

Indbydelse til Danske Masters Mesterskaber 2010

Stævnet afholdes den 9. oktober 2010 i Sølystskolens Svømmehal, Egå Havvej 5, 8250 Egå (i/ved Århus).

Stævnet afholdes i henhold til Dansk Svømmeunions mesterskabsbestemmelser og FINA's regler - det vil sige, at deltagelse er muligt fra det år, man fylder 19. Der konkurreres i aldersinddelte grupper i henhold til FINAs regler.

Uddrag af FINA-bogen – mastersregler:

MSS 8 Time Limits for Routines

MSS 8.1 Time limits for Technical Routines and Free Routines including ten (10) seconds for the deck movement.

MSS 8.1.1 Technical Routines: Solo -1 minute 30 seconds

Free Routines Solo - 3 minutes

MSS 8.1.2 Technical Routines: Duet/Trio - 1 minute 40 seconds

Free Routines: Duet/Trio - 3 minutes 30 seconds

MSS 8.1.3 Technical Routines: Teams - 1 minute 50 seconds

Free Routines: Teams - 4 minutes

MSS 8.1.4 Combinations - 5 minutes

MSS 8.1.5 There shall be no minimum time limit

MSS 8.1.6 Maximum Time Limits:

There shall be an allowance of fifteen (15) seconds plus the allotted time for Technical Routines, Free Routines and Combination.

Appendix I FINA REQUIRED ELEMENTS FOR MASTERS TECHNICAL ROUTINES

GENERAL REQUIREMENTS

1. Supplementary elements may be added
2. Unless otherwise specified in the description of an element
 - All figures or components thereof shall be executed according to the requirements described in Appendix II
 - All elements shall be executed high and controlled, in uniform motion with each section clearly defined
3. Time limits as in MSS 8
4. Swimwear shall be black and the competitor shall wear a white cap. Goggles may be worn.

SOLO

1. SPLIT POSITION followed by a Walkout Front or a Walkout Back
2. PORPOISE (#355 FINA Handbook) complete figure
3. TRAVELLING BALLET LEG COMBINATION – to include at least two (2) of the following positions: BALLET LEG with right leg, BALLET LEG with left leg, BALLET LEG DOUBLE, FLAMINGO
4. HERON THRUST and descent starting from a Submerged Ballet Double Position
5. Two (2) forms of propulsion techniques, including at least one sequence with one arm above the surface of the water.

Elements 1 – 4 MUST be performed in order

Element 5 may be executed at any time.

DUET/TRIO REQUIRED ELEMENTS

Elements 1-5 as listed

6. A **JOINED ACTION** where the swimmers are connected (joined) in some manner by (hands, by feet) to perform ONE of the following: a connected figure, a connected float or connected stroking

Stack, Lifts, Throws are not permitted

7. Elements 1-4 **MUST** be performed in order.

Elements 5-6 may be executed at any time during the routine

8. With the exception of the **DECK WORK, ENTRY AND THE JOINED ACTION**, all elements, required and supplementary

MUST be performed simultaneously and facing the same direction of all swimmers. Mirror actions are not permitted except in the Joined Action.

TEAM REQUIRED ELEMENTS

Elements 1-5 as listed

6. A **JOINED ACTION** where the swimmers are connected (joined) in some manner (by hands, by feet) to perform ONE of the following: a connected figure, a connected float or connected stroking

Stacks, Lifts, and Throws are not permitted

7. **CADENCE ACTION**: - identical movements (s) performed sequentially one by one, by all team members. When more than one cadence action is performed they must be consecutive and not separate by other optional or required element.

8. Pattern Formation must include a straight line and a circle.

Element s 1-4 **MUST** be performed in order.

Elements 5-7 may be performed at any time.

9. With the exception of **DECK WORK, ENTRY, JOINED ACTION AND CADENCE ACTION** all elements, required and supplementary **MUST** be performed simultaneously and facing the same direction by all swimmers.

Variation in propulsion and direction facing are permitted only during pattern changes. Mirror actions are not permitted with the exception in the Joined Action.

Praktiske oplysninger:

Bassinet: bassinet målet fra 1 til 4 meter.

Musik: Medbringes på CD. Kun et musikprogram pr. cd.

Bespisning: Aftensmad og hygge efter stævnet lørdag – overnatning på luftmadras enten hos Sidsel eller på skole.

Foreløbigt program

Lørdag

13.00	Adgang til omklædningsrummene
14.00	Opvarmning
15.00	Tekniske programmer
16.00	Frie programmer
17.30	Medaljeoverrækkelse
18.00	Hallen forlades



Tilmelding senest den 10. september til Sidsel på: mail@sidselhomann.dk

Da det er første gang, at stævnet afholdes, er stævnet på forsøgsbasis gratis. Inkluderet er billigste transportmulighed, mad og overnatning til søndag. Vi håber rigtig mange – både dommere og svømmere har lyst til at komme.

Spørgsmål kan rettes til Sidsel på 28 587 794 eller mail@sidselhomann.dk

Arrangør: Lyseng IF-svømmeafdelingen i samarbejde med Dansk Svømmeunions Synkrosektion.