



TÜRKİYE YÜZME FEDERASYONU

MEHMET BEDRETTİN ARISOY SEASON

**INTERNATIONAL MASTERS
SHORT COURSE
WINTER SWIMMING CHAMPIONSHIP**

ÜSKÜDAR/İSTANBUL

**3-5
MARCH
2023**



Event Date - Venue	3-5 March 2023 – Uskudar/İstanbul
Event Pool	Galatasaray Ergun Gursoy Olympic Swimming Pool 25m, 8 lanes
Technical Meeting	2 March 2023, 18:00, Swimming Pool Meeting Room
Warm-up Hours	08:00 – 12:00 & 14:00 – 17:00 (Warm-up pool is present.)

Individual Age Groups				Relay Age Groups	
Age	Date of Birth	Age	Date of Birth	Category	Total Age
25-29	1998-1994	60-64	1963-1959	R0	100-119
30-34	1993-1988	65-69	1958-1954	R1	120-159
35-39	1988-1984	70-74	1953-1949	R2	160-199
40-44	1983-1979	75-79	1948-1944	R3	200-239
45-49	1978-1974	80-84	1943-1939	R4	240-279
50-54	1973-1969	85-89	1938-1934	R5	280-319
55-59	1968-1964	90+	1933-...	R6	320-359

COMPETITION SCHEDULE					
03.03.2023					
Morning Event 9:00			Afternoon Event 13:00		
200	Breaststroke	W/M	800	Free	W/M
50	Free	W/M			
200	Backstroke	W/M			
100	Medley	W/M			
04.03.2023					
Morning Event 10:00			Afternoon Event 16:30		
100	Free	M/W	200	Medley	M/W
200	Fly	M/W	50	Breaststroke	M/W
100	Breaststroke	M/W	100	Backstroke	M/W
10 Min. Time Break					
4x50	Free	M/W			
4x50	Free	Mixed			
05.03.2023					
Morning Event 10:00			Afternoon Event 16:30		
200	Free	W/M	50	Backstroke	W/M
400	Medley	W/M	100	Fly	W/M
50	Fly	W/M	400	Free	W/M
10 Min. Time Break					
4x50	Medley	W/M			
4x50	Medley	Mixed			

Competition Rules & Registration:

- The World Aquatics rules and regulations will be applied during the competition.
- Electronic stopwatch and scoreboard/touchpad will be available.
- All distances will be conducted in open age.
- 400m and 800m races are composed in the order from fast to slow. All other heats are composed in the order from slow to fast.
- The Organizing Committee maintains the right to make changes in the start lists before the start of the competition if it is necessary. In such cases competitors will be informed prior to the competition.
- Address: Barbaros Mah. Alaattin Yavasca Sok. No:20 Uskudar/Istanbul.
- Phone number: +902166519920
- **The registration deadline: 1st of March 2023 Wednesday until 5 PM .**
- All competitors shall be registered with their National Federation to be eligible to compete. An approved document by national federation or a registration card from 2022-2023 season is mandatory to participate.
- A swimmer may compete in not more than six individual events (Max 2 races per session) and 4 relays (Max.2 Relays per day)
- A competitor may only compete in one age group in the same relay event.
- Upon the relay entry, relay teams must list the name of their clubs, each swimmer's full name (as it appears on their ID card) and ages. For mixed relays, name of the club, swimmer's names, ages, sex and the order of swimming will be asked. All of the relay entry lists with participants' signatures shall be submitted to the referee desk, 30 minutes prior to the start of the first event of the day. No changes will be permitted thereafter.
- The first swimmer of the relay races is permitted to attempt a record only if they provide a petition before the session starts.
- For record attempts that are inside of an individual event (i.e. 200m free record attempt in 800m free race), a petition form should be submitted to the referee desk. Record attempts inside of individual medley events are not accepted.(i.e. 100m breaststroke record attempt in 400m IM)
- The competition pool will be cleared up 15 minutes before the session starts. 25m warm-up pool will be available for athletes during the competition.
- Any petition to the Competition Referee is due **EUR 50**
- Mixed relays shall consist of two men and two women who may swim in any order.
- Registration fee is **EUR 4** per individual event and **EUR 8** for each relay event.
- Please send the registration form to mhkyuzme@tyf.gov.tr