



Long Course International Masters Swimming Israeli Championship Summer 2016

The Israeli Summer Championship for Masters Swimmers will be held at the Wingate Institute, at the "Toto Winner" national Olympic swimming pool. The championship will take place on Thursday the 30th of June 2016 and Friday the 1st of July 2016.

Meet Sessions

First Session events

Thursday, June-30th-2016

4:00PM-4:45PM warm-up and organization

5:00PM start of the session (Estimated completion 9:00PM)

800 free Women / Men

200 back Women / Men

100 Butterfly Women / Men

200 Breast Women / Men

100 free Women / Men

4X50 - Mix Medley Relay

Second session events

Friday July-1st-2016

8:00AM- 8:45AM Warm-up and organization

9:00AM start of the session (Estimated completion 12:00PM)

50 Breast Women / Men

50 Free Women / Men

200 IM women / men

100 back Women / Men

400 free Women / Men

200 Butterfly Women / Men

4X50 Medley Relay Women / Men



Third Session Events

Friday July-1st-2016

2:00PM-2:45PM warm-up and organization

3:00PM start of the session (Estimated completion 5:30PM – including prizes and trophies presentation)

4X50 Families Relay – separate registration

200 free Women / Men

50 Butterfly Women / Men

400 IM women / men

50 Ms. Women / Men

100 Breast Women / Men

4X50 Free Relay Women / Men

Rules and Registration

1. The competition will be held according to the FINA and the Israeli Swimming Association (ISA) rules and regulations. A breach of this rules and regulations by any Association and / or any swimmer may result in disciplinary action.
2. The Meet Management Committee may alter this rules during the competition if so required.
3. Registration for this meet will be available from June 6th till June 25th 2016 midnight, all registration must be submitted before 11:59PM on June 25. Late registrations will not be accepted.
4. Meet placements will be published on June 28. Swimming Club authorized personnel are hereby asked to review and confirm their swimmers registration. Changes or amendments on the meet's morning and/or during the competition will not be accepted. It is the swimmers and swimming club manager responsibility to confirm proper registration.
5. Accessing the main office/desk during the competition is definitely forbidden. If necessary, the Meet Management Committee can be contacted ONLY by the Swimming Club authorized representatives. Any swimmer contacting directly the main office/desk may be disqualified from the competition immediately.
6. Entry fees for the 2016 summer championship: 100 ILS for members of ISA and 150 ILS for non-members. Non-member swimmers will need to produce the required documentation on time, as listed below.
7. Groups registration will be allowed using the ISA registration form available from the ISA office by contacting: july@isr.org.il
8. Individual registration will be allowed via the Israel Masters website (<http://www.masters.org.il>) or using the @event application:
 - a. iPhone: <https://itunes.apple.com/us/app/event/id670351919?mt=8&ls=1>



b. Android:

<https://play.google.com/store/apps/details?id=com.atevent.android&hl=en>

9. Registration will be possible for those swimmers who've produced a signed medical certificate based on the age appropriate medical examination according to the Israeli Sports Law and Regulations; as well as a valid policy covering individual accidents in accordance to the same law. Documentation must be produced before Thursday June 25th. A swimmer who did not produce these documents on time, will not be registered and paid fees will not be returned. To clarify, a proper medical certificate is one that is signed by an Israeli sports station approved by the Ministry of Health. All other medical authorization such as a letter from a family physician, cardiologist approval, Stress test that was not performed at the aforementioned centres will not be accepted as a valid certification.
10. Each swimmer can participate of up to 4 individual events.
11. The entry fees for relays is of 35 ILS per team / per event (excluding families and mixed events).
12. After registration and payment are confirmed, there will not be refunds or cancellations under any section in this document or any reason. A swimmer who did not show for any reason, will not receive a refund even if scratched during the meet itself.
13. As aforementioned, swimmers can only participate if they underwent a medical examination at an approved Institute of Sports Medicine or authorized Sport Station, according to the new Sports Law as published in the ISA website:
<http://isa.one.co.il/General/Announce.aspx?siteID=8&id=5536>
Also, as aforementioned, every swimmer must present a valid "individual accident insurance policy", as described in the same the Sports Law.
It is up to every swimmer to verify they perform an age appropriate medical examination; these medical examinations must be undertaken every year, in some cases they might include a Stress Tests (again, depending on the age of the swimmer.
14. During the meet, swimmers must be present at the "swimmers placement/waiting area" at the announced/published times. Swimmers who are late, will not be allowed to participate in the specific event. A committee team member will be in charge of identifying swimmers before each event and send them, according to their lane, the starting point. The next heat of swimmers will be ready, at the starting point, behind the current heat to speed up the competition. After finishing the heat, each swimmer should hold on the lane rope and avoid touching the electronic touchpads. Once the next heat starts, swimmers who have completed their heat, should leave through the steps on both sides of the pool avoiding any contact with the touchpads.
15. Every swimmer will be allowed to participate in only one relay team on each relay event. Each Swimming Club is allowed to register a maximum of four teams on each one of the following events: 4X50 mix and 4X50 free, although, only one team will receive points for the club.
16. Family relays will not score points for the club.
17. Age categories for this meet: 21-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-90, etc.



18. The relays will be grouped in three age categories: 100-159, 160-199, 200 and above; based on the sum of the ages of all 4 relay participants.
19. Relay swimmers must be registered to the meet during the registration period as described above. The exact names and order of the swimmers for each team, must be submitted half-an-hour before the start of the each session. Family relays should be registered after the morning session on Friday July 1st.
20. Sabbath-keepers who want to swim ahead of Sabbath and have been allocated a spot on the third session, will be allowed to do so, provided a request is sent to the Meet Management Committee ahead. The Meet Management Committee will endeavour to hold a special event to measure their times. These times will be recorded and after all swimmers finish the relevant event, if the Sabbath-keepers are found to have achieved a medal winning position, the relevant medal will be sent to them through one of their friends.
21. For the long distance events, if there will be a big number of swimmers, the Meet Management Committee may ask two swimmers to share a lane and to limit the number of heats for such events, to avoid delaying the meet. In any case, if a lane is shared, each swimmer must stay on his or her side of the lane during the entire race (i.e. no circle swimming).
22. If a disagreement or issue arise, Meet Management Committee determined by the Masters Committee will decide on the dispute.

Awards

- Medals – medals will be awarded to the first three places in each event per age group.
 - Trophies – Trophies will be awarded to the three clubs with the highest scores (Men, Women and Total)
- Scoring will be computed according to the following table:

Place	6	5	4	3	2	1
Score	1	2	3	4	5	6

1. Relays will be counted as double points, while only the first club team per relay will be awarded points.
2. National and Competition records for individuals will be awarded for swimmers 25 years and over. Relay team records will be awarded only if all the 4 participants are 25 years old and over
3. Swimmers may swim only using FINA approved swimming costumes.
4. According to FINA international rules, no swimmer will be allowed to wear 2 or more suits at the same time.
5. Due to numerous requests to honour the medal ceremony, the ceremony will be held in a different format.
6. On the meet day, a detailed schedule will be published for the medals ceremonies. Swimmers are requested to pay attention to the schedule and be on time accordingly. A swimmer that did not arrive on time for the medals ceremony, will be awarded the medal at the end of the meet to avoid disturbances and the smooth flow of the meet.