



SPORT INFORMATION GUIDE SWIMMING

NICE 2015



INTERNATIONAL
MASTERS
GAMES
ASSOCIATION



VILLE DE NICE



ENGLISH VERSION

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THE MAYOR'S WORD

SPORTS, ALL

HIS LIFE

As an international sports event, the European Masters Games competition has put forward a concept that perfectly meets Nice's ambition to be the European city of sports as well as a model city with a capacity to implement innovative policies for seniors.

"To take a lifelong leading part in one's own physical condition and fitness", this is an important message I want to share with everyone, and this is why I was determined that the city of Nice be in a position to host this competition and make it a major event in France. A sports-health showcase. Indeed, Nice also wants to initiate an ambitious program for Senior Sports in France with the aim of developping this Masters Games concept to a nation-wide level and promoting various aspects of sports practice at all ages. The stakes are important, at a time when promoting physical activities and sports towards seniors is becoming a priority, and when we have to tackle the issue of today's sedentary lifestyle. This is not a matter of fate, as sport still remains the best way to take good care of one's physical and mental health throughout life.



Christian ESTROSI

Member of Parliament,
Mayor of Nice
President of the Nice-Côte d'Azur
Metropolitan Area

After the World Figure Skating Championships in 2012 and the Tour de France in 2013, and before the Euro 2016 football/ soccer competition, we want to make the European Masters Games an unforgettable experience for the thousands of visitors we welcome on this occasion, offering them the very best of Nice, a worldwide recognized welcoming place. Welcome everyone, welcome to Nice.

5TH LARGEST CITY OF FRANCE

NICE “LA



With 300 sunny days and 5 million visitors a year, Nice is the second most visited tourist destination of the country, and also possesses the second busiest international airport in France with over 11 million passengers a year. But the popularity of the fifth largest city of France reaches well beyond its “post-card” image: a rich heritage, a unique cuisine, a preserved language – “nissart” – and of course a worldwide famous Carnival make Nice an attractive capital with a strong identity.

“Nissa la bella” kept growing more beautiful with the inauguration, last October, of the “Promenade du Paillon”, truly a green haven in the heart of the city, and the recent redevelopment of the “Quai des Etats-Unis”, which now offers more space for pedestrians and cyclists to get around while enjoying an unobstructed view over the “Grande Bleue”, the Great Blue Mediterranean.

An exceptional land, therefore, for great international events, for culture and for sports. Sitting between sea and mountain, the “niçois”

BELLE”

(THE BEAUTIFUL)

land moreover constitutes an outstanding natural arena in the heart of France’s largest metro area: Nice-Côte d’Azur, 49 municipalities and 550,000 inhabitants.

In 2013, Nice made a major leap forward in the way of sports with the construction of Allianz Riviera, a superb, 35,000-seater sports arena, and the hosting of two major competitions: the 7th Francophonie Games and the

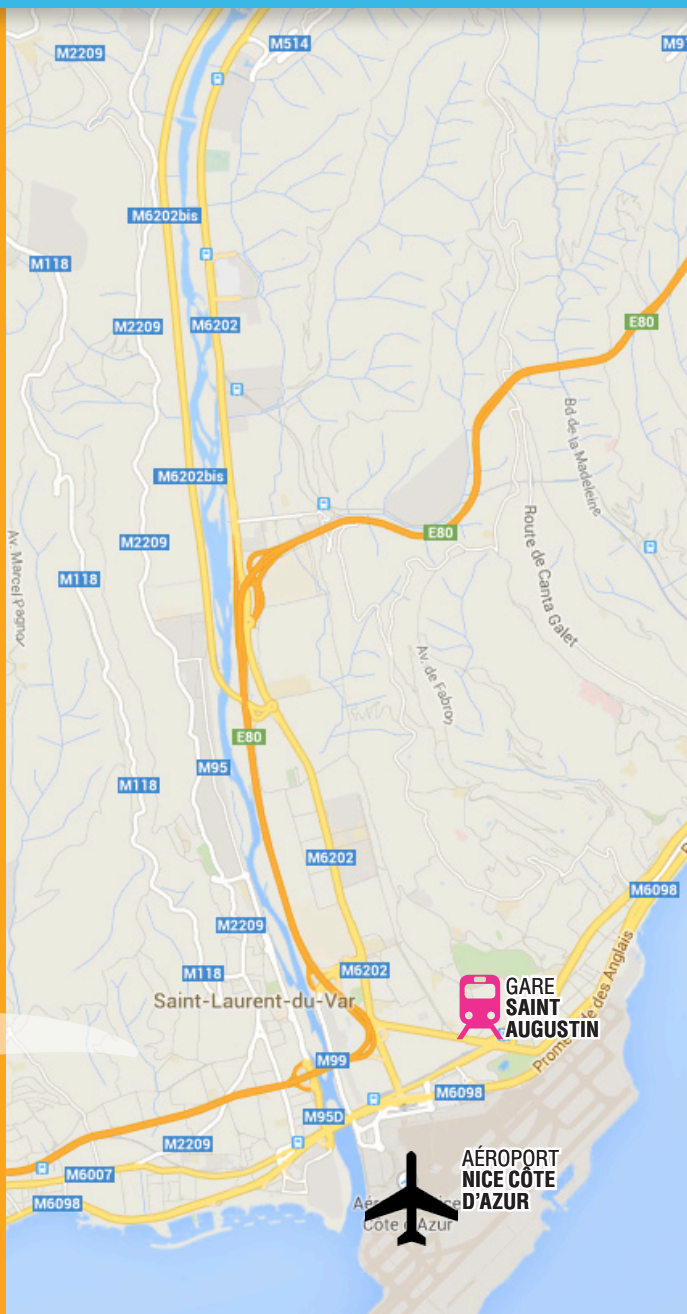
100th Tour de France, whose per-team time trial took place entirely in Nice. And subsequent to the cycling Tour de France, the sailing Tour de France made its great return in Nice in July 2014 for the competition’s finish line. The European Masters Games will further this ambition in October 2015, prior to Nice’s hosting, a few months later, of four football matches of the UEFA Euro 2016.

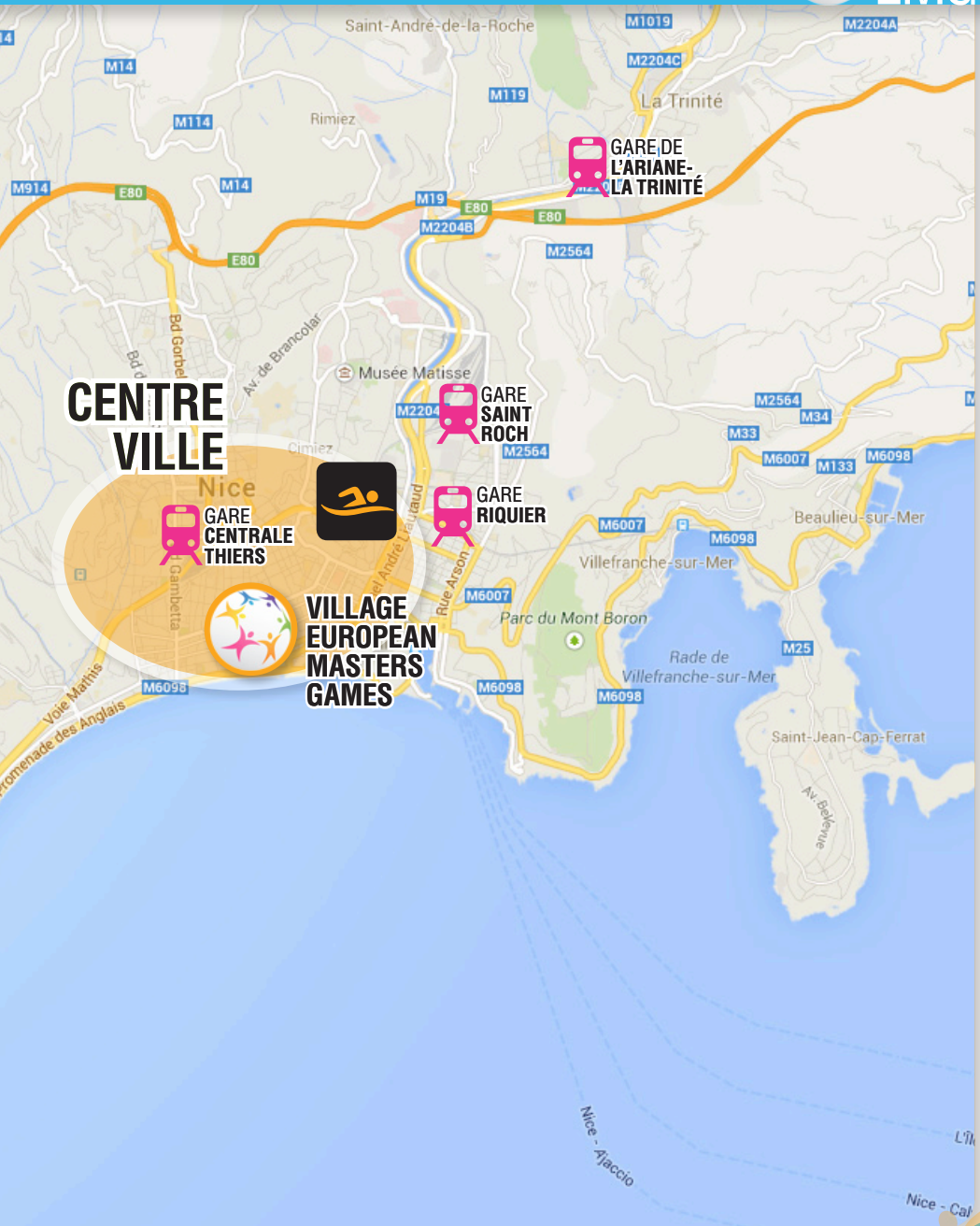
WELCOME TO NICE !

LOCATION OF VENUE



**COMPLEXE
JEAN BOUIN**





INTRODUCTION TO THE VENUE

COMPLEXE JEAN BOUIN



**2, RUE JEAN ALLÈGRE
NICE**

VENUE FACILITIES
Jean Bouin Carpark
(paid, 600 space +
Parc Azur),
refreshments, WIFI

GETTING THERE BY PUBLIC TRANSPORT

TRAIN/TER

- **Stop:** 'Riquier'
- **Travel time from Thiers Station:** 4mins

TRAMWAY

- **Stop:** 'Palais des Expositions'
- **Travel time from Place Masséna:** 10 mins

BUS

- **N°4**
- **Bus stop:** 'Risso/Palais'
- **Travel time from Masséna/ Gully Stop:** 10 mins



EXECUTIVE COMMITTEE

EMG NICE 2015	FEDERATION	ASSOCIATION
GAMES DIRECTOR Sylviane CASANOVA SPORTS DIRECTOR Laurent CIUBINI COMPETITION DIRECTOR Julien SASSI	TECHNICAL DELEGATE Gilles SEZIONALE	SUPPORT ASSOCIATION COMITÉ DÉPARTEMENTAL 06 HEAD OF ASSOCIATION Gilles SEZIONALE
ATHLETICS / SWIMMING SECTOR MANAGER Clément RUBECHI SWIMMING PROJECT MANAGER Valérie VINCENTI	—	ADDITIONAL ASSOCIATIONS ONN HEAD OF ASSOCIATION Erick LEFERT

REGULATIONS

CATEGORIES AND REGISTRATION

MEN AND WOMEN

INDIVIDUAL EVENTS

COMPETITION (M/W)

AGE CATEGORY

25 +
30 +
35 +
40 +
45 +
50 +
55 +
60 +
65 +
70 +
75 +
80 +
85 +
90 +
95 +
100 +

MIXED RELAY

COMPETITION

(COMBINED
AGE OF 2 MEN
AND 2 WOMEN
PARTICIPANTS)

100 - 119 years
120 - 159 years
160 - 199 years
200 - 239 years
240 - 279 years
280 - 319 years
320 - 359 years

MIXED

NB: All regulation conditions concerning categories, venues, the running of the competition and technical aspects are applied on a provisional basis and are subject to change when and how the executive committee sees appropriate, up until the beginning of the competition.



- **PARTICIPANT'S AGE** is calculated from 31st December 2015

- **EACH SWIMMER MAY COMPETE IN ONLY ONE CATEGORY**

- **RELAYS:** In the case of an insufficient number of players signing up, the executive committee reserves the right to regroup participants in the age category directly beneath them (or the age category above depending on the number of participants). The medals will, however, be awarded to

the first 3 teams by age category. It is up to the swimmer if they want to join more than one relay.

- **EACH CATEGORY WILL COMPRISE OF 16 SWIMMERS.** Registration will close 31st August 2015 or as soon as a category reaches capacity

- **THE EXECUTIVE COMMITTEE RESERVES THE RIGHT** the stop any athlete who exceeds more than 50% of entry time indicated at registration

ORGANISATION

SCHEDULE

DAILY TIMETABLE

6.30AM Pool doors open

7.00-8.00AM Warm up

8.00AM Competition Start

12.00AM End of qualifiers

2.00PM Warm up for finals

8.00PM Finals and award ceremony between each final

END OF DAY

• **THE SWIMMING EVENTS WILL TAKE PLACE** from Friday 2nd until Sunday 4th October

TRAINING

• **THURSDAY 1ST OCTOBER, AFTERNOON:** free access to pool for training for all participants

• **BETWEEN 7.00 AND 8.00AM EVERY DAY:** Warm up available to all participants

TECHNICAL MEETING

• **A TECHNICAL MEETING WILL TAKE PLACE** the day before the start of the competition in order to introduce the tournament, remind those involved of the regulations and the behaviour that is expected

COMPETITION CATEGORIES

INDIVIDUAL EVENTS

Freestyle	50m	100m	200m	400m	800m
Butterfly	50m	100m	200m		
Backstroke	50m	100m	200m		
Breaststroke	50m	100m	200m		
Medley			200m		

MIXED RELAY

Freestyle 4x50

TECHNICAL REGULATIONS

EQUIPMENT AND MATERIALS

- **ALL REGULATIONS WILL CONFORM** to those laid out by the International Swimming Federation (Masters Category) outside of those laid out in this booklet

- **ONE FALSE START PER QUALIFIER** will be permitted therefore two starts will be possible

- **GENERAL RANKINGS WILL BE ESTABLISH** on the basis of each athletes time for each event

TIMEKEEPING

- **TIMEKEEPING WILL BE CARRIED OUT BY** electronic timekeeping plates. The software is also important for entries and preparation of qualifiers

COMPETITION REGULATIONS

- **APART FROM ANY SPECIFIC REGULATIONS** outlined in this booklet, the rules of the competition will be those laid down by the International Swimming Federation



ADDITIONAL INFORMATION

AWARD CEREMONY AND MEDICAL



THE CEREMONY

- **THE OFFICIAL CEREMONIES** for each category and each event will take place at the end of the competition at the Athletes Village in a venue set up for this purpose or directly at the competition venue

MEDALS

- **MEDALS BY CATEGORY:** For each category, 3 athletes will be awarded medals (Gold, Silver, Bronze). In the event of certain categories being grouped together, each category will award 3 medals.

ANTHEM

- **THERE WILL BE NO NATION ANTHEM PLAYED**

HANDICAP

- **A HANDICAP EVENT WILL BE ORGANISED** for this sport (see annexe)
- **A HANDICAP LICENCE IS OBLIGATORY** in order to register and compete in this event

MEDICAL EXAMS

- **HEALTH CARE COVERAGE DURING THE EUROPEAN MASTERS GAMES NICE 2015**, will be arranged by the Games executive committee in accordance with the specifications of the International Masters Games Association. It will come into effect from 1st to 11th October after being approved by the Alpes-Maritimes administrative centre.

- **THE EXECUTIVE COMMITTEE IS RESPONSIBLE** for medical devices at the venues and the Athletes Village, the participants, the referees, the judges, the volunteers and the spectators. They will provide a high-quality, efficient and well-organized health service which respects the high standards enforced in France.

**DURING THE EMG,
VOLUNTEERS
WILL BE THERE
TO HELP THE HEALTH
COMMITTEE**

ANTI-DOPING CONTROLS

- **THE INTERNATIONAL MASTERS GAMES ASSOCIATION** has put the executive committee in charge of enforcing anti-doping rules and setting up anti-doping inspections.
- **ANTI-DOPING INSPECTIONS WILL TAKE PLACE** in compliance with advice given by the International Masters Games Association taken from the World Anti-Doping Code.
- **IT IS THE RESPONSIBILITY OF THE ATHLETES** and others involved in the events to be aware of the anti-doping regulations and the rules regarding the substances and methods which are banned.

ANNEX: HANDICAP

TYPE DE COMPÉTITION

PREDICTED EVENTS

Freestyle	50m	100m
Butterfly	50m	100m
Backstroke	50m	100m
Breaststroke	50m	100m

SCHEDULE

- **THESE EVENTS WILL TAKE PLACE** from Friday 2nd until Sunday 4th October

SPECIFIC REGULATIONS

- **THE REGULATIONS BEING FOLLOWED FOR THIS EVENT ARE THOSE PROPOSED BY THE INTERNATIONAL SWIMMING FEDERATION EXCEPT FOR THE FOLLOWING ADAPTATIONS FOR HANDICAPPED COMPETITORS:**

START

- **PARTICIPANTS CAN START EITHER BY DIVING OR ALREADY IN THE WATER.** A manual aide is permitted to any participant who has difficulty maintaining contact with the wall however the aide must not be seen to be propelling the participant forward.

SWIMS

- **SWIMMING STROKES** must conform to the regulations outlined by the International Swimming Federation. However each handicap will be evaluated by the judges







**GOOD
COMPETITION!**





OCTOBER 1-11, 2015

EUROPEAN
MASTERS
GAMES

NICE 2015



VILLE DE NICE

www.emg-nice2015.fr