

17th January 2016.



RAINBOW AQUATICS INDO - SRI LANKA INVITATIONAL MASTERS SWIMMING MEET 2016

The Committee of the Rainbow Aquatics is pleased to invite you to participate in the Invitational Masters Swimming meet to be held at the Visakha Swimming Pool Complex (25m) on **Thursday 3rd and Friday 4th March 2016** at 5.30pm

This competition is to encourage fuller participation from the swimming clubs in the country, with the view to developing the concept of “Fitness through Swimming” and help raise the standard of Masters Swimming in Sri Lanka. We are sure that this meet will be conducted in the best spirits of friendly rivalry between the premier swimming clubs.

We are also happy announce that we have swimmers from oversees (India) participating in both events.

Entries

All entrees should be filled and handed over to the NCC reception by the 29th February (Monday). No late entrees will be accepted.

Age Groups & Number of Events

All swimmers can participate up to a maximum of Five (05) events

- 20-24, 25-29, 30-39, 40-49, 50-59, 60-69, 70-79

Events

Only Individual Races. No Relays. All events shall be swum as TIMED FINAL events.

| Name of Event | |
|-----------------------|---|
| 50m Freestyle | X |
| 100m Freestyle | X |
| 50m Breast Stroke | X |
| 100m Breast Stroke | X |
| 50m Back Stroke | X |
| 100m Back Stroke | X |
| 50m Butterfly Stroke | X |
| 100m Butterfly Stroke | X |
| 100m IM | X |
| 200m Free | X |
| | |

Awards

Medals

- All Top 3 finishes in each event will be awarded medals.

Championship Awards

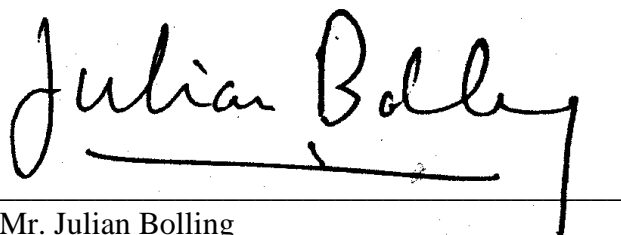
- There will Championship Awards given for champions of all age groups separately for both Male & Female. In an event of a Tie the swimmer with highest FINA points will be Awarded Champion.

Certificates

- All Participants will be awarded a certificate with the number of Events Participated, Time Achieved and Overall Ranking.

Order of Events

| | | 3 rd March Thursday | | | 4 th March Friday |
|---|----|--------------------------------|----|----|------------------------------|
| E | N | 5.30pm onwards | E | N | 5.30pm Onwards |
| G | B | | G | B | |
| 1 | 2 | 100m IM | 11 | 12 | 200m Free |
| 3 | 4 | 100m Freestyle | 13 | 14 | 50m Freestyle |
| 5 | 6 | 50m Breast Stroke | 15 | 16 | 100m Breast Stroke |
| 7 | 8 | 100m Back Stroke | 17 | 18 | 50m Back Stroke |
| 9 | 10 | 50m Butterfly Stroke | 19 | 20 | 100m Butterfly Stroke |



Mr. Julian Bolling
Director – Rainbow Swimming