

Uinti Espoo-Esbo Sim arranges

VIRIILIT VINSTAT

As Finnish Super Masters Championships

29.1.2005 at 2 p.m.
Espoonlahti pool, Espoo (25 m)

Order of events:

- | | |
|--------------------------|-----------------------------------|
| 1. Men 50 m butterfly | 6. Women 50 m breaststroke |
| 2. Women 50 m butterfly | 7. Men 50 m freestyle |
| 3. Men 50 m backstroke | 8. Women 50 m freestyle |
| 4. Women 50 m backstroke | 9. Men 100 m Individual Medley |
| 5. Men 50 m breaststroke | 10. Women 100 m Individual Medley |

All swimmers born 1980 or before are allowed to participate. In addition 0-series for 20 to 24 yrs. is swum, but those swimmers don't take part in Super Masters-competition. Swimmers get points from each event according to their age group and all swimmers compete in same all around category.

Top 3 in each event by points receive medals. Top five men and women from all around points are awarded with Super Masters trophy (combined points from all five events).

Warm up starts 1 hour before competition.

Entries by 21.1.2005 to the address below:

Johanna.Kara@uimaliitto.fi

Johanna Kara

Kivenhakkaajankuja 1 F 52

02650 Espoo

FINLAND

phone (09) 512 0161 or 040 - 538 8773

Entry fees 7 € per event or 28 € per all five events can be paid at location.

Welcome to Espoonlahti!