and personal expenses.

DATE

SIGNATURE OF COMPETITOR

This filled-in release must be returned with the relevant entry form

ENTRY DEADLINE: 1ST JULY 2009

33



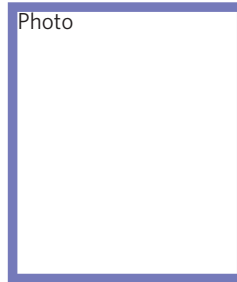
ENTRY FORMS

**EUROPEAN
MASTERS
CHAMPIONSHIPS
CADIZ '09**

INDIVIDUAL AND TEAM REGISTRATION FORM

Accreditation No
(official use only)

Photo



**Please print clearly
BLOCK LETTERS or type if possible**

SURNAME

SEX: FEMALE MALE

GIVEN NAME

ADDRESS

DATE OF BIRTH (DD/MM/YY)

POSTCODE AND CITY

AGE AT 31 DECEMBER 2009

COUNTRY

COUNTRY CODE

PHONE NUMBER

FAX NUMBER

EMAIL ADDRESS

CLUB NAME

CITY

I wish to compete in following discipline:

Swimming individual

Swimming Relay

Open Water Swimming

Synchronised Swimming

Diving

FEDERATION STAMP AND OFFICIAL SIGNATURE

SIGNATURE OF COMPETITOR

Registration must be posted with one recent photo

ENTRY DEADLINE: 1ST JULY 2009

34

ENTRY FORMS



XII EUROPEAN
MASTERS CHAMPIONSHIPS

EUROPEAN
MASTERS
CHAMPIONSHIPS
CADIZ '09

SWIMMING ENTRY FORM

- Any competitor may enter a maximum of five (5) individual events, no more than two (2) events per day.
- Please fill in the appropriated box and indicate your entry time in a Master event in the last 12 months in the box applicable to the event you wish to enter.
- All entries must be authorized by the competitor's national federation.

SURNAME AND GIVEN NAME: _____

CLUB NAME: _____

AGE AT 31 DECEMBER 2009: _____

EVENT & ENTRY TIMES

EVENT no	MEN Entry times	EVENT	WOMEN Entry times	EVENT no
		Tuesday 15 September		
2		200m Medley		1
4		800m Freestyle		3
		Wednesday 16 September		
5		200m Freestyle		6
7		50m breaststroke		8
9		100m Butterfly		10
		Thursday 17 September		
14		200m Butterfly		13
16		50m Backstroke		15
18		100m Breaststroke		17
20		400m freestyle		
		Friday 18 September		
21		200m Backstroke		22
23		50m Butterfly		24
25		100m Freestyle		26
		400m freestyle		28
		Saturday 19 September		
30		200m Breaststroke		29
32		50m Freestyle		31
34		100m Backstroke		33
		Open Water Swimming		
		5 km.		

FEDERATION STAMP AND SIGNATURE

SIGNATURE OF COMPETITOR

Entry must be send together with Release from Liability

ENTRY DEADLINE: 1ST JULY 2009

35

SWIMMING RELAY TEAM ENTRY FORM

PLEASE NOTE: FOR EACH RELAY ENTRY USE A SEPARATE FORM

- Competitors may only swim for club indicated on the individual entry form.
- Competitors may only compete on one age group in the same event.
- Please fill in the appropriated box with the estimated time for event you wish to enter.
- All entries must be authorized by the competitor's national federation.

Club name _____

Club code _____

Address _____

Postcode _____

Country _____

Phone number _____

Fax number _____

Email _____

Competitors names (name, surname, age at 31 December 2009)

1. _____ 2. _____

3. _____ 4. _____

Reconfirmation of the competitors names must be done until 18:00 a day prior the event. Other wise no participation is possible.

AGE GROUP	MEN'S RELAY		WOMEN'S RELAY		MIXED RELAY	
	4X50 m free Event 11	4X50 m med. Event 36	4X50 m free Event 12	4X50 m med. Event 35	4X50 m med. Event 19	4X50 m free Event 27
110-119						
120-159						
160-199						
200-239						
240-279						
280-319						
320-359						
360 +						

FEDERATION STAMP AND OFFICIAL SIGNATURE

SIGNATURE OF COMPETITOR

Entry must be sent together with release from liability

ENTRY DEADLINE: 1ST JULY 2009

DIVING ENTRY FORM

- All competitors must enter under the name of their club.
- No qualifying limit has been fixed.
- All entries must be authorised by the competitor's National Federation.
- Fill in the appropriate box.

SURNAME AND GIVEN NAME _____

CLUB NAME _____

COUNTRY _____

Age at 31 December 2009 _____

Tick as appropriate

WOMEN / AGE GROUP	EVENT	MEN / AGE GROUP
	1 m Springboard	
	3 m Springboard	
	Platform	

FEDERATION STAMP AND OFFICIAL SIGNATURE

SIGNATURE OF COMPETITOR

Entry must be sent together with release from liability

ENTRY DEADLINE: 1ST JULY 2009

SYNCHRONISED SWIMMING ENTRY FORM

- All competitors must enter under the name of their club.
- No qualifying limit has been fixed.
- All entries must be authorised by the competitor's National Federation.
- Fill in the appropriate box.

SURNAME AND GIVEN NAME _____

CLUB NAME _____

COUNTRY _____

Age at 31 December 2009 _____

AGE GROUP	EVENT
	Solo
	Duet
	Team

FEDERATION STAMP AND OFFICIAL SIGNATURE

SIGNATURE OF COMPETITOR

Entry must be sent together with release from liability

ENTRY DEADLINE: 1ST JULY 2009

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