

Application form for participation in

**10<sup>th</sup> Russian Open Winter Swimming Championship**

21-22 march, 2015, Murmansk | Russia

Swimmer detail [all fields are mandatory]

Full Name \_\_\_\_\_

Date of birth, age \_\_\_\_\_

Age group \_\_\_\_\_

City/Town/Country \_\_\_\_\_

Organization/Club \_\_\_\_\_

Telephone number \_\_\_\_\_

Email \_\_\_\_\_

Skype \_\_\_\_\_

I agree with the rules \_\_\_\_\_yes/no

I agree with the competition regulations \_\_\_\_\_yes/no

Distances to swim (choose) \_\_\_\_\_

**\*Application should be filled on the official site <http://www.ocswr.fwsk.ru/zayavka.html> and sent to Vladimir Mironov [mmilmironov@mail.ru](mailto:mmilmironov@mail.ru).**

Age groups

1. (A) группа – 18-29 years
2. (B) группа – 30-39 years
3. (C) группа – 40-44 years
4. (D) группа – 45-49 years
5. (E) группа – 50–54 years
6. (F) группа – 55-59 years
7. (G) группа – 60-64 years
8. (H) группа – 65-69 years
9. (I) группа – 70 years and older

**Program of 10<sup>th</sup> Russian Open Winter  
Swimming Championship**

**21-22 march, 2015, Murmansk | Russia**

21 - 22 march - 10.00 - beginning of the competitions

**21 march**

25 м Free style 25 m (women)

25 м Free style 25 m (men)

50 м Free style 50 m (women)

50 м Free style 50 m (men)

Show swimmers time

25 м Free style 25 m (paraswimmers)

Relays: free style 4x25 m (men/women)

**22 march**

25 м Breaststroke (without head in the water) 25  
m (women)

25 м Breaststroke (without head in the water) 25  
m (men)

50 м Breaststroke (without head in the water) 50  
m (women)

50 м Breaststroke (without head in the water) 50  
m (men)

Relays: breaststroke 4x25 m (men/women)

450 м Free style 450 m (women/men)