

ARENA EUROPEAN MASTERS CHAMPIONSHIPS

25-29 MAY 2016

LONDON AQUATICS CENTRE
QUEEN ELIZABETH OLYMPIC PARK

www.euroaquatics2016.london

ATHLETE GUIDE



LEN EUROPEAN
AQUATICS CHAMPIONSHIPS
SWIMMING DIVING SYNCHRO MASTERS

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The information contained within this guide was accurate at the point of issue. Changes to schedules, procedures, facilities and services, along with any other essential updates, will be communicated to officials by competition management if required.

Welcome



Let's keep on breaking records!

It is the greatest pleasure for the members of the LEN Family to visit Great Britain once more. The European Aquatics Championships return to London, this famous capital after 76 years, and to this great country after 23 years – but almost all of us still have vivid memories from the Olympic Games held here four years ago.

Staging our prized continental showcase championship in the magnificent London Olympic Aquatic Centre in the Queen Elizabeth II Olympic Park is a milestone for several reasons. First of all, the European Aquatics Championships have reached a new dimension recently: surpassing the billion-barrier in the cumulative TV audience for the first time in 2010 shows how big our event has grown in all ways. And by visiting such vibrant cities as

Berlin in 2014 and now London, this event gains even more exposure and contributes more to promoting swimming, fair competition and a healthy lifestyle for all generations.

In addition, London 2016 will also serve as a firm base to add another great chapter to the success story on LEN's record-breaking season. There is a strong chance that we will see new marks in participation with 48 nations registered in the preliminary entries and the number of athletes showing their talent may well go above 1,000, just in three disciplines. We've seen something similar in January, at the Water Polo Europeans in Belgrade where 28 teams took part for the first time and the attendance went beyond expectations, including an all-time high turnout on the last day when 18,473 spectators filled the stands for the men's final.

Let me add, that LEN is also committed to sharing its success with our member Federations, to further boost this success story: alone this year 1.1 million euros have been offered for the athletes and for the national federations in prize money and in travel and accommodation assistance – something which has never happened before. We are able to do this as we have built something in recent years in which we can all be really proud of, thanks to our member federations, our wonderful athletes and coaches, all LEN Officials, the great LEN Partners and last but not least to the fantastic hosts of our events.

On this occasion let me thank once more for making these European Aquatics Championships happen, to the members of the Local Organising Committee, to British Swimming, to BBC Sport, the Host Broadcaster, to also the support from London City the London Legacy Development Corporation and UK Sport who have all contributed to bring this event to London, and finally to all volunteers, for their outstanding efforts, dedication and love towards our marvellous sport.

Thank you all – and now let's see what London has for us this May!

Paolo Barelli
LEN President



On behalf of British Swimming, the Local Organising Committee, the Mayor of London, Queen Elizabeth Olympic Park and UK Sport, I have great pleasure in welcoming everyone to the iconic London Aquatics Centre for the LEN European Aquatics Championships 2016.

Ever since winning the bid three years ago to host these Championships at this iconic venue in a truly special part of London, every single one of us has been excited about putting on an event for all to remember.

For the over 1,000 elite athletes competing from all corners of Europe, we wish them every success in what is the last major aquatics competition before the Rio 2016 Olympic Games.

We are proud to be part of UK Sport's #EveryRoadtoRio campaign and hope those competing athletes qualified for the Games – or hoping to qualify – use the Championships to prepare for the showpiece sporting event this summer.

For the over 10,000 masters athletes, again competing from all corners of Europe, we wish them every success as they bid to reach their personal aims and targets.

For the almost 30,000 spectators who will walk through the venue over the next two weeks, we hope the event lives long in their memory and they leave having enjoyed a wonderful event.

And for all the volunteers and staff who will be working hard to make the event a great success, we would like to thank you for making the Championships possible.

It is incredibly exciting to be back in the iconic London Aquatics Centre just four years after the success of the 2012 Olympic and Paralympics.

The UK last held the Championships over two decades ago in 1993 while they have not been seen in London for nearly eight decades when Wembley Arena acted as host in 1938.

Needless to say, excitement for the Championships has now reached fever pitch and we would also like to take this opportunity to thank the international federation for Europe – LEN – for their support in making the Championships a possibility.

On behalf of British Swimming, the Local Organising Committee, the Mayor of London, Queen Elizabeth Olympic Park and UK Sport again – enjoy the show!

Maurice Watkins CBE
British Swimming Chairman

General Information

Key Dates			
Date	Time	Meeting	Location
Monday 23 May	12:00	Athlete Training Opens	
Tuesday 24 May	14:00	Swimming International Technical Officials Meeting	Call Room 2
	16:00	Diving Technical Meeting	Call Room 1
	18:00	Synchronised Swimming Technical Meeting	Call Room 1
	18:30	Swimming National Technical Officials Meeting	Technical Officials Meeting Room
Wednesday 25 May	07:30	Swimming Competition starts	
	08:00	Diving Competition starts	
	18:30	Synchronised Swimming Competition starts	
Saturday 28 May		Diving Competition ends	
Sunday 29 May		Championships close	

Key Contacts

London 2016 Organising Committee	
Position	Name
CEO	Tom Chambers
Operations Manager	Kieran Walsh
Sport Competition Manager	Natalie Cunningham
Assistant Competition Manager	Kate Wallace
Masters Manager	Neil Booth
Masters Manager	Barry Saunders
Media Manager	Ryan Bangs
Accreditation Manager	Darren Jootun
Workforce Manager	Sarah Christian

LEN Technical Masters Committee		
Position	Name	Federation
Chairman	Simon Rothwell	GBR
Vice Chairman	Andrea Prayer	ITA
Secretary	Hans-Peter Sick	GER
Member	Jose Borges	POR
Member	Tim Farcnik	SVK
Member	Ivan Fejer**	ROU
Member	Boris Golosoun**	BLR
Member	Cem Görgül	TUR
Member	Lukasz Jarochowski**	POL
Member	Igor Kartashov	RUS
Member	Jan Novotny	CZE
Member	Hordur Oddfridarson	ISL
Member	Geir Andersan	NOR
Member	Sami Wahlman	FIN

** Water Polo representatives and will not be present at the Championships

Accreditation

Please be warned that we expect exceptionally long queues for collection of Masters Athlete Accreditation passes from 23rd May onwards. We have taken a number of steps to mitigate this, but please come prepared to queue outside the venue for a prolonged period of time. We advise you to try and come towards the start or end of the day. Every individual must come in person and is not permitted to collect the pass of another.

From the 23rd May, you can collect your accreditation from the dedicated Masters athlete Accreditation Distribution Centre (ADC), based in the upper welcome zone of the London Aquatics Centre, accessed via the 'Event Entrance' on the upper level.

When collecting your Accreditation you will need to bring your passport or ID card.

The diagram below shows the location of the VAHO (purple star) and the ADC (red arrow):



The VAHO and ADC (marked with ***) opening hours		
Date	Opens	Closes
23 rd – 24 th MAY***	0700	20:00
25 th – 27 th MAY***	0700	1900
28 th MAY***	0700	1600
29 th MAY***	0700	1400

Your Accreditation identifies you and demonstrates you are eligible to take part in the Championships, you should treat it as any secure document and ensure you do not lose it, or give to another person. If it is lost you may be asked to get a police report, and LEN may charge for a replacement.

There are no zones within the venue, simply accredited personnel or non-accredited personnel. Your Accreditation serves to control access through the venue perimeter and to gain access to the ground floor. You should wear it at all times when you are walking around inside the venue.

Your Accreditation will have on it a number of session codes, that represent the sessions you are taking part in, this is to assist in controlling the numbers inside the venue. When your event has ended we kindly ask that you vacate the venue to allow the next session's competitors to take part in their event. We kindly ask that you do not attempt to enter the venue more than 2 hours before your event is due to commence.

If you are taking part in a relay race you will need to state your team name and event when you enter the venue, please do not attempt to enter the venue for a relay race if you are not competing.

Useful Information

Money

The local currency in Great Britain is pound sterling (£). ATM machines can be found outside most banks, supermarkets and transport stations. There may be a charge for withdrawals. Most shops and restaurants accept debit and credit cards.

In Great Britain tipping is not normally obligatory but is often expected. The usual tip is around 10% - 15% of the total price.

Language

The national language of Great Britain is English.

Electricity

Standard power sockets operate 240 volts.



You will require a 3 pin converter in order to use your electrical appliances if purchased outside of Great Britain.

Telephone

The country code for Great Britain is: +44

Emergency Assistance

If at any point you require the police, fire or ambulance services, please dial 999. When making a call, remember the following points;

- Know your location
- Tell the operator which service you require
- Be prepared to answer basic questions

Tourist Information

For all information on tourist activities and top things to do in London please visit <http://www.visitlondon.com>



Welcome To Queen Elizabeth Olympic Park

We are delighted to welcome you to London and the London Aquatics Centre for the LEN European Aquatics Championships Masters 2016. Four years on from the historic Olympic and Paralympic Games of 2012, Queen Elizabeth Olympic Park is a thriving new destination for visitors to London, and we hope you will be able to spend some time exploring the Park.

We know that there is a busy schedule of competition so to help you make the most of your time here are some of the highlights of a visit to the Park, as well as some great offers from 25 to 29 May 2016 especially for participants on presentation of your Masters accreditation.

ArcelorMittal Orbit	The perfect place to take in the beauty of Zaha Hadid's spectacular London Aquatics Centre as well as the sweeping skyline of London is 80m high above the Park in Anish Kapoor's extraordinary sculpture.
	<p><i>ArcelorMittal Orbit Offer: two tickets for the price of one for your visit</i></p>
Park refreshments	The Podium and the Timber Lodge are great places to stop off for some refreshment as you explore the Park.
	<p><i>Offer: 10% off your bill during the day at both venues;</i></p> <p><i>The Podium also opens in the evening and is offering a 20% reduction after 6pm</i></p>

Take to the river	Boat tours leave regularly from the pontoon up river from the London Aquatics Centre.
	<i>Offer: two tickets for the price of one for your boat tour</i>
Take a tour	Official Blue Badge walking tours of the Park start at the Podium each Wednesday and Saturday. For a self-guided tour, pick up one of our Park trail leaflets at the Information Point.
Olympic Rings	The iconic symbol of the Olympic Games, this huge set of rings is in the north of the Park by the Lee Valley VeloPark.
Agitos	Symbolising the Paralympic motto 'Spirit in Motion', the Agitos is set into the bank beside the Eastcross Bridge in the north of the Park.
2012 venues	The Lee Valley VeloPark, Lee Valley Hockey and Tennis Centre, and the Copper Box Arena are now thriving community sports and event spaces and, subject to their event schedule, can all be visited.
Gardens	The 2012 Gardens and the Great British Gardens in the south, and the tranquil river setting in the north are beautiful green areas of the Park to explore.
Art in the Park	Artworks are spread far and wide in the Park, from the monumental Run sculpture outside the Copper Box Arena, through to the inscriptions on each of the Park's permanent benches. More details from the Information Point or the Park's website.

All offers are subject to availability. Please note that the Stadium is closed until next month when it will reopen as a permanent new home for athletics, football and concerts.

We are so pleased to be hosting the Masters as part of the LEN European Aquatics Championships 2016 and to welcome you as part of the lasting legacy of the London 2012 Games.

Peter Tudor
Director of Visitor Services

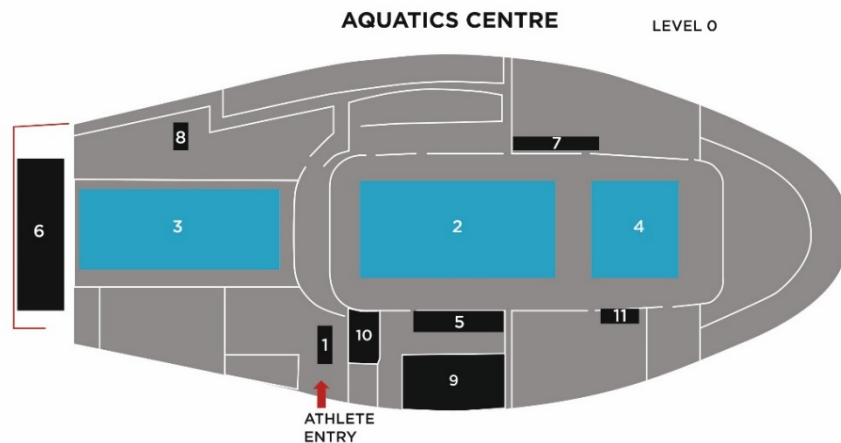
www.queenelizabetholympicpark.co.uk

Venue Information

All training and competition will take place at the London Aquatics Centre located within the Queen Elizabeth Olympic Park.

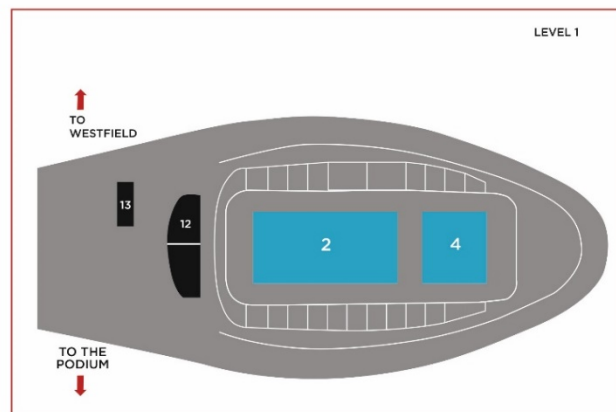
Venue address: London Aquatics Centre
Queen Elizabeth Olympic Park
London
E20 2AQ

Venue Map



KEY

- 1 SPORT INFORMATION DESK
- 2 SWIMMING POOL 1
- 3 SWIMMING POOL 2
- 4 DIVING & SYNCHRONISED SWIMMING POOL
- 5 SWIMMING CALL ROOM 1
- 6 SWIMMING CALL ROOM 2
- 7 DIVING & SYNCHRONISED SWIMMING CALL ROOM
- 8 TECHNICAL OFFICIALS CHANGING
- 9 TECHNICAL OFFICIALS MEETING ROOM
- 10 LEN OFFICE
- 11 LEN MASTERS COMMITTEE ROOM
- 12 ACCREDITATION COLLECTION
- 13 ACCREDITATION HELP OFFICE



Facilities & Services

Sport Information

A Sport Information Desk is located by the riverside entrance to the Aquatics Centre. The desk will provide a variety of services to teams, as follows;

- Dissemination of competition and training information
- Publication of start lists, draw lists and results
- Lost and found
- Weather information
- General information

The desk will be open throughout all training and competition sessions from Monday 23 May, 2016.

Changing rooms

Athlete changing villages are located adjacent to both the competition and training pools. These areas include showers, toilets, lockers and changing cubicles.

Medical Services

Medical services will be available from the medical team during all training and competition sessions. There will be doctors, paramedics and a fully equipped ambulance available at all times.

Catering Services

Two concession stands will supply a user pay service including a variety of drinks and cold snacks. Please be aware that these concession stands are cash only. We recommend athletes utilise the 10% discount offered at the Podium and the park catering concessions. A location map can be found outside the main event entrance on the Queen Elizabeth Bridge. Accredited persons will have no restriction on the quantity of food and drink they can bring into the venue.

Competition & Training environments

The London Aquatics Centre boasts three unique pools; a 10-lane, 3m deep swimming pool; an 8-lane, 2m deep swimming pool; and a 25m wide, 5m deep diving pool equipped with three 3m springboards, four 1m springboards and 0.8m, 3m, 5m, 7.5m and 10m platforms.

Both swimming pools are equipped with a full electronic timing system, Malmsten GOLD standard lane ropes and OSB 11 starting blocks.

Victory Ceremonies

Victory Ceremonies shall take place following the conclusion of each event at The Podium which is located beneath the ArcelorMittal Orbit (a five minute walk from the venue with great views of the Aquatics Centre and the Olympic Stadium). Announcements will be made within the venue to inform athletes of the exact time of these ceremonies. The Podium will be offering athletes and families a 10% discount on food and drink for the duration of the Championships.

Medals shall be awarded to competitors placed first to third in each event and age group. Diplomas shall be awarded to competitors placed first to eighth in each event and age group.

Should an athlete miss their medal ceremony they should attend The Podium where the medal and diploma will be handed across. Please note that medals and diplomas will only be handed to athletes with their accreditation.

Venue Essentials

Smoking policy

Smoking in public buildings and on public transportation is prohibited in Great Britain. There will be a designated smoking area outside of the London Aquatics Centre and will be clearly marked. Any persons found in breach of this law may be subject to eviction from the venue and potential prosecution.

Tap water

Tap water in Great Britain is safe to drink unless otherwise signposted.

Internet access

Wireless internet is available throughout the London Aquatics Centre.

Lost & Found

All reports of lost items at the London Aquatics Centre should be directed to the Sport Information Desk. This is also the location to which all found items should be delivered.

Training Information

Date	Swimming	
	Swimming Pool 1	Swimming Pool 2
23 rd May	12:00 – 20:00	12:00 – 20:00
24 th May	08:00 – 20:00	08:00 – 20:00

Date	Diving Pool	
	Diving	Synchro
23 rd May	12:00 – 16:00	16:00 – 20:00
24 th May	14:00 – 16:00 - Springboard 16:00 – 17:00 – Platform only 17:00 – 19:00 – Springboard 19:00 – 20:00 – Platform only	08:00 – 14:00

Swimming: Competition Information

The swimming competition at the Arena European Masters Championships will be held from 25-29 May at the London Aquatics Centre.

Swimming competition will take place in both swimming pools simultaneously. The events are listed per pool as part of the competition schedule detailed below.

Swimming Competition Schedule

Warm Up Management

Dedicated warm-up periods will be inserted into the schedule, either prior to the start of an event or included within the event duration depending on the entry level of that event.

The events with additional warm-up slots included are indicated in the table below. Heats will be separated into blocks with warm-up periods separating each block.

Only athletes competing in the upcoming heats will be permitted to utilise the warm-up slots provided.

Warm-up slots will be identified within the start lists which will be issued prior to the session.

Wednesday 25 May		
Start Time	Swimming Pool 1	Swimming Pool 2
06:30	45 minute warm-up	
07:30	Womens 200m Individual Medley	Mens 200m Individual Medley <i>1 additional 20 minute warm-up period included</i>
	<i>Womens 800m Freestyle – Warm-up (initial block of heats)</i>	<i>Mens 800m Freestyle – Warm-up (initial block of heats)</i>
	Womens 800m Freestyle <i>2 additional 20 minute warm-up periods included</i>	Mens 800m Freestyle <i>3 additional 20 minute warm-up periods included</i>
Thursday 26 May		
Start Time	Swimming Pool 1	Swimming Pool 2
06:30	45 minute warm-up	
07:30	Mens 200m Freestyle <i>1 additional 20 minute warm-up period included</i>	Womens 200m Freestyle <i>1 additional 20 minute warm-up period included</i>
	<i>Mens 50m Breaststroke – warm-up</i>	<i>Womens 50m Breaststroke – warm-up</i>
	Mens 50m Breaststroke	Womens 50m Breaststroke
	<i>Mens 100m Butterfly – warm-up</i>	<i>Womens 100m Butterfly – warm-up</i>
	Mens 100m Butterfly	Womens 100m Butterfly
	<i>Womens 4x50m Freestyle Team – warm-up</i>	Relay Warm-up
	Womens 4x50m Freestyle Team	
Mens 4x50m Freestyle Team		
Friday 27 May		
Start Time	Swimming Pool 1	Swimming Pool 2
06:30	45 minute warm-up	
07:30	Womens 200m Butterfly	Mens 200m Butterfly
	<i>Womens 50m Backstroke – Warm-up</i>	<i>Mens 50m Backstroke – Warm-up</i>
	Womens 50m Backstroke	Mens 50m Backstroke
	<i>Womens 100m Breaststroke – Warm-up</i>	<i>Mens 100m Breaststroke – Warm-up (initial block of heats)</i>
	Womens 100m Breaststroke	Mens 100m Breaststroke <i>1 additional 20 minute warm-up period included</i>
	<i>Mens 400m Freestyle – Warm-up</i>	<i>Mens 400m Freestyle – Warm-up</i>
	Mens 400m Freestyle	Mens 400m Freestyle
	<i>Mixed 4x50m Team – Warm-up</i>	Relay Warm-up
Mixed 4x50m Team		

Saturday 28 May		
Start Time	Swimming Pool 1	Swimming Pool 2
06:30	45 minute warm-up	
07:30	Mens 200m Backstroke	Womens 200m Backstroke <i>1 additional 20 minute warm-up period included</i>
	<i>Mens 50m Butterfly – Warm-up</i>	<i>Womens 50m Butterfly – Warm-up</i>
	Mens 50m Butterfly	Womens 50m Butterfly
	<i>Mens 100m Freestyle – Warm-up (initial block of heats)</i>	<i>Womens 100m Freestyle – Warm-up (initial block of heats)</i>
	Mens 100m Freestyle <i>1 additional 20 minute warm-up period included</i>	Womens 100m Freestyle <i>1 additional 20 minute warm-up period included</i>
	<i>Womens 400m Freestyle – Warm-up</i>	<i>Womens 400m Freestyle – Warm-up</i>
	Womens 400m Freestyle	Womens 400m Freestyle
<i>Mixed 4x50m Freestyle Team – Warm-up</i>		
	Mixed 4x50m Freestyle Team	<i>Relay Warm-up</i>
Sunday 29 May		
Start Time	Swimming Pool 1	Swimming Pool 2
06:30	45 minute warm-up	
07:30	Mens 200m Breaststroke <i>1 additional 20 minute warm-up period included</i>	Womens 200m Breaststroke <i>1 additional 20 minute warm-up period included</i>
	<i>Mens 50m Freestyle – Warm-up (initial block of heats)</i>	<i>Womens 50m Freestyle – Warm-up (initial block of heats)</i>
	Mens 50m Freestyle <i>1 additional 20 minute warm-up period included</i>	Womens 50m Freestyle <i>1 additional 20 minute warm-up period included</i>
	<i>Womens 100m Backstroke – Warm-up</i>	<i>Mens 100m Backstroke – Warm-up</i>
	Womens 100m Backstroke	Mens 100m Backstroke
	<i>Mens 4x50m Medley Team – Warm-up</i>	
	Mens 4x50m Medley Team	<i>Relay Warm-up</i>
Womens 4x50m Medley Team		

Competition Live Information Service

The event social media pages will be used to provide information on the competition. Athletes, friends and family will be able to view live updates on competition progress to ensure they arrive at the venue in time for their warm-up and race. We will use this service to highlight any essential information to the athlete community. The Championships website will also provide a link to live start lists and results.

Championships website: www.euroaquatics2016.london

Facebook: LEN European Aquatics Championships 2016

Twitter: @Aquatics2016

Competition Rules

The swimming competition will be held in accordance with the editions of the following documents that are in force at the time of the Championships;

- LEN General Rules
- LEN European Masters Championships in Swimming, Diving, Synchronised Swimming and Open Water
- FINA Rules and Regulations (2015-2017)

Confirmation of Participation

All athletes entered in the 400m and 800m events are required to confirm their intention to participate via the entry system which will be active on the website from Monday 23 May, the reconfirmation must be done no later than 18:00 on the day prior to the event taking place. A detailed guide will be available online explaining how to use the system and this will enable those travelling to re-confirm without having to be present in the venue before the deadline. There will be a facility in the sport information area to enable athletes to login and re-confirm.

Relay Declaration

All teams entered in the relay events are required to confirm their intention to participate and submit the names of the competitors and the order of swimming and entry time via the entry system which will be active on the website from Monday 23 May. The team leader must do this via the login details they used to enter the relays. This must be done no later than 18:00 on the day prior to the event taking place. A detailed guide will be available online explaining how to use the system and this will enable those travelling to confirm without having to be present in the venue before the deadline. There will be a facility in the sport information area to enable athletes to login and re-confirm.

Call Room Management

General Information

The competition pools will be titled Pool 1 (10 lane) and Pool 2 (8 Lane) each will have its own dedicated Call Room similarly numbered and indicated on the Venue Plan (page 9). There are no toilet facilities in either Call Room. Directions to the Call Rooms will be signposted throughout the venue.

Athletes should enter the Call Room 'race ready' as having been checked in they will be marshalled through and onto the deck in race order

Call Room 1

Call Room 1 serving pool one is accessed from near to the athlete entrance. On entry, athletes will be checked in and seated in race order moving through the room and onto the deck where final release to the race start will take place.

Call Room 2

Call Room 2 is a larger temporary structure attached to the venue alongside pool two. Entry to this Call Room will be signposted from the Changing Rooms. Athletes will enter into a general information and congregation area which is available to all athletes. Competing athletes will then be required to present in good time to the check in desk and then progress through the Call Room until released on to the deck to compete.

Diving: Competition Information

The diving competition at the Arena European Masters Championships will be held from 25-28 May at the London Aquatics Centre.

The London Aquatics Centre hosts a 25m x 20m x 5m deep diving pool which includes three 3m springboards, four 1m springboards and five platforms of 0.8m, 3m, 5m 7.5m and 10m in height. The field of play also includes showers and a hot tub. The field of play will be presented in accordance with FINA Rules and Regulations.

Diving Competition Schedule

Wednesday 25 May	
Session Start Time	Events
06:30	Warm-up
08:00	Womens 3m Springboard (70-80+) Mens 1m Springboard (70-80+)
	Warm-up
	Womens 3m Springboard (60-69) Mens 1m Springboard (60-69)
	Warm-up
	Womens 3m Springboard (50-59) Mens 1m Springboard (50-59)
	Warm-up
	Womens 3m Springboard (40-49) Mens 1m Springboard (35-39)
	Warm-up
	Womens 3m Springboard (25-34)
	Warm-up
Mens Platform (40-49)	
Thursday 26 May	
Session Start Time	Events
06:30	Warm-up
08:00	Mens 3m Springboard (70-80+) Womens 1m Springboard (70-80+)
	Warm-up
	Mens 3m Springboard (60-69) Womens 1m Springboard (60-69)
	Warm-up
	Mens 3m Springboard (50-59) Womens 1m Springboard (50-59)
	Warm-up
	Mens 3m Springboard (40-49) Womens 1m Springboard (35-39)
	Warm-up
	Mens 3m Springboard (25-34)
	Warm-up
Womens Platform (40-49)	
Friday 27 May	
Session Start Time	Events
06:30	Warm-up
08:00	Womens 1m Springboard (25-34) Womens 3m Springboard (35-39)
	Warm-up
	Mens 1m Springboard (25-34) Mens 3m Springboard (35-39)
	Warm-up
	Womens 1m Springboard (40-49) Mens Platform (70-80+) Womens Platform (70-80+)
	Warm-up
	Mens 1m Springboard (40-49)
	Warm-up
	Mens Platform (50-69)
	Warm-up
Womens Platform (50-69)	

Saturday 28 May	
Session Start Time	Events
06:30	Warm-up
08:00	Mens Platform (30-39)
	Warm-up
	Womens Platform (30-39)
	Warm-up
	Mens Platform (25-29)
	Warm-up
	Womens Platform (25-29)

Please note: as shown above the 1m and 3m events will take place simultaneously.

Competition Format

Number of Rounds			
Event	Age	Men	Women
1m & 3m Springboard	25-49	7	6
1m & 3m Springboard	50-69	6	5
1m & 3m Springboard	70-79	5	4
1m & 3m Springboard	80+	4	3
Platform	25-49	6	6
Platform	50-69	5	5
Platform	70-79	4	4
Platform	80+	3	3

The events will be competed in the following age categories;

25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

All events will competed as a straight final.

Competition Rules

The diving competition will be held in accordance with the editions of the following documents that are in force at the time of the Championships;

- LEN General Rules
- LEN European Masters Championships in Swimming, Diving, Synchronised Swimming and Open Water
- FINA Rules and Regulations (2015-2017)

Statement of Dives

In accordance with FINA Rules and Regulations, each diver or diver's representative must submit a complete list of dives 24 hours prior to the competition. The list of dives must be submitted via a Microplus terminal located adjacent to the Sport Information Desk at the London Aquatics Centre.

The referee may accept submissions after the 24 hour deadline, up to three hours before the start of the event, provided it is accompanied by the 50€. This fee is to be paid to the LEN Office only.

Pre-Competition Procedures

Competition Draw

The draw for all diving events will take place at the Technical Meeting on Tuesday 24 May 2016.

Technical Meeting

Date: Tuesday 24 May, 2016

Time: 16:00

Location: Call Room 1, London Aquatics Centre

The Technical Meeting, which will be led by the LEN Masters Committee, will cover the following key topics;

- Welcome
- Introduction from LEN
- Draw
- Athlete flows

Synchronised Swimming: Competition Information

The synchronised swimming competition at the Arena European Masters Championships will be held from 25-29 May at the London Aquatics Centre.

The synchronised swimming competition will be held in the 25m x 20m x 5m deep diving pool. A 10m x 3.2m x 0.3m starting platform will be installed on one side of the diving pool.

Synchronised Swimming Competition Schedule

Wednesday 25 May	
Session Start Time	Event
17:30	Warm-up
18:30	Solo Technical Routine
Thursday 26 May	
Session Start Time	Event
17:15	Warm-up
18:30	Duet Technical Routine
Friday 27 May	
Session Start Time	Event
19:45	Warm-up
20:30	Team Technical Routine
Saturday 28 May	
Session Start Time	Event
11:30	Warm-up
13:00	Duet Free Routine
18:30	Warm-up
19:30	Free Combination
Sunday 29 May	
Session Start Time	Event
06:30	Warm-up
08:00	Solo Free Routine
13:00	Warm-up
15:00	Team Free Routine

Competition Format

Event		Times	Draw	Result
Solo	Technical Routine	1:30	Pre-drawn. Details below	The final result is determined by adding the results of the Technical Routine and Free Routine for a maximum of 200 points
	Free Routine	2:30	Will take place following the technical routine	
Duet	Technical Routine	1:40	Pre-drawn. Details below	
	Free Routine	3:00	Will take place following the technical routine	
Team	Technical Routine	1:50	Pre-drawn. Details below	
	Free Routine	4:00	Will take place following the technical routine	
Free Combination		4:30	Pre-drawn. Details below	The routine score will be the final score

Competition Rules

The synchronised swimming competition will be held in accordance with the editions of the following documents that are in force at the time of the Championships;

- LEN General Rules
- LEN European Masters Championships in Swimming, Diving, Synchronised Swimming and Open Water
- FINA Rules and Regulations (2015-2017)

Draw for order of age group

A draw took place at the London2016 offices on Sunday 24 April for the order of age groups and the order of appearance for the technical routines. The results of the draws are detailed below.

Solo		Duet		Team	
Age Group	Entries	Age Group	Entries	Age Group	Entries
60-69	5	40-49	13	35-49	8
30-39	21	60-69	2	25-34	11
50-59	7	30-39	22	50-64	2
70-79	1	50-59	7		
25-29	16	25-29	21		
40-49	14				

Draw for order of appearance – Technical Routine

The draw for order of appearance for the technical routines will take place at the beginning of May. The results of the draw will be posted on the Championships website www.euroaquatics2016.london

Draw for order of appearance – Free Routine

The draw for order of appearance for the free routine will take place as soon as possible following the completion of the technical routine

Pre-Competition Procedures

Technical Meeting

Date: Tuesday 24 May, 2016

Time: 18:00

Location: Call Room 1

The Technical Meeting, which will be led by the LEN Masters Committee will cover the following key topics;

- Welcome and Roll Call
- Introduction from LEN
- Athlete flows