

# Open Nordic Championship of open water swimming

## Open Nordic Championship of masters open water swimming

8.–9.8.2014 at Vesijärvi of Kangasala

### Distances

Friday 8.8.	5 000 m	Open Nordic Championships, men and women
Saturday 9.8.	3 000 m	Open masters Nordic Championships, men and women
Saturday 9.8.	10 000 m	Open Nordic Championships, men and women

### Masters Age Groups

A 25-29	B 30-34	C 35-39	D 40-44	E 45-49	F 50-54	G 55-59	H 60-64
I 65-69	J 70-74	K 75-79	L 80-84	M 85-89	N 90-94	O 95-	

### Participation

Entries will be accepted only from swimmers of national FINA member federations which must also enter a coach for each respective swimmer. The role of the coach is to represent the swimmer at the Technical Meeting, coach the swimmer during the practice, and most importantly, feed the swimmer during the event. A coach can be responsible for more than one swimmer.

If there is no coach, swimmer can represent himself/herself.

All swimmers must be at least 14 years of age. The age for all competitors will be considered as at 31st December of the year of the competition.

### Rules and safety

NSF Open Water Swimming rules and regulation and FINA Open Water Swimming regulations are in effect. Swimmers have to fill out the Exclusion of liability form. Participation in the competition takes place at one's own responsibility. Uimaseura Kangasalan Kuohu or Finnish Swimming Association or any other local organization will not liable for any personal or material damages.

Exclusion of liability form of swimmers under 18 years old have to be signed by their caretaker.

There will be escort safety crafts on the course during the race.

### Equipment

Swimmers have to use swimming cap with competition number and timing chip. These will be provided by organizer. Competition number, swimming cap and timing chip have to be picked up at least one (1) hour before start.

Wetsuit is allowed if water temperature informed by organizer goes under 20 degrees of Celsius.

On 10 km course is feeding platform, where swimmers authorised representatives can be in accordance with FINA rules.

Only swimsuits from the FINA approved list can be worn.



## Technical meeting

All swimmers have to participate to technical meeting, where chief referee of competition instruct all special features and regulations to the competition including course overview, feeding platform, safety procedures and hand signs of referees.

Detailed information of technical meeting will be informed on competition web site.

## Registration

Deadline for registrations is 30th of July. Late entries are not possible.

Responsible for registrations:

Riku Riikonen

Email: [riku.riikonen@uimaliitto.fi](mailto:riku.riikonen@uimaliitto.fi)

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## Entry fee

Entry fee is 35 euros per event. Payment of entry fees should be done at the same time than entries to bank account of Kangasalan Kuuhu.

IBAN: FI21 8362 0710 0343 85

Please take copy of receipt with you to competition venue in case of technical errors. Entry fee includes swimming cap.

## Accommodation

Organizer is offering following accommodation.

- Place for own tent on grass field of competition venue.  
Price is 10 € for each tent.
- Caravan could be used about 500 m from competition venue.  
Price is 15 € for each caravan. Additional electricity 5 €. Electricity has to be booked in advance (only for lights).  
Toilet and water hook-up.
- Summer camp accommodation cabins for about 30 person group can be found 4 km from competition venue.  
Price is 300 €. Own bed linen or sleeping bags needed.
- Hotel in centrum of Tampere (Cumulus, Scandic). Ask special price for competition. Transport to competition venue by order.

All accommodation reserves from organizer have to be made before 22nd of July by email:

[kalle.ollila@physicalle.fi](mailto:kalle.ollila@physicalle.fi)

Questions can be done also by mobile +358 44 5172 656 (english)

Check accommodation information also from competition web site:

<http://kuuhu.sporttisaitti.com>

## Food

Competition venue has some small food to buy. The nearest local stores can be found from centrum of Kangasala about 1 kilometre from venue.



## Contact information

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