



FINA WORLD CHAMPIONSHIPS
MASTERS
KAZAN 2015

Fina
WORLD
CHAMPIONSHIPS

16th FINA World Masters
Championships 2015
in Kazan



ENTRY BOOKLET (VERSION 2)

August 5, 2015 to August 16, 2015

Kazan

Version 2, as of February 2015

Please always refer to the latest version of the Entry Booklet

Preface

For the first time in the history of the FINA Championships, the 16th FINA World Masters Championships 2015 in Kazan will be integrated into the 16th FINA World Championships. It will be a unique opportunity for the guests, spectators and Masters athletes to be a part of the two most remarkable sporting events of summer 2015.

The city will amaze everyone with its beauty, its modern developed infrastructure and its advanced technology. The athletes and guests will be able to enjoy the exceptionally comfortable conditions created here.

The Organising Committee is happy to offer a simplified procedure of obtaining Russian visas and is pleased to provide all participants with the official letters of invitation to facilitate the visa application process.

Moreover, the recently constructed Athletes' Village is ready to welcome the Masters participants of the Championships, providing the most convenient accommodation facilities. Being a modern residential complex, the campus also offers a scope of essential services including a supermarket, a souvenir shop, a beauty salon, a lounge zone, etc. Thanks to its favourable location, the participants can easily and quickly get here from the Kazan International Airport.

The Organising Committee is proud to announce that a free shuttle bus system will be available to ensure smooth transportation of the participants from the official places of accommodation to the venues. Free of charge return transfers from the airport to the official places of accommodation will be organised for the participants' convenience.

The Organising Committee is delighted to offer a great variety of cultural and amusement events during the Championships. The FINA Water World Park will become a major cultural site of the Championships offering its visitors and guests a diverse entertainment and cultural programme.

We truly hope that you are going to take an active part in the Masters Championships in Kazan and contribute to the great history of the worldwide aquatic sports movement.

We are looking forward to welcoming you in Kazan!

Organising Committee "Kazan 2015"

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CHAPTER 1. WELCOME ADDRESSES

1.1. Message from the FINA President, Dr. Julio C. Maglione



It is my great pleasure to invite all of you to Kazan (RUS) for the 16th FINA World Masters Championships, in 2015.

While participating at these Championships, you will be entering into FINA's history. As you know, for the first time, the FINA World Masters Championships will be organised in conjunction with the FINA World Championships, also taking place in Kazan from July 24 to August 9, 2015. The Masters rendezvous will be staged immediately after the elite's event.

This opportunity will be a unique occasion for all Masters competitors to experience the atmosphere of FINA's major showcase in the Aquatic sports and enjoy the same facilities and venues where our biggest Stars will once more delight the planet with their performances.

You will therefore feel more inspired.

With the FINA World Masters Championships, we want to prove that no matter the age, our swimmers, water polo players, divers, synchronised and open water swimmers are still capable to embrace the values of the Masters Movement – friendship, fitness, understanding and competition.

At the same time, the FINA World Masters Championships are an important challenge in terms of organisation, as it is presently the biggest FINA competition, with over 10,000 athletes. The jointly organisation with the FINA World Championships will try to maximise the synergies between the two competitions and facilitate the task of the Organising Committee.

In this occasion, I would like to express my gratitude to the Russian Swimming Federation, to all the authorities from Russia and from the Republic of Tatarstan, and to the Organising Committee of these championships for their continuous support and hard work. Their enthusiasm and professionalism are a guarantee of a brilliant competition.

Therefore, please book in your agendas, the biggest 2015 rendezvous in Russia. We are waiting for you in Kazan!

A stylized, handwritten signature of Dr. Julio C. Maglione in black ink.

Dr. Julio C. Maglione
FINA President

1.2. Message from the Minister of Sport of the Russian Federation, Vitaly Mutko



Dear Participants!

For the first time in its history, in 2015 the Russian Federation will be holding the two prestigious tournaments of the world level — the FINA World Championships and the FINA World Masters Championships.

Our country has long ago recognised the aquatic sports, so the Russian athletes successfully perform at the competitions of the highest level.

The FINA World Masters Championships in Kazan is an outstanding event in the sports life of Russia. It is aimed at promoting swimming sport among the public, at developing mass sports activities in the regions as well as at expanding sport tourism.

I am certain that Kazan has all favourable conditions required for the smooth running of the FINA World Masters Championships, and all necessary assistance will be rendered by the organisers.

I am pleased to invite you to take part in the FINA World Masters Championships, and I hope that these competitions will be the most enthusiastic and memorable throughout the whole history of the Championships!

A handwritten signature in black ink, which appears to read "V. Mutko". The signature is stylized with a large, looped 'V' and a long horizontal stroke at the end.

Vitaly Mutko
Minister of Sport of the
Russian Federation

1.3. Message from the President of the Russian Swimming Federation, Vladimir Salnikov



Dear Friends and Colleagues!

Allow me to take this opportunity to express my gratitude to the International Swimming Federation for their faith in our country to host the 16th FINA World Masters Championships 2015 in Kazan. Russia is welcoming the world's best athletes and it is a great honour and a significant event for us.

The idea to combine the 16th FINA World Championships 2015 and the 16th FINA World Masters Championships 2015 for the first time in the capital of the Republic of Tatarstan is in many ways unique. Our country has accumulated great experience in hosting large international events, and I have no doubt that Kazan will meet, if not exceed, the expectations of the participants and guests of the Championships who will appreciate the professionalism of the competition's organisers.

Sport is life. This indisputable truth is being proven, without exception, by the participants of the Masters to the entire world. For those of you who are concluding your athletic careers, it is not the end of your involvement in the sport, but a beginning of a new path — a path that leads to further improvement of your skills and where new challenges await you. You are examples for the younger generation of athletes and enthusiasts whose life has never been associated with professional sports. Your experience and your lifestyle inspire younger generation to be active in sport, and your achievements are admired around the world.

I want to assure you that we will do everything to make Kazan a hospitable home for all the participants of the competitions, where you can not only test yourself in the international arena, but in the process interact with like-minded people and make new friends.

I am confident that the up-coming FINA World Masters Championships will bestow upon you lasting impressions. From me personally and on behalf of the Russian Swimming Federation, I wish all the participants fast times, healthy competition and new life and sporting achievements!

A handwritten signature in black ink, which appears to be 'V. Salnikov'. The signature is stylized with long, sweeping strokes.

Vladimir Salnikov
President of the Russian
Swimming Federation

1.4. Message from the President of the Republic of Tatarstan, Rustam Minnikhanov



Dear Participants!

It is an honour for us to host simultaneously the 16th FINA World Championships 2015 and 16th FINA World Masters Championships 2015 for the first time in their history.

The FINA World Masters Championships are a wonderful tradition aimed at supporting athletes of all ages and promoting swimming among the general population as a whole. We thank you for placing your trust in us to serve as hosts for such famous athletes in aquatic sports.

We fully support swimming and aquatic sports in general. Currently, there are more than 160 swimming pools in Tatarstan, including 8 swimming pools constructed last year. At the Universiade in Kazan, 4 aquatic disciplines were represented. Synchronised Swimming was included in the Universiade programme for the first time.

We are working in Tatarstan to raise new champion swimmers. In our youth athletic schools, one of the most popular sport disciplines is Swimming with close to 6 000 participants; in addition, Water Polo and Synchronised Swimming are attracting great interest. The Republic is famous for its professional Water Polo team called Sintez, winners of the LEN Trophy cup, multi-times champions and medal finalists.

I am confident that the hosting of this event will not only attract tremendous interest from the residents of Tatarstan, but will also attract a lot of attention from the entire world community and will be beneficial for engaging a new generation of athletes in aquatic sports.

We are prepared to provide a worthy level of service and an excellent opportunity for training to athletes; and we hope very much that at these competitions you will be able to demonstrate your best achievements!

A handwritten signature in black ink, consisting of a large, stylized 'R' followed by a cursive 'M' and a small flourish at the end.

Rustam Minnikhanov
President of the Republic
of Tatarstan

1.5. Message from the Mayor of Kazan, Ilсур Metshin



Dear Friends!

In July and August of 2015, Kazan for the first time in history will host simultaneously two of the world's largest sporting tournaments: the 16th FINA World Championships 2015 and the 16th FINA World Masters Championships 2015.

I am convinced that it was by no accident that the capital of Tatarstan was chosen to host these competitions. Kazan is an ancient and beautiful city with a rich history. Thanks to the intertwining of folklore, customs and traditions of various nationalities that inhabit the area, its culture is unique and multifaceted. I believe that the events organised as part of these Championships will be of great interest to you and you will enjoy taking part in them.

Despite its 1000-year long history, Kazan is a modern, dynamic and developing city. I think its developed sports infrastructure will surprise you: swimming pools and stadiums have been constructed using the latest technological achievements and meet all the modern requirements to venues of this kind. This is not the first time that Kazan hosts a major sporting event, which means you will have a great opportunity not only to appreciate the high level of service, but also to fully enjoy the friendly and welcoming atmosphere. The residents of the capital will offer you a warm welcome in the best traditions of Tatar hospitality.

Welcome to Kazan! I sincerely hope that these Championships will be very exciting and leave a long lasting impression on you!

A handwritten signature in black ink, consisting of stylized, flowing letters that appear to be 'Ilсур Metshin'.

Ilсур Metshin
Mayor of Kazan

1.6. Message from the Director General of the Executive Directorate for Sports Projects, Azat Kadyrov



Dear Friends!

I cordially welcome you on behalf of the Executive Directorate for Sports Projects — the Official Organiser of the 16th FINA World Championships 2015 in Kazan! Hosting the World Masters Championships in Russia, in particular in Kazan, is a significant historical event.

Our dedicated team is making every concerted effort to make these Championships an unforgettable event for you and for guests of our splendid city!

We have made all the necessary preparations for the FINA World Masters Championships 2015 so that athletes are comfortably housed, provided with quality food and transport and also take in a rich cultural programme and unforgettable ceremonies.

To ensure the operational capacity of all the facilities, staff is already testing them in the framework of competitions at the Russian and international level which take place in our city.

We hope that your country's sport teams will actively participate in the World Masters Championships in Kazan and will write their names in the glorious pages of history of world sporting achievements.

A stylized, handwritten signature in black ink, consisting of several fluid, overlapping strokes.

Azat Kadyrov
Director General of the Executive
Directorate for Sports Projects

CHAPTER 2. RUSSIA, KAZAN

2.1. Welcome to Russia

The Russian Federation is the world's largest country by land area. At 17 098 246 square kilometres, Russia covers most of Eastern Europe and North Asia, stretching from the Baltic Sea in the west to the Pacific Ocean in the east, and from the Arctic Ocean in the north to the Black Sea. It is the only country in the world that is divided into 11 time zones.

In terms of population, Russia ranks sixth in the world after China, India, USA, Indonesia, and Brazil. There are 146.1 million citizens who reside here and represent more than 160 nationalities. The variety of nationalities in the country accounts for its faith diversity. The major religions practiced in Russia are Christianity, Islam, Buddhism, and Judaism.

The capital of the Russian Federation is the city of Moscow. It is the main political, economic and cultural centre of the country.

2.2. Welcome to the Republic of Tatarstan

The Republic of Tatarstan is one of the most progressive regions of the Russian Federation in terms of economic development. It is located in the central part of the Russian Federation, in the confluence of two major rivers – the Volga and the Kama. Its area is 67 836.2 square kilometres and population is 3 838 230 people.

Tatarstan is a multinational republic. Traditional religions practiced here include Islam and Orthodox Christianity. The official languages of the Republic of Tatarstan are Russian and Tatar.

For more than 200 years, Kazan has been one of the leading scientific centres in Eastern Europe. Such Tatarstan residents as Nikolai Lobachevsky, Nikolai Zinin, Alexander Butlerov, Alexander Arbuzov, Evgeny Zavoisky, Vasily Radlov and Karl Fuchs have made historic contributions to world science.

Tatarstan is associated with the country's most prominent cultural figures such as opera singer Fyodor Shalyapin, writers Leo Tolstoy, Maksim Gorky, Vasily Aksenov and artist Ivan Shishkin and many others. Wonderful contributions to Tatar culture were made by poets Gabdulla Tukai and Musa Jalil, as well as by composers Salikh Saidashev and Sofia Gubaidulina. Tatarstan is world famous for its International Opera Festival named after Fyodor Shalyapin, as well as the International Classical Ballet Festival named after Rudolf Nuriev, the International Muslim Film Festival, the International Theatre Festival of Turkic Peoples "Nauruz", and the "Europe-Asia" International Festival of Modern Chamber Music.

More detailed information is available on the official website of the Republic of Tatarstan <http://tatarstan.ru/eng/>.



2.3. Kazan – the Capital of the Republic of Tatarstan

Kazan is the capital of the Republic of Tatarstan and is one of Russia's major economic, political, scientific, cultural and sports centres. It is the largest city in the Volga region, where there is harmony in cultural, religious and linguistic diversity. The population of Kazan is 1 190 850 people – representatives of more than 100 nationalities of diverse cultures, religions and languages that live in peaceful and harmonious coexistence.

Kazan is located on the left bank of the Volga River. Thanks to its favourable location, Kazan has long been called the “port of the five seas”. Kazan Territory covers an area of 613.3 square kilometres.

The Kazan Kremlin, which is a UNESCO heritage site, and the city's one-thousand year history make Kazan one of the most appealing tourist attractions in Russia.

There are 44 higher education institutions in Kazan, with approximately 140 000 students from 67 countries. Kazan has been historically one of Russia's leading scientific centres.

Thanks to the development of the sports infrastructure and the hosting of international sporting events, Kazan was recognised as the Sports Capital of Russia in 2009. On November 6, 2013 in London, at the 7th International Sports Event Management (ISEM) Awards Ceremony, Kazan was recognised as one of the world's best cities to host international sporting events (Highly Commended Sport City). In April 2014 at the International SportAccord Convention in Belek, Turkey, Sport Business International magazine awarded the capital of the Republic of Tatarstan with the prize in the “Best Newcomer” nomination.

More detailed information is available on the official website of Kazan <http://www.kzn.ru/eng>.

CHAPTER 3. 16th FINA WORLD MASTERS CHAMPIONSHIPS 2015 IN KAZAN

3.1. Registration

In order to be accredited for the Masters Championships as a participant one should pass online registration following the link <https://registration.fina.org>. The registration shall take place through the online FINA General Management System (FINA GMS). The registration will start on February 17, 2015 and end on June 15, 2015.

To complete the registration form you should:

1. Go to <https://registration.fina.org>
2. Click "Create Account". Select either Masters Athlete, Masters Coach or Masters Accompanying Person.
3. Fill in your personal data in your profile
4. Attach your colour image (please follow the photograph requirements)
5. Attach scanned copy of the personal identification document
6. Select the "FINA World Masters Championships 2015" in the Event Tab.
7. Indicate disciplines in which you are going to compete
8. Pay Participation Fee online
9. Select the events you wish to participate in
10. Pay the event fees.

The registration user guide can be found by [clicking here](#) or at the bottom of every page of the registration system by clicking "User Help".

Registration Deadlines:

FINAL Registration and Individual Events Deadline: June 15, 2015

- All persons willing to participate must be registered and have paid their registration fee to the event by June 15, 2015.
- No registrations will be accepted after June 15, 2015.
- All individual event entries must be paid by June 15, 2015.

FINAL Sport Entries (Correction for Individual events and Submission of Team events entries) **Deadline: July 2, 2015**

- All corrections to Individual swimming entries must be submitted by July 2, 2015. Only corrections to individual Swimming entry times (submitted and paid before June 15, 2015) will be accepted up to July 2, 2015.
- All Team event entries must be submitted and paid by July 2, 2015. Only persons registered by the registration deadline (June 15, 2015) will be able to be added to teams before the deadline (July 2, 2015).
- No changes or additions to Individual or Team event entries will be accepted after July 2, 2015

NB: All fees must be paid by the respective deadline.

Photograph Requirements

A passport style photo must be supplied during online registration and will be used as part of the accreditation badge to gain access to venues at the Championships. In order for photographs to be uploaded into the system they must be in the *.jpeg (*.jpg) format, in colour, not black and white, a minimum image size resolution of 425 pixels wide by minimum 566 pixels high and a maximum size of 1 mb.

THE PHOTOGRAPHS MUST BE:

- taken against a plain white, light grey or light cream background
- free from shadows
- taken in full-face view directly facing the camera, chin and shoulders must be visible
- with a neutral expression with the mouth closed (no grinning, frowning or raised eyebrows)
- taken with the eyes open looking straight at the camera and clearly visible (with no sunglasses or tinted spectacles, and no hair across the eyes)
- in sharp focus and clear
- free from reflection or glare on spectacles, the frames of which must not cover any part of the eyes
- taken of the full head, without any covering unless worn for religious reasons (provided that a person is photographed likewise in the passport)
- of each person on their own (no objects, chair backs or other people visible)
- free from any editing to improve or alter the appearance in any way
- taken no earlier than 6 months before the documents are submitted
- originals only (copied or scanned photographs are **NOT** acceptable)

3.2. Fees and Entry Procedures

The participants are invited to pay all the fees through the FINA GMS.

Once participants choose the event and disciplines they have to pay a fee in order to be approved. MasterCard and Visa payments are accepted. A participant receives an e-mail notification of the successful or unsuccessful payment.

Registration for Team, Relay and Synchronised, Events (Swimming, Diving, Synchronised Swimming, Water Polo).

Once a participant is registered and if he/she is nominated as a captain or coach, he/she is able to see the names of other people who have registered from the same club. Then he/she can select these people in order to make a team to participate in an event. Once the team is complete, he/she must pay the fee and then the entry is approved upon successful payment. Thus, only one person could make the team entry.

Registration Fees

Registration Fee for Athletes (one-time fee)	USD 60
Registration Fee for Coaches/Support Staff only (one-time fee)	USD 40
Registration Fee for Family Members/Participant Friend only (one-time fee)	USD 40

*If you are participating as an Athlete and a Coach, you should register as an Athlete.

Entry Fees

Swimming Entry Fee – per event	USD 13
Swimming Entry Fee – per relay	USD 36
Open Water Swimming Entry Fee – per event	USD 40
Diving Entry Fee – per event	USD 13
Synchronised Diving Entry Fee – per event	USD 27
Water Polo Entry Fee – per team	USD 380
Synchronised Swimming Solo Fee	USD 13
Synchronised Swimming Duet Fee – per event	USD 27
Synchronised Swimming Team and Free Combination Fee – per event	USD 82

Refunds

Except for Water Polo teams where there are not at least three(3) teams in a bracket, there are no refunds. You may not transfer one entry to another competitor.

3.3 Accreditation

All participants (athletes, coaches, managers, team representatives and other accompanying persons) shall visit the Accreditation Centre upon arrival to go through the accreditation process and receive accreditation badges.

Accreditation Centre Address	Main International Centre of the Athletes' Village
Working Schedule	August 1 – August 17, 2015, 24/7

Personal identification document indicated in the registration form should be presented when receiving an accreditation badge.

3.4. Visa Procedures

The Organising Committee of the 16th FINA World Masters Championships 2015 in Kazan (Russia) offers the confirmed participants a **simplified procedure** of obtaining Russian visas.

The visa issuing process is proposed to be free of any consulate or visa fees provided that the visa application is made through the Embassy/Consulate of the Russian Federation. **Please note** that all the fees charged by the agencies as well as all other expenses related to the visa application are to be paid by the applicant and will not be refunded by the Organising Committee.

A **single-entry humanitarian visa** valid during the period between **July 15, 2015 and August 20, 2015** will be issued by the Embassy/Consulate of the Russian Federation on the basis of an **Official Letter of Invitation provided by the Organising Committee**.

The **Letter of Invitation** is the official invitation letter issued by the Organising Committee that declares and confirms the participant's intention to participate in the Championships and allows getting the **Russian entry visa**. The Invitation Letter is required during the visa application procedure to be done by the individual at the Embassy/Consulate of the Russian Federation in the country of residence.

The Letter of Invitation provided by the Organising Committee is not valid for travelling and entering the Russian Federation and by no means will be considered by border control authorities. The aim of the Invitation Letter is solely to initiate and support official visa application procedure.

The participant must apply for an official letter of invitation through the FINA General Management System (FINA GMS) by the **deadline June 15, 2015 at 19:59 (GMT)**. Data submitted after the deadline WILL NOT be accepted for issuing the invitation letter.

The **accompanying persons** will be also provided with the letter of invitation if the required data (as specified below) are submitted and the registration fees are paid in full through the FINA GMS. **Please note** if an accompanying person is not submitted to the FINA GMS or is not approved by the Organising Committee, he/she should apply for a tourist visa and the Organising Committee does not provide any assistance on this matter.

The process of issuing and delivering official invitations takes 7–10 days from the moment the application is submitted to the FINA GMS and approved by the Organising Committee to the moment the invitation is delivered to the participant by e-mail.

In order to receive an official letter of invitation the participant must:

1. Submit the relevant **personal information** through the FINA GMS. **Please note** that the personal information (name, surname, citizenship, passport number, gender, etc.) must be identical to the one in the ID.
2. Upload the **photographs** through the FINA GMS strictly in accordance with the photograph requirements and format **that can be viewed by clicking here**.

3. Upload **scanned/electronic copy of a valid passport** through the FINA GMS. **Please note** that the passport must be valid at least until February 20, 2016.
4. Submit a **name of the Responsible Organisation** and valid **postal address**.
5. Submit a **city and country** where the visa application will be made.
6. Submit a **single, correct and valid e-mail address** where the scanned official invitation will be sent.
7. Pay **registration/participation fees**.
8. On the basis of the information received, the Organising Committee will issue an official invitation, which will be sent to the participant **by e-mail**.
9. Upon receiving the invitation, the participant is **to collect all the documents** in accordance with the requirements of the Embassy/Consulate of the Russian Federation and **submit them to the Embassy/Consulate of the Russian Federation** together with the invitation issued by the Organising Committee.

More detailed information on the documents required is available on the website of the Embassy/Consulate of the Russian Federation of the city where the participant intends to apply for a visa. Application terms and conditions may vary from one country to another. Every Embassy/Consulate reserves the right to require additional documents to process your application.

Visa processing period in the Embassy/Consulate of the Russian Federation is **3–10 days**. In order to avoid any delays it is of **utmost importance to inquire about all the details of the visa** issuance procedure at the respective Consular Office **in advance**. The Organising Committee cannot influence the working process of the Embassy/Consulate of the Russian Federation.

Please note that the visa application will be processed and decided by the Embassy/Consulate of the Russian Federation in the country of residence. Although the Organising Committee will do its best in assisting the application process, the decision to issue or refuse a visa is made solely by the Embassy/Consulate of the Russian Federation.

If there is no Embassy/Consulate of the Russian Federation in your country please apply to the nearest Embassy/Consulate or an agency. **Please note** that all the fees charged by the agencies are to be paid by the applicant and will not be refunded by the Organising Committee.

For any questions related to the visa assistance please contact the Organising Committee using the following e-mail address: **visa.support@kazan2015.com**.

In order to enter/exit the territory of the Russian Federation under a visa regime during the period between **July 15, 2015 and August 20, 2015**, the participant must have the following documents:

- a **passport** valid for at least six months after the expiry date of visa, i.e. until **February 20, 2016**
- a **valid visa**

IMPORTANT NOTE:

1. Each participant is obliged to check the status of the passport with which he/she enters the territory of the Russian Federation. The passport should leave no doubt as to its authenticity or the fact that it belongs to the holder, must not contain marks, errors of fact, records, crossings out or corrections which are not certified by the competent authorities of the foreign state, and must contain no torn or loose pages. The passport must contain at least 2 blank pages. It should be valid for at least six months after the expiry date of the visa, i.e. until February 20, 2016.
2. In the event of unforeseen circumstances arising upon entering the Russian Federation, visitors must immediately contact the consular office of the Ministry of Foreign Affairs of the Russian Federation, located at the point where they crossed the border of the Russian Federation (Moscow international airports Sheremetyevo, Domodedovo and Vnukovo and Kazan International Airport).
3. In the event of unforeseen circumstances arising upon entering the Russian Federation, visitors must have 4 colour non-glossy photos sized 3x4 cm and at least 100 euros in order for an urgent entry visa to be processed.

Each athlete or official delegation member should have a sports insurance or medical insurance policy valid on the territory of the Russian Federation.

3.5. Venues

Events of the 16th FINA World Masters Championships 2015 in Kazan will take place at 5 competition venues.

Aquatics Palace (SW, DV)



The **Aquatics Palace** is the venue for competitions and training in Swimming and Diving. The venue is one of the largest indoor aquatic sports venues in Russia and worldwide.

The venue consists of two 50m Swimming pools with ten lanes (Competition pool 1, Competition pool 2) and a Diving pool under one roof. The use of movable floor and bulkheads allows adjusting the size and depth of the Competition pool 1 as well as depth of the pool for Diving.

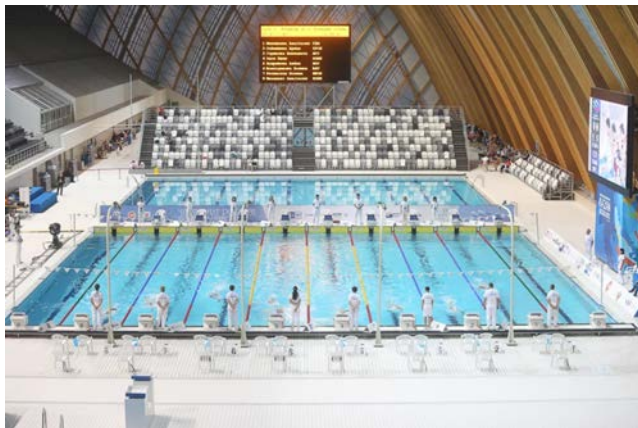
Athletes' preparation area (locker rooms, dry land training room) is located on the 1st floor as well as competition management offices, FINA offices and a medical room. Press Centre with a conference hall and a VIP zone are located on the 3rd floor. The 2nd and the 4th floors are dedicated for spectators.

Since 2013 the Aquatics Palace hosted such major international competitions as: 19th FINA Diving Gran Prix (May 27–31, 2013), Swimming, Synchronised Swimming, and Diving competitions during the 27th Summer Universiade Kazan 2013, 4 Nations Diving Meet (December 4–9, 2013), FINA Men's Water Polo World League – Russia vs. Serbia Match (January 14, 2014).

Technical Specification

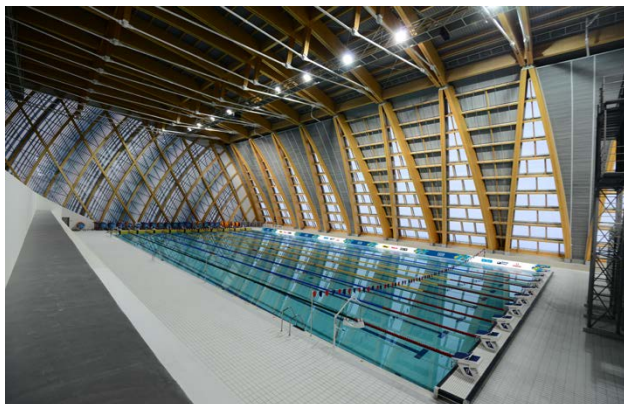
Commissioning	March, 2013
Event	Diving, Swimming
Seating capacity	4 200

Competition Swimming Pool 1



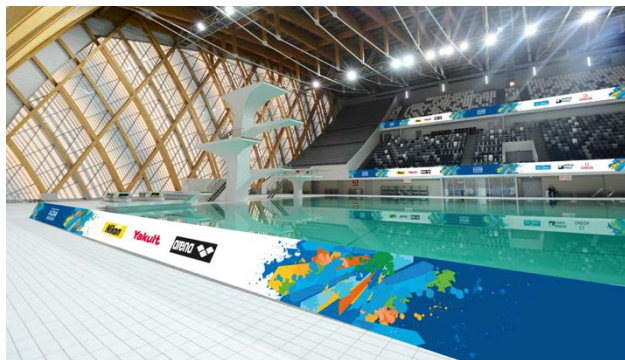
Area, Depth: 52x25m, depth 0–3 m, movable bulkhead (2m), movable floor 25x25
Water Temperature: Controlled at 26°C
Number of Lanes: 10 lanes
Timing and Scoring Systems: OMEGA Swimming system (20 OMEGA starting blocks with reaction time detectors), touchpads, info-result board (5x8m), video board

Competition Swimming Pool 2



Area, Depth: 50x25m, depth 2.2 m
Water Temperature: Controlled at 26°C
Number of Lanes: 10 lanes
Timing and Scoring Systems: OMEGA Swimming system (20 OMEGA starting blocks with reaction time detectors), touchpads, info-result board

Diving Pool

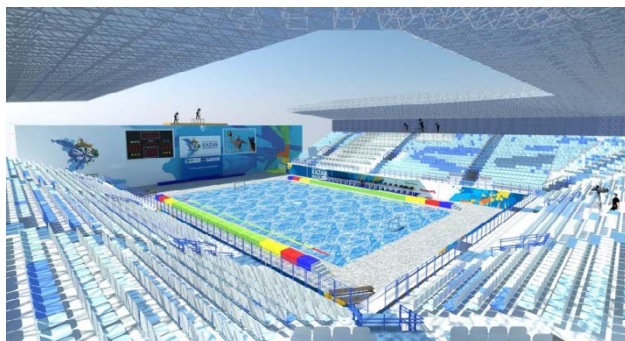


Area, Depth:	33.33x25 m, depth 0-5.5 m, movable floor
Water Temperature:	Controlled at 26°C
Platforms:	1m, 3m, 5m, 7.5m, 10m platforms
Springboards:	1 m springboard (2), 3 m springboards (2)
Timing and Scoring Systems:	OMEGA Diving system, info-result board (5x8m)

A hot tub and showers underneath the Diving platforms will be provided for athletes to keep warm during training and competition.

Warm-Up Outdoor Temporary Pool (Myrtha)

Swimming warm-up sessions will be organised at the Water Polo Arena outdoor pool, temporary facility installed on the premises of the Aquatics Palace for the purpose of hosting the Water Polo tournament of 16th FINA World Championships

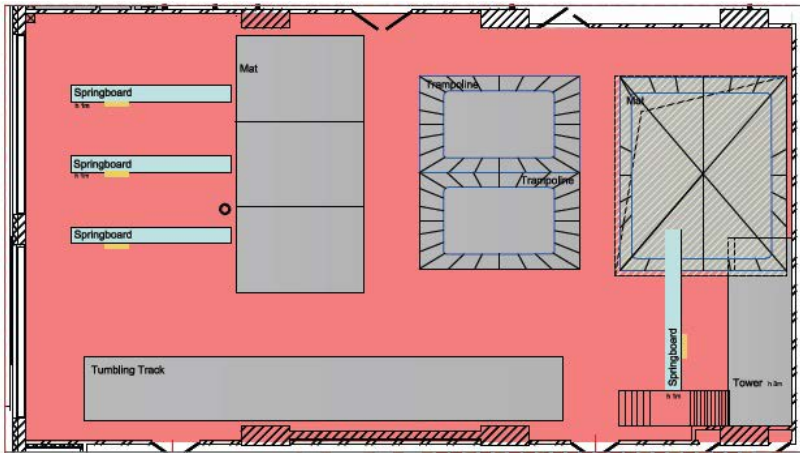


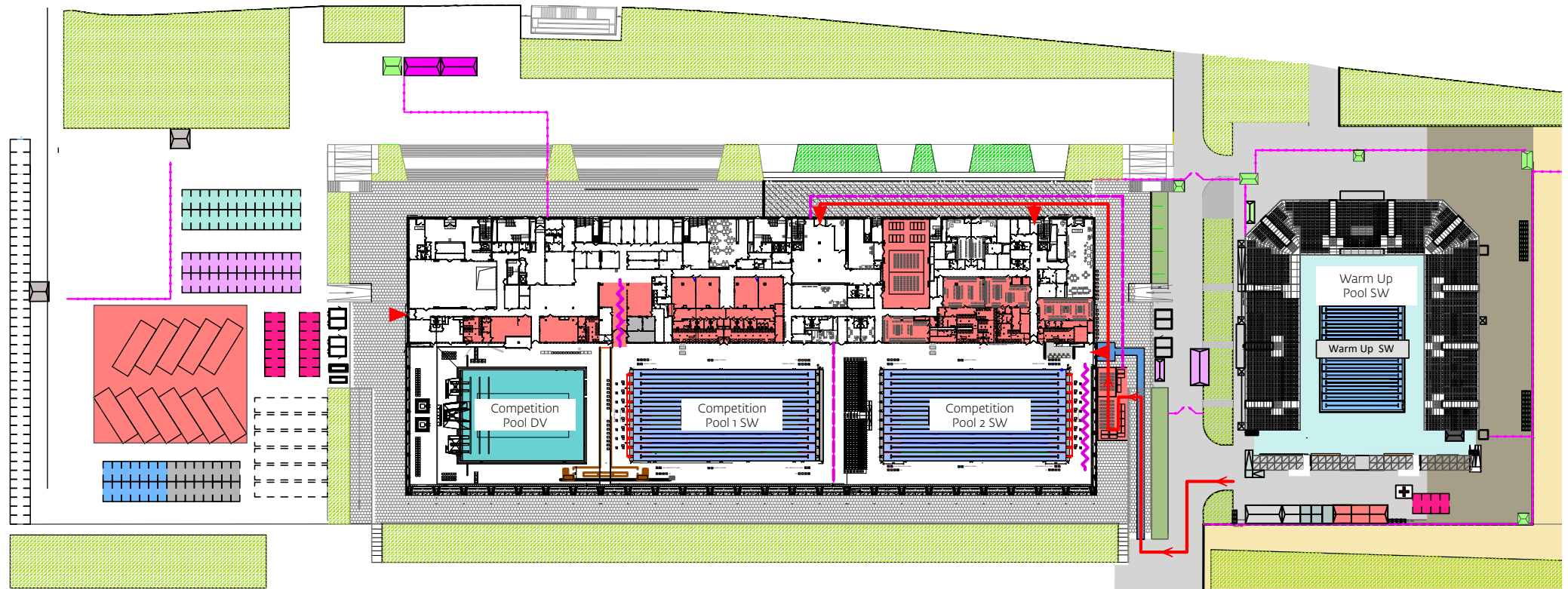
Area, Depth:	35x22 m, 2 m depth
Water Temperature:	Controlled at 26°C
Number of Lanes:	16 lanes (22m)

Dry Land Training Room (Diving)

Diving dry land training facilities will be available at the competition venue, providing the following equipment:

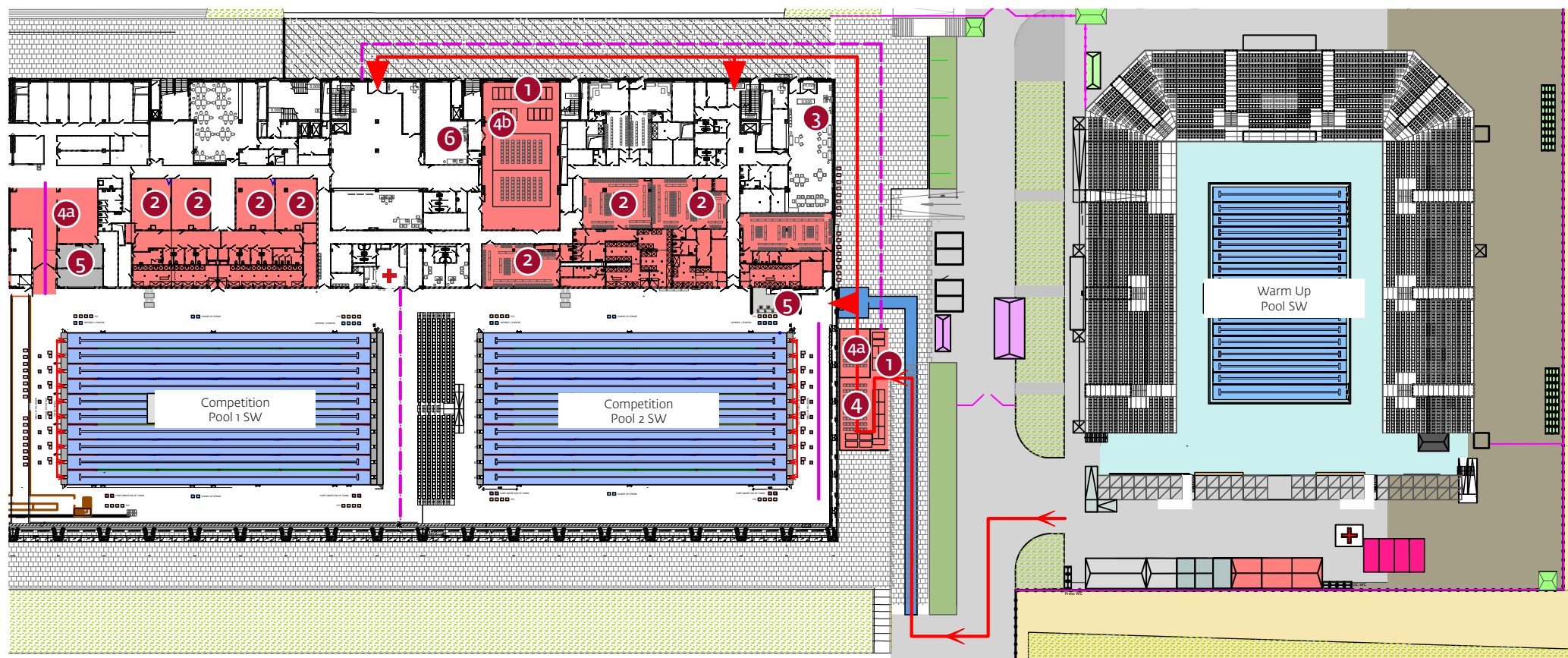
- One (1) tumbling (15 m)
- One (1) platform (3 m)
- Four (4) springboards (1 m)
- Two (2) trampolines (3x5m)
- Three (3) stretching mats (4 x 2.6 m)
- Spotting rigs





➔ – Entrance / Exit for Athletes

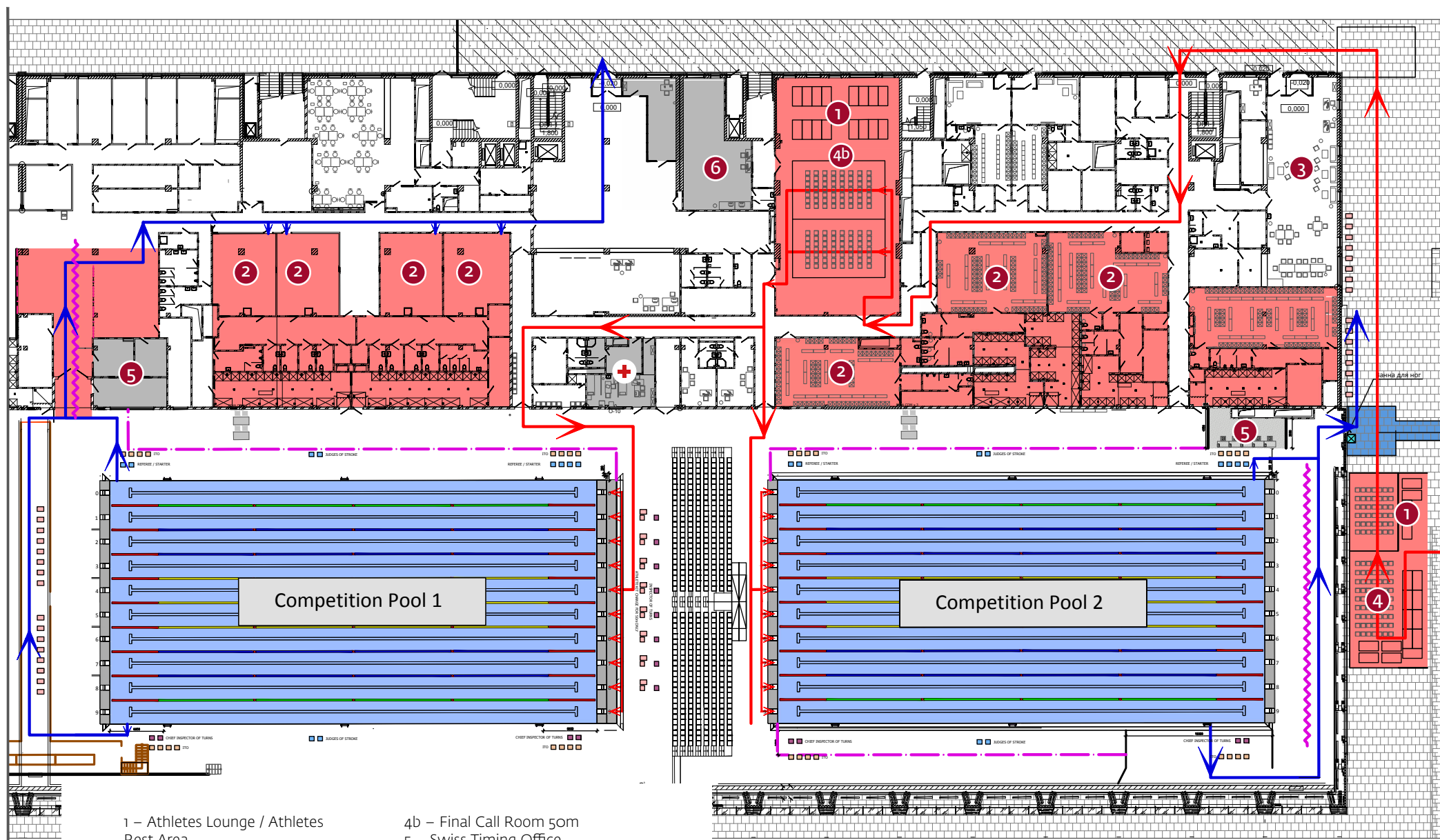
Swimming Pools Allocation Plan



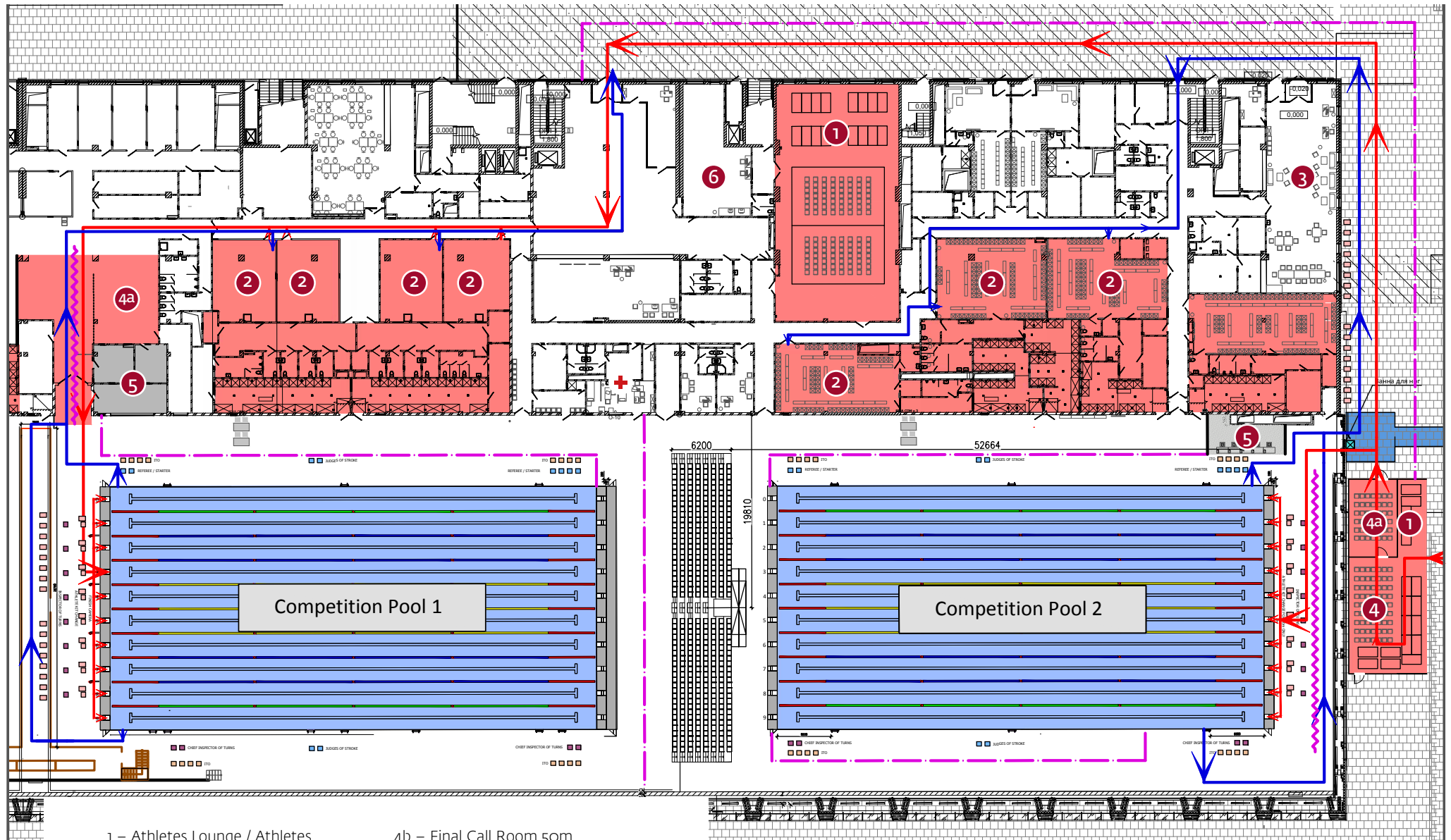
- 1 – Athletes Lounge / Athletes Rest Area
- 2 – Athletes Locker Room
- 3 – Secretariat Office
- 4 – Preliminary Call Room
- 4a – Final Call Room

- 4b – Final Call Room 50m
- 5 – Swiss Timing Office
- 7 – Results – Info Centre (Desk)
- ⊕ – Medical Room
- ➔ – Entrance / Exit for Athletes
- ➡ – Entrance / Exit for Spectators

Swimming (50m events)



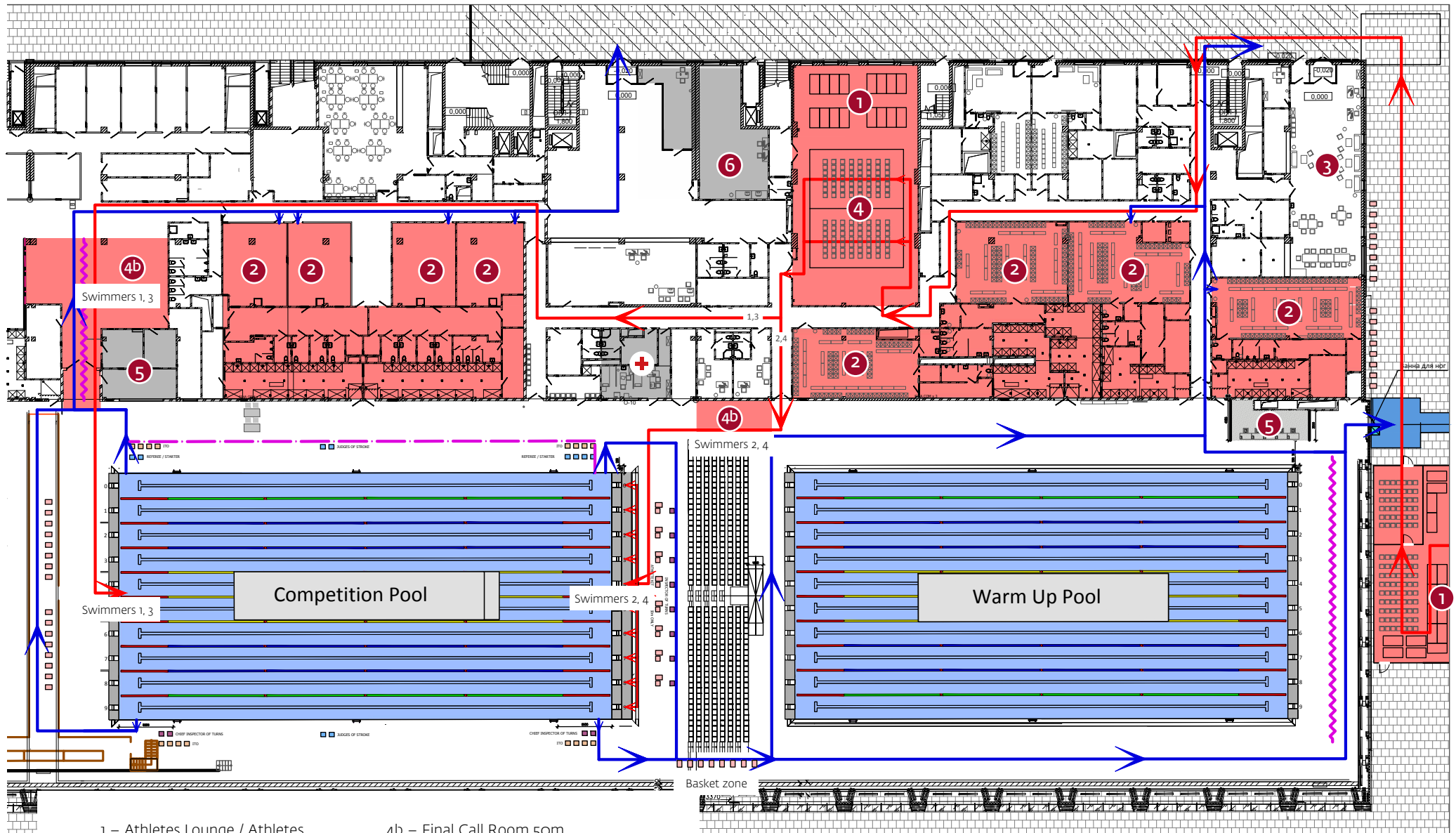
Swimming (Other events)



- 1 – Athletes Lounge / Athletes Rest Area
- 2 – Athletes Locker Room
- 3 – Secretariat Office
- 4 – Preliminary Call Room
- 4a – Final Call Room

- 4b – Final Call Room 50m
- 5 – Swiss Timing Office
- 7 – Results – Info Centre (Desk)
- ✚ – Medical Room
- ➔ – Athletes way to FOP
- ➡ – Athletes way from FOP

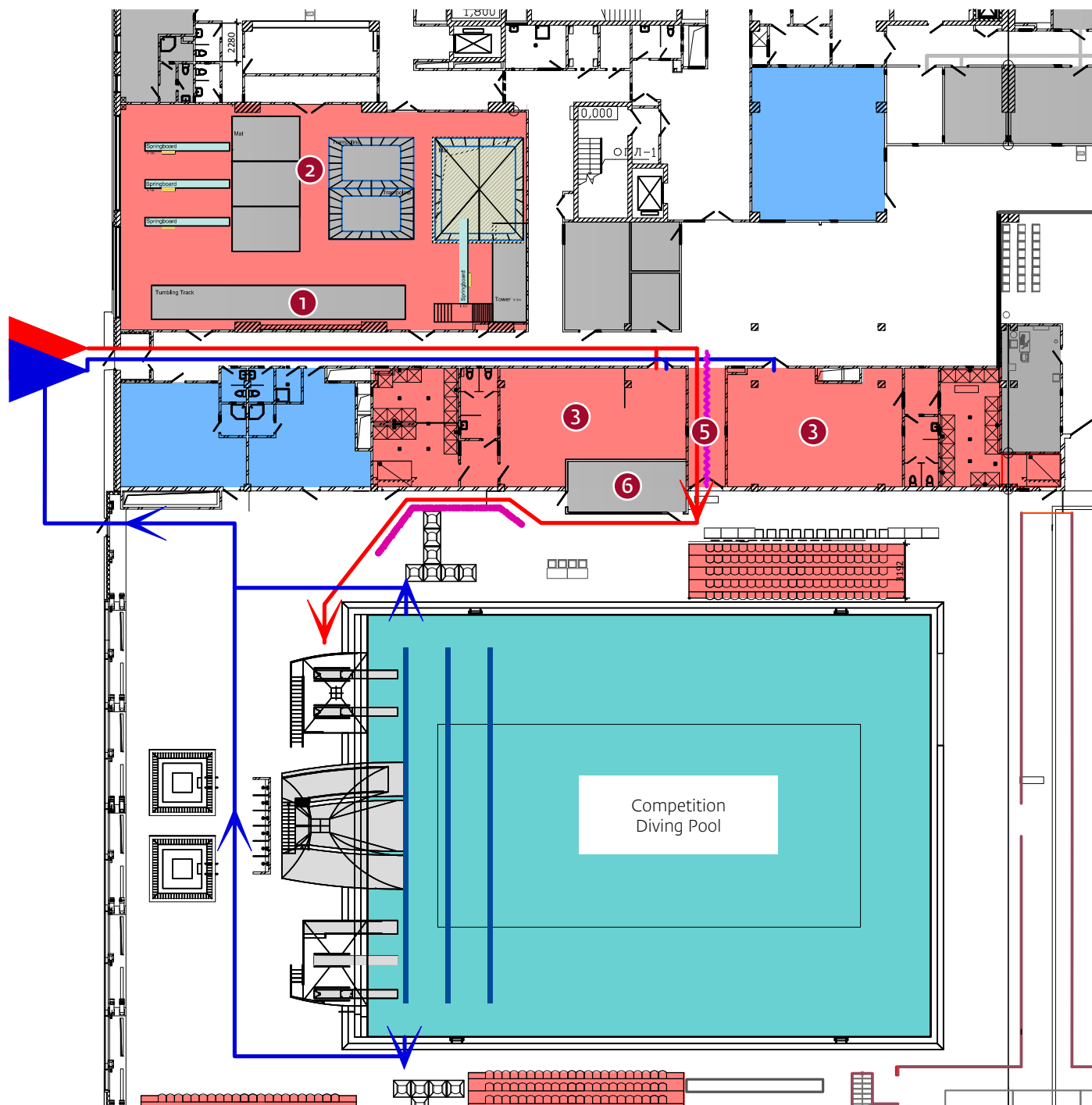
Swimming (Relay events)



- 1 – Athletes Lounge / Athletes Rest Area
- 2 – Athletes Locker Room
- 3 – Secretariat Office
- 4 – Preliminary Call Room
- 4a – Final Call Room

- 4b – Final Call Room 50m
- 5 – Swiss Timing Office
- 7 – Results – Info Centre (Desk)
- + – Medical Room
- ➔ – Athletes way to FOP
- ➡ – Athletes way from FOP

1st Floor. Diving



- 1 – Athletes Lounge / Athletes Rest Area
- 2 – Dry Land Training Room (Diving)
- 3 – Athletes Locker Room
- 5 – Call Room
- 6 – Swiss Timing Office
- ➔ – Athletes way to FOP

Kazanka Venue (OWS)



The Kazanka Venue is a temporary construction located on the left bank of the Kazanka River in a historical district of Kazan near the Kazan Kremlin. The beautiful river bank provides an excellent city panoramic view and also impressive view of the Kazan Kremlin and other historical attractions, such as the Kul Sharif Mosque, the Annunciation Cathedral, etc.

The venue has been especially erected for the 16th FINA World Championships High Diving and Open Water Swimming competitions.

The Kazanka Venue is dedicated to staging Open Water Swimming events during the Masters Championships. The Open Water Swimming course – 3000 m – will stretch from one river bank to another and back. The Kazanka Venue is equipped with a system of buoys, start and finish pontoon, making it the ideal site for the presentation of the Open Water Swimming competition.

All necessary infrastructure for holding the competitions (Athletes' preparation area, Sport Competition Management and FINA offices, VIP zone, Press Centre, a medical room, etc.) is located in overlays. There is a main temporary tribune with seating capacity of 2 600 seats sufficient for all client groups.

The 1st FINA High Diving World Cup was staged at Kazanka Venue from August 8 to August 10, 2014. 34 athletes representing 16 countries of the world took part in the competitions.

Technical Specification

Event	Open Water Swimming
Seating Capacity	2 600
OWS Course	3000 m rectangular (single lap)
Timing and Scoring System:	OMEGA Open Water Swimming system, info-result board (5,4 x 3,2m), 2 video boards (9 x 5,2m)

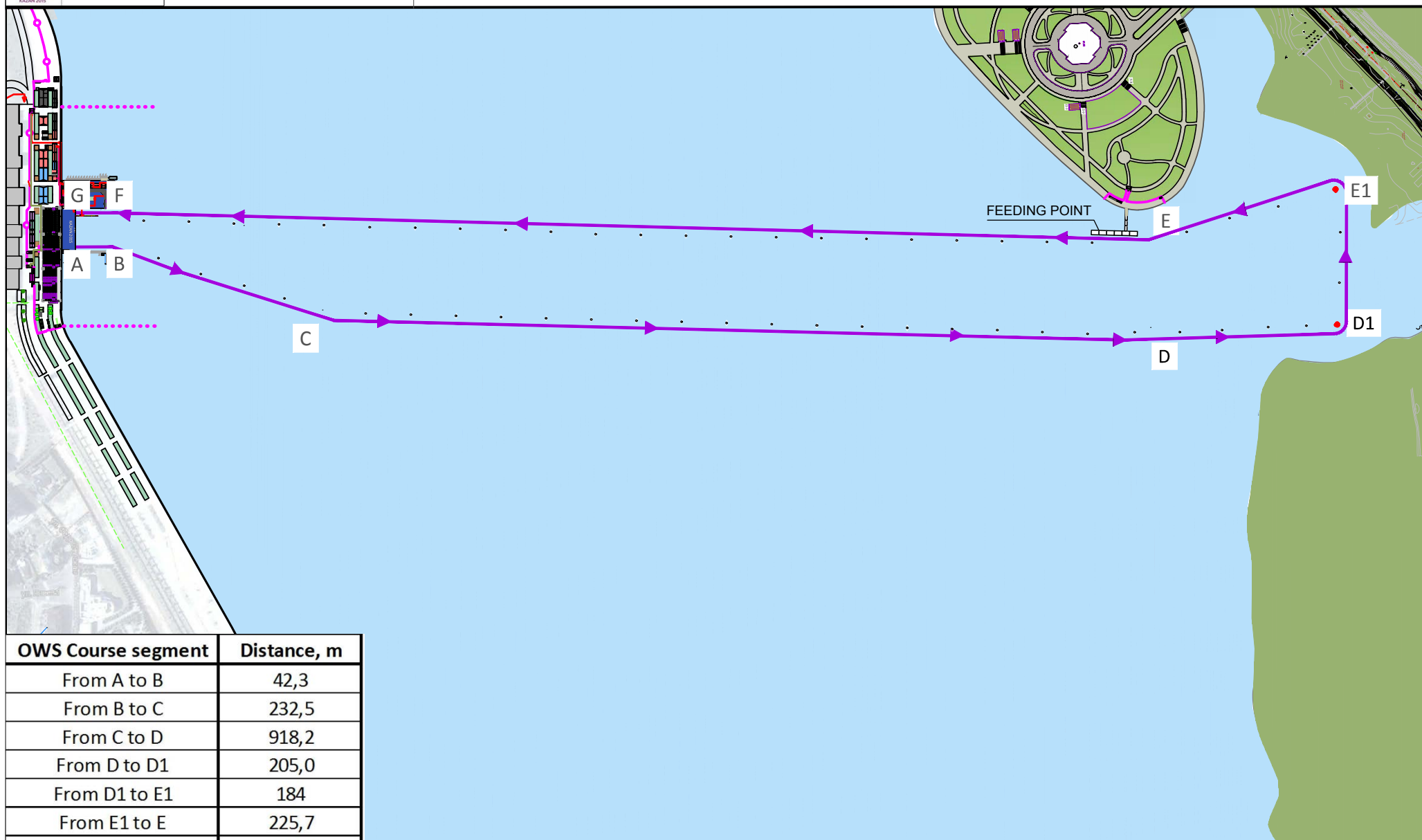


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OPEN WATER SWIMMING COURSE

KAZANKA



OWS Course segment	Distance, m
From A to B	42,3
From B to C	232,5
From C to D	918,2
From D to D1	205,0
From D1 to E1	184
From E1 to E	225,7
From E to F	1144,8
From F to G	47,5
Total	3000



- 1 – Warm Up Area
- 2 – Athletes Locker Room
- 3 – Results – Info Centre (Desk)
- 4 – Athletes Lounge
- 5 – Secretariat Office
- 6 – Awarding Ceremony Waiting Room
- 7 – Swiss Timing Office
- 8 – Awarding Zone
- 9 – Call Room
- 10 – Athletes Check-In
- 11 – Baskets Area
- + – Medical Room
- ➔ – Entrance / Exit for Athletes



Burevestnik Swimming Pool (WP)



The Burevestnik Indoor Swimming Pool is located in the Athletes' Village. During the 16th FINA World Masters Championships it serves as a competition venue for Water Polo events and training venue for Swimming and Open Water Swimming.

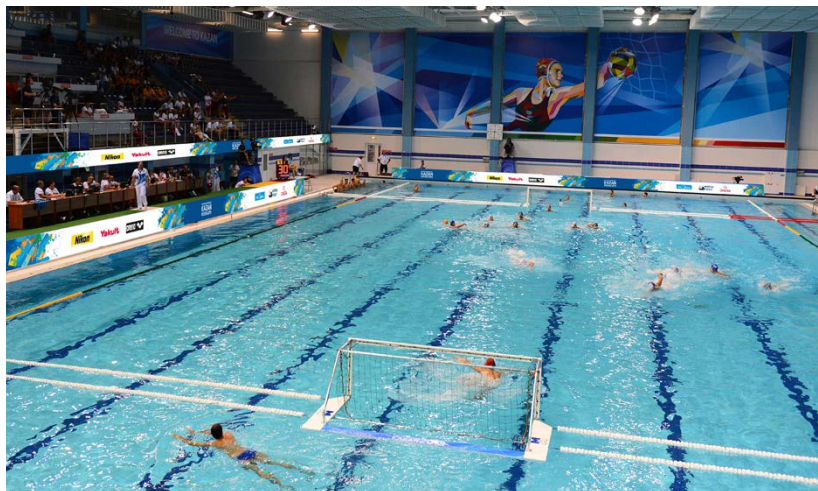
The venue comprises a 50-metre swimming pool divided into 2 fields of play (22x20 each). An athletes' preparation area with locker rooms and a dry land training room is located on the 2nd floor. Sport Competition Management offices as well as FINA offices are located on the 1st and 2nd floors. The 3rd floor is dedicated for spectators, the 4th floor is a VIP area. A multifunctional sports hall with parquet flooring, and a gym are also available at the venue.

In 2011, the Burevestnik Swimming Pool played host to the Kazan Cup LEN International Water Polo Tournament, and in 2013 it hosted the Water Polo finals of the 27th Summer Universiade.

Technical Specification

Commissioning	October 28, 2010
Event	Water Polo
Seating Capacity	850

Competition Pool



Area, Depth:

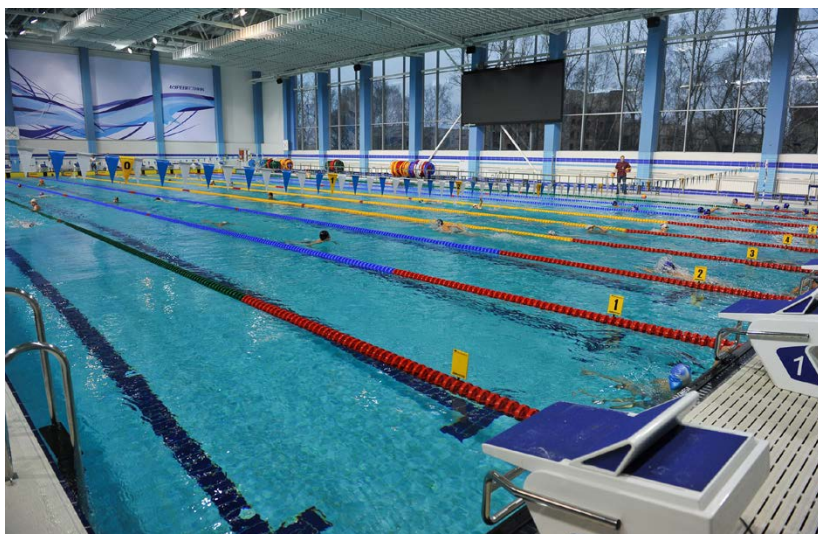
2 FOP 23.5x20 each, 2.2 m depth

Water Temperature:

Controlled at 27°C

Timing and Scoring Systems:

OMEGA Water Polo system, info-result board/video board (6.4 x 3.8m)



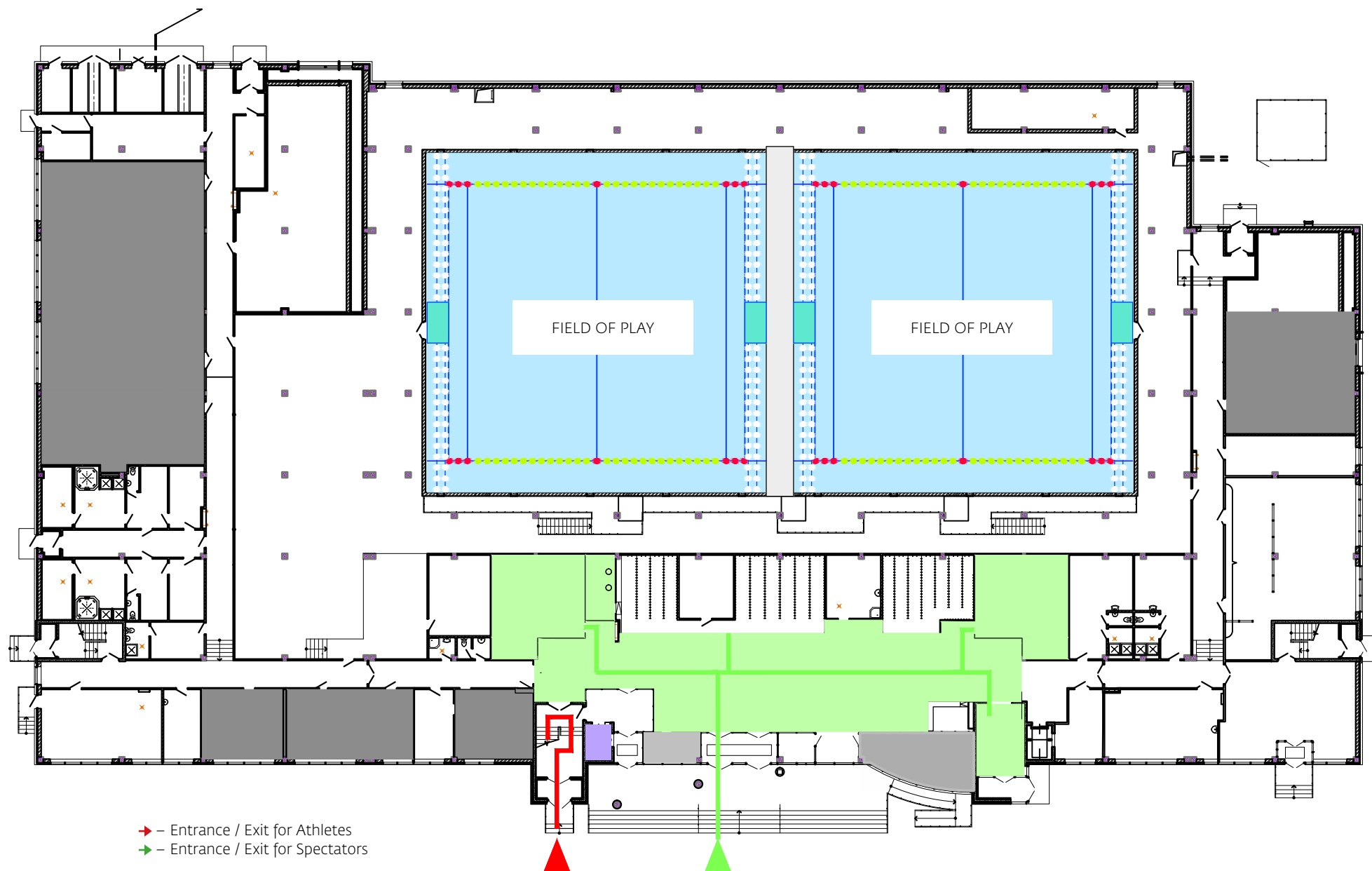


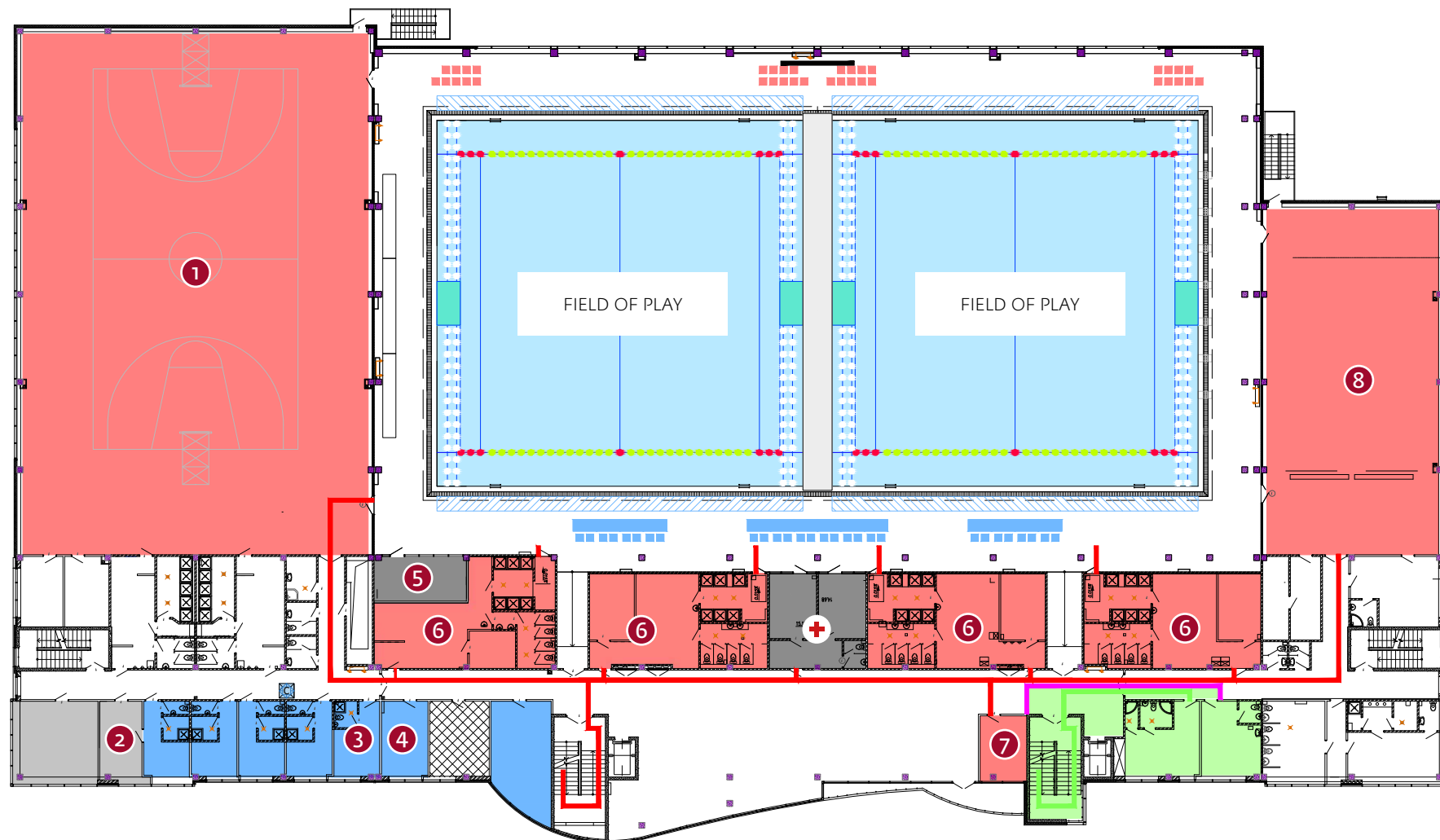
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1st FLOOR

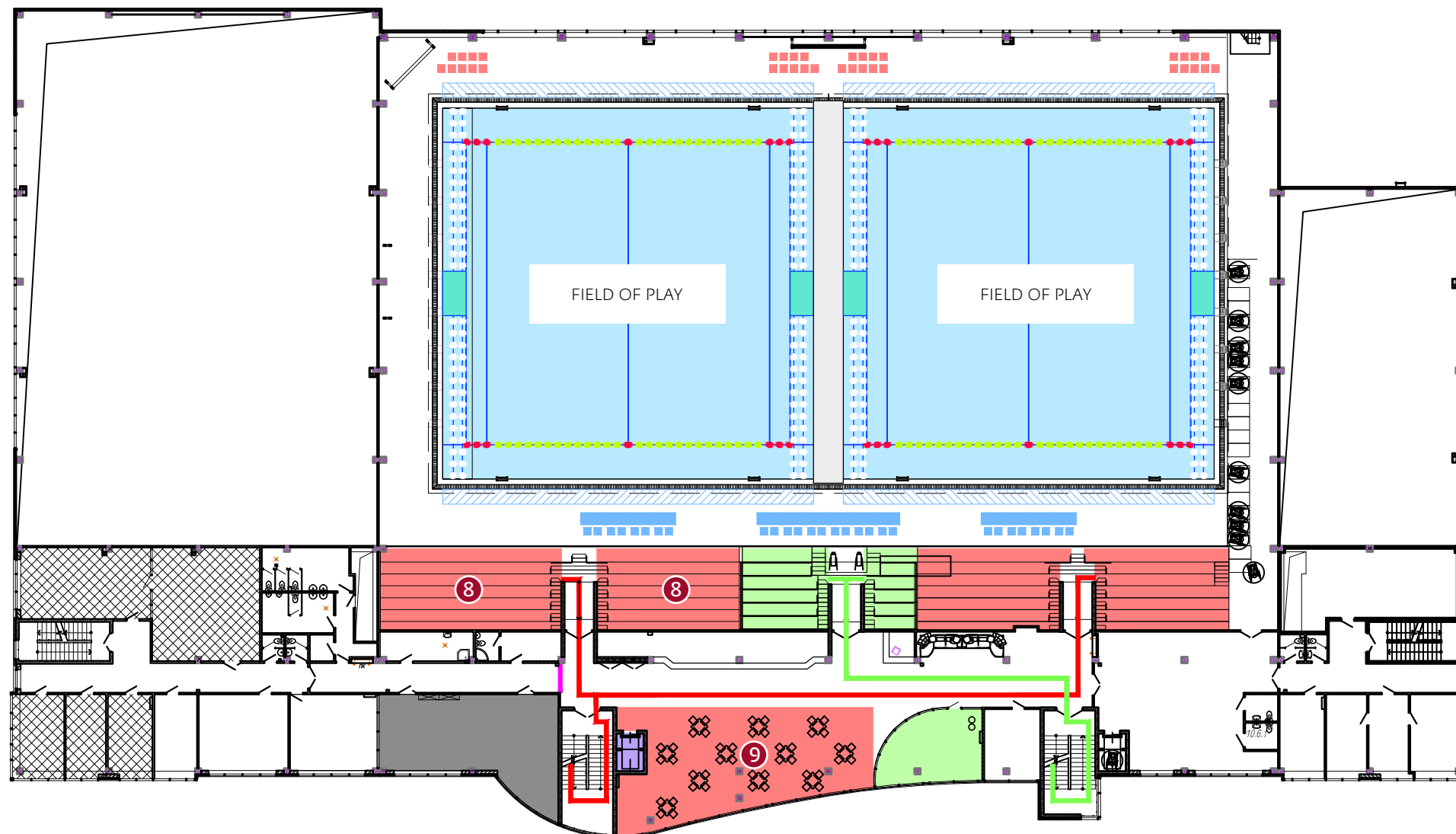
"BUREVESTNIK" swimming pool





- 1 – Dry Swimming Hall
- 2 – Masters Committee
- 3 – Competition Manager Office / HMF Office
- 4 – Secretariat Office
- 5 – Swiss Timing Office
- 6 – Athletes Locker Room
- 7 – Results – Info Centre (Desk)
- 8 – Warm Up Hall
- + – Medical Room

- ➔ – Entrance / Exit for Athletes
- ➔ – Entrance / Exit for Spectators



- – Entrance / Exit for Athletes
- – Entrance / Exit for Spectators

- 8 – Athletes and FINA Officials Stands
- 9 – Café

Olymp Swimming Pool (WP)



The Olymp Indoor Swimming Pool is situated in the Novo-Savinovsky District of Kazan. During the 16th FINA World Masters Championships, it serves as a training and competition venue for Water Polo events.

The Olymp Swimming Pool comprises a 50-metre swimming pool divided into 2 fields of play (22x20 each). An athletes' preparation area with locker rooms and a dry land training room is located on the 2nd floor. Sport Competition Management offices as well as FINA offices are located on the 1st and 2nd floors. The 3rd floor is dedicated for spectators, the 4th floor is a VIP area.

In 2012 the Olymp Swimming Pool played host to the Kazan Cup LEN International Water Polo Tournament, and in 2013 it hosted the water polo tournament of the 27th Summer Universiade.

Technical Specification

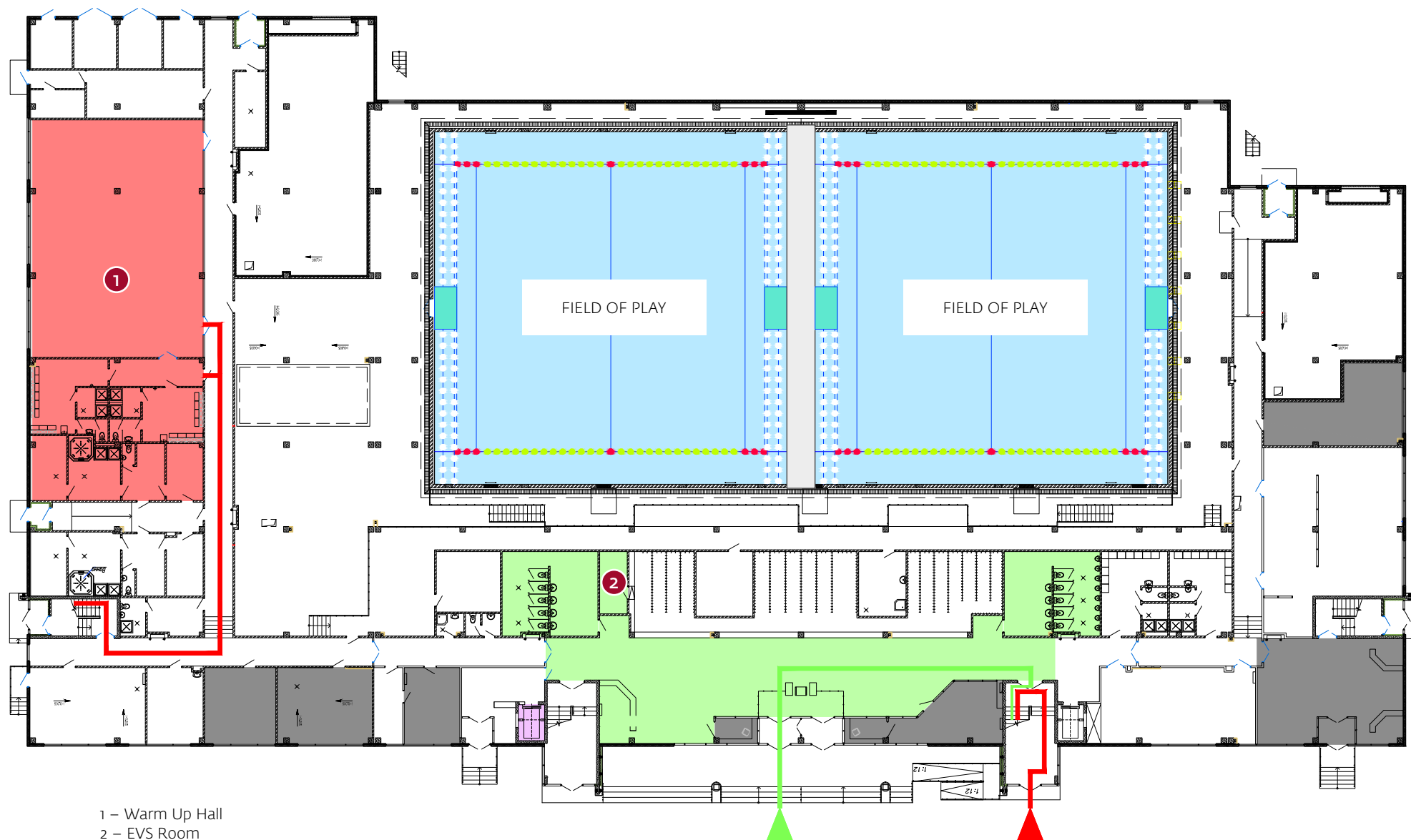
Commissioning	May 27, 2010
Event	Water Polo
Seating Capacity	1 000

Competition Pool



Area, Depth:	2 FOP 23.5x20 each, variable depth 1.9-2.3 m
Water Temperature:	Controlled at 27°C
Timing and Scoring Systems:	OMEGA Water Polo system, info-result board (7.7 x 3.2m)





1 – Warm Up Hall

2 – EVS Room

➔ – Entrance / Exit for Athletes

➔ – Entrance / Exit for Spectators

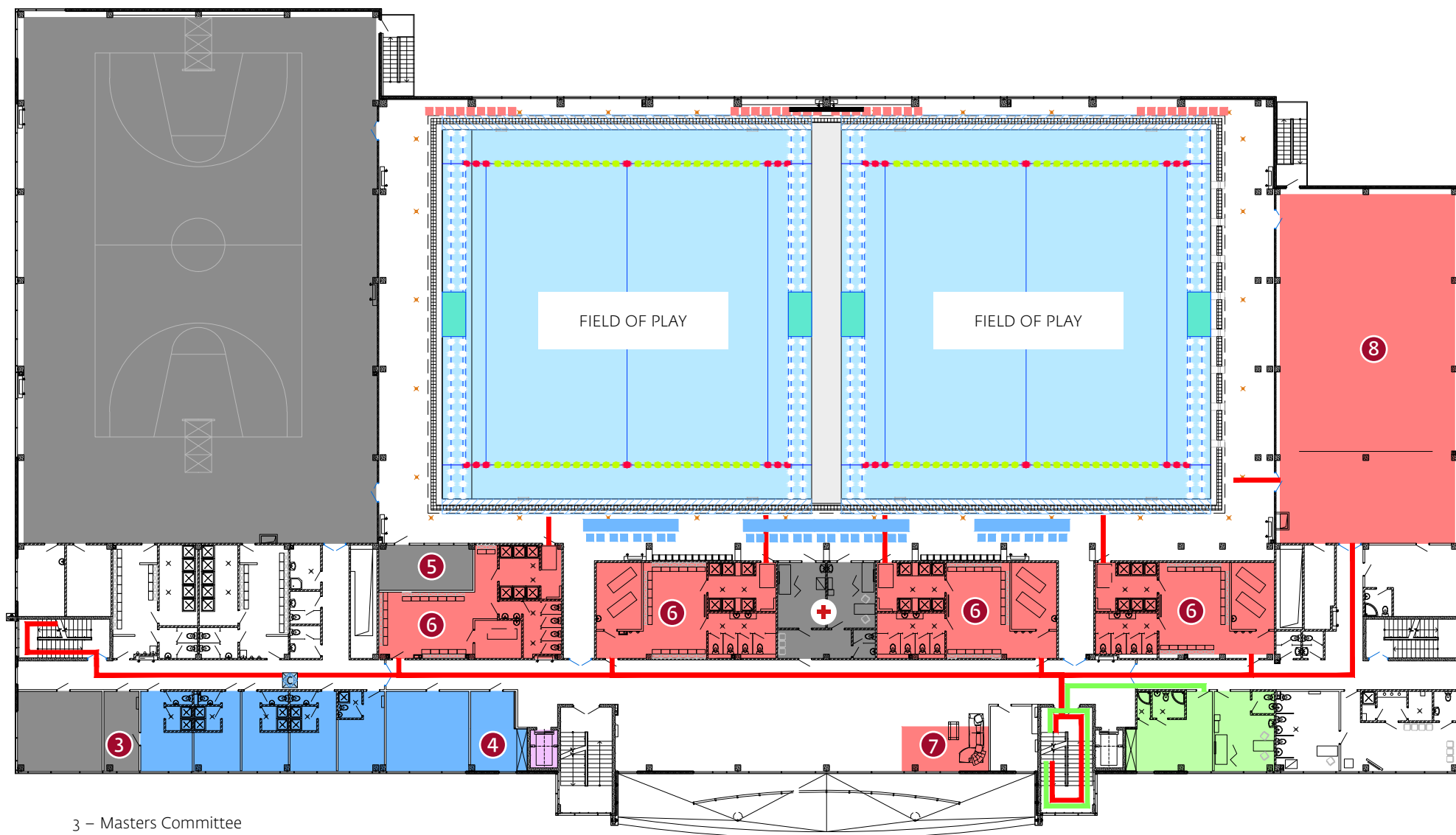


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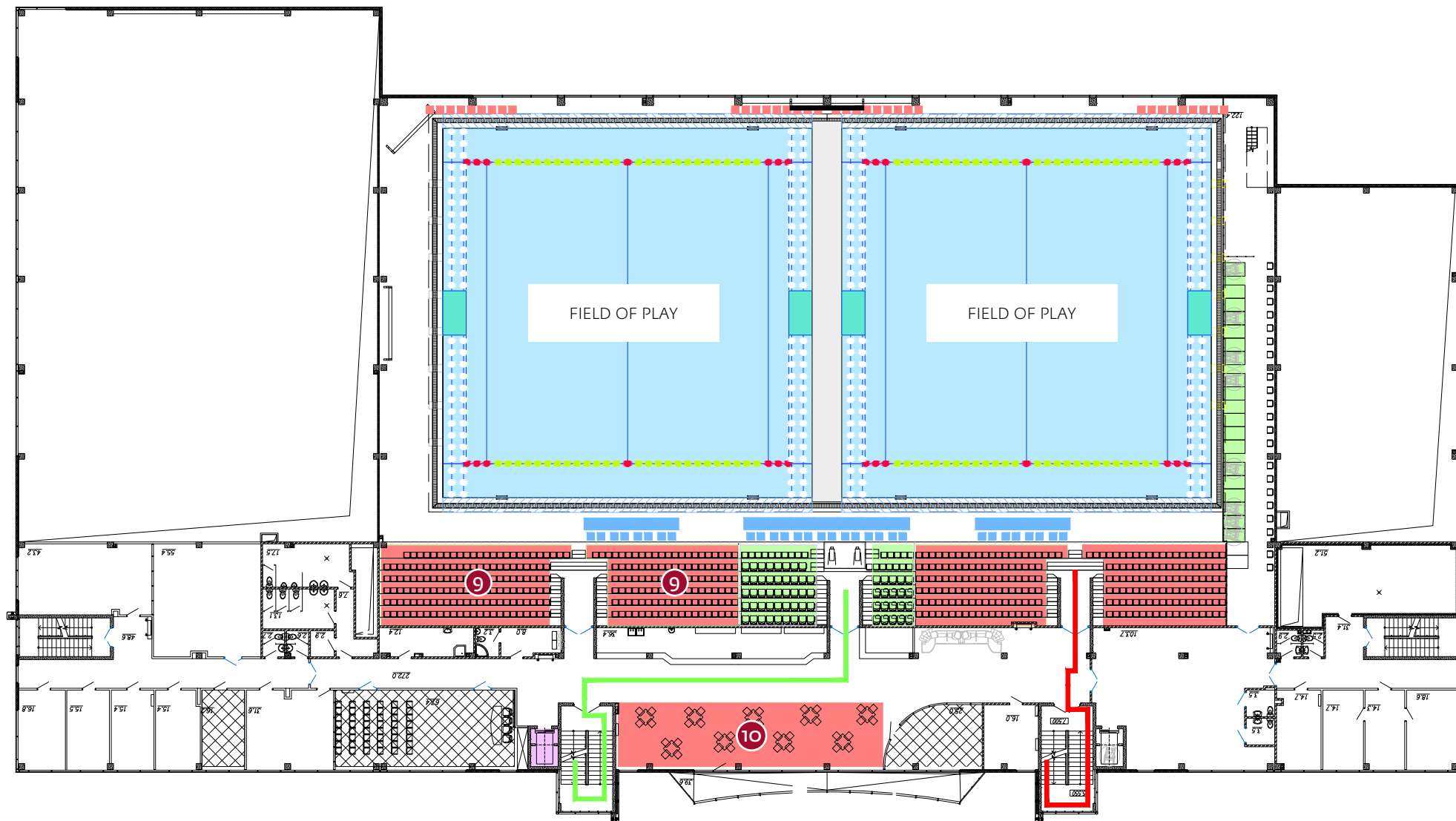
2nd FLOOR

"OLYMP" swimming pool



- 3 – Masters Committee
- 4 – Secretariat Office
- 5 – Swiss Timing Office
- 6 – Athletes Locker Room
- 7 – Results – Info Centre (Desk)
- 8 – Dry Swimming Hall
- + – Medical Room

- ➔ – Entrance / Exit for Athletes
- ➔ – Entrance / Exit for Spectators



→ – Entrance / Exit for Athletes
→ – Entrance / Exit for Spectators

9 – Athletes and FINA Officials Stands
10 – Cafe

Akcharlak Swimming Pool (SY)



The Akcharlak Indoor Swimming Pool is a modern sports facility. During the 16th FINA World Masters Championships it serves as a training and competition venue for Synchronised Swimming events.

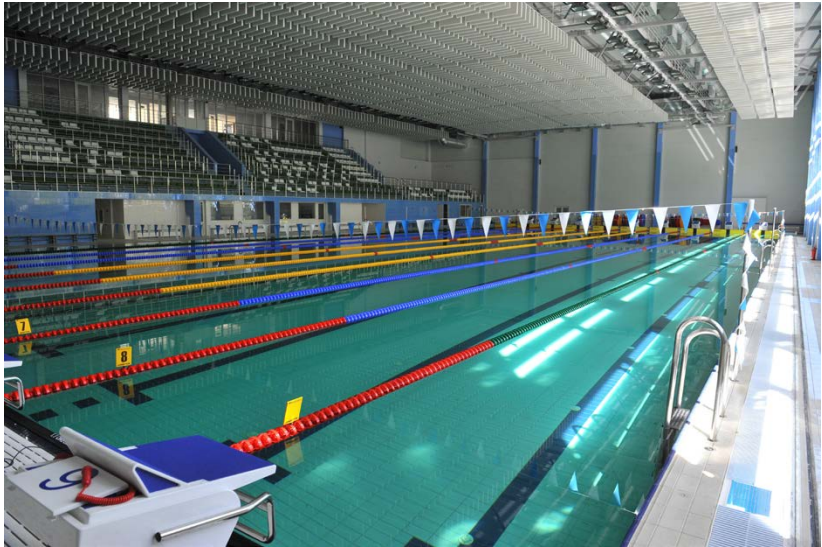
The venue comprises a 50-metre swimming pool divided into competition and warm-up areas. An athletes' preparation area with locker rooms and a dry land training room as well as Sport Competition Management offices are located on the 1st floor. FINA offices and spectators area are located on the 2nd floor.

During the 27th Summer Universiade 2013 the pool served as the Swimming training venue for national teams.

Technical Specification

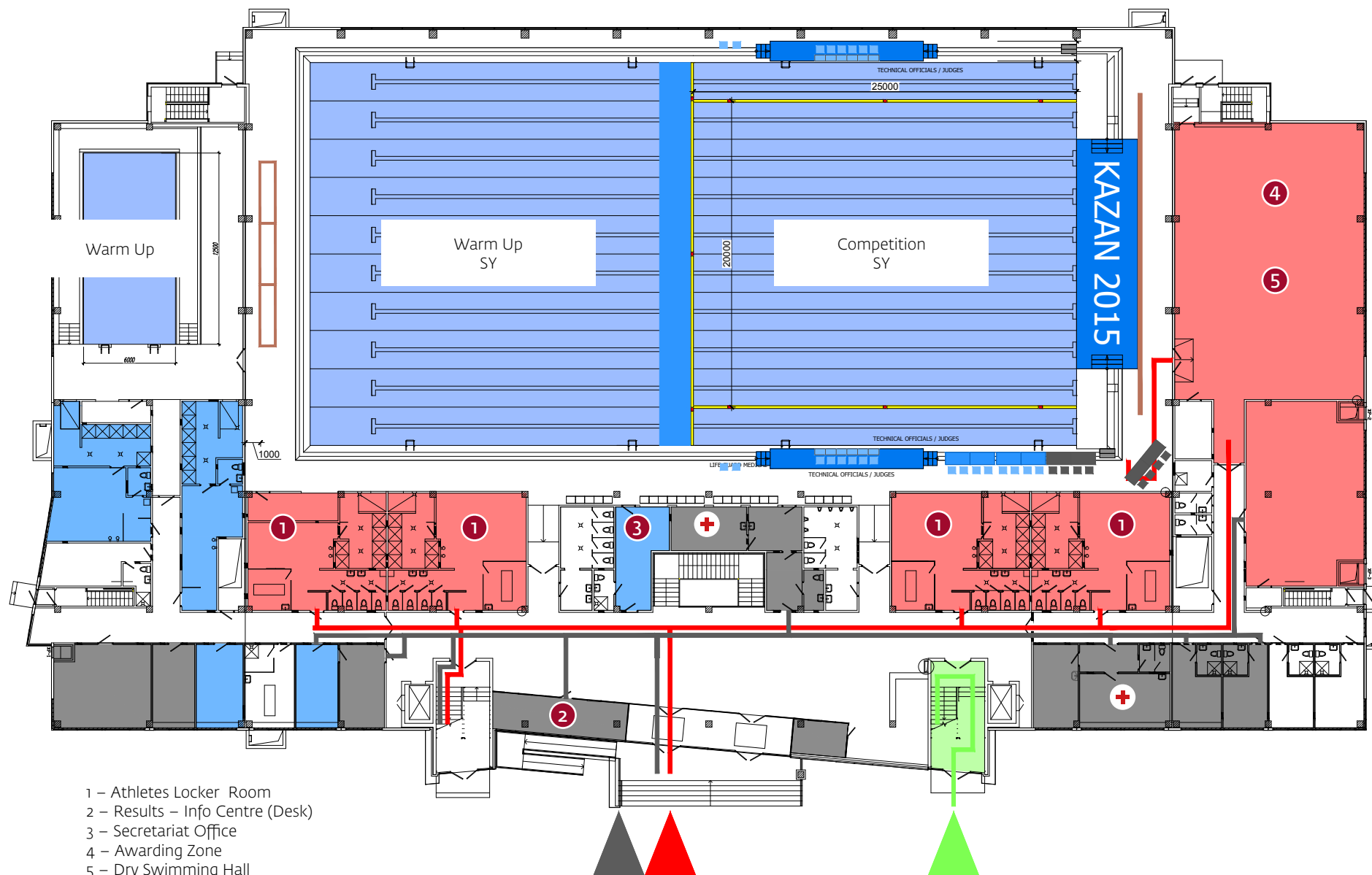
Commissioning	May 5, 2010
Event	Synchronised Swimming
Seating Capacity	530

Competition Pool



Area, Depth:	Competition Area (25x20m), Warm-up area (23x20m), 2.2 m depth
Water Temperature:	Controlled at 27°C
Timing and Scoring Systems:	OMEGA Synchronised Swimming system, info-result board/videoboard





- 1 – Athletes Locker Room
- 2 – Results – Info Centre (Desk)
- 3 – Secretariat Office
- 4 – Awarding Zone
- 5 – Dry Swimming Hall
- + – Medical Room
- ➔ – Entrance / Exit for Athletes
- ➔ – Entrance / Exit for Spectators

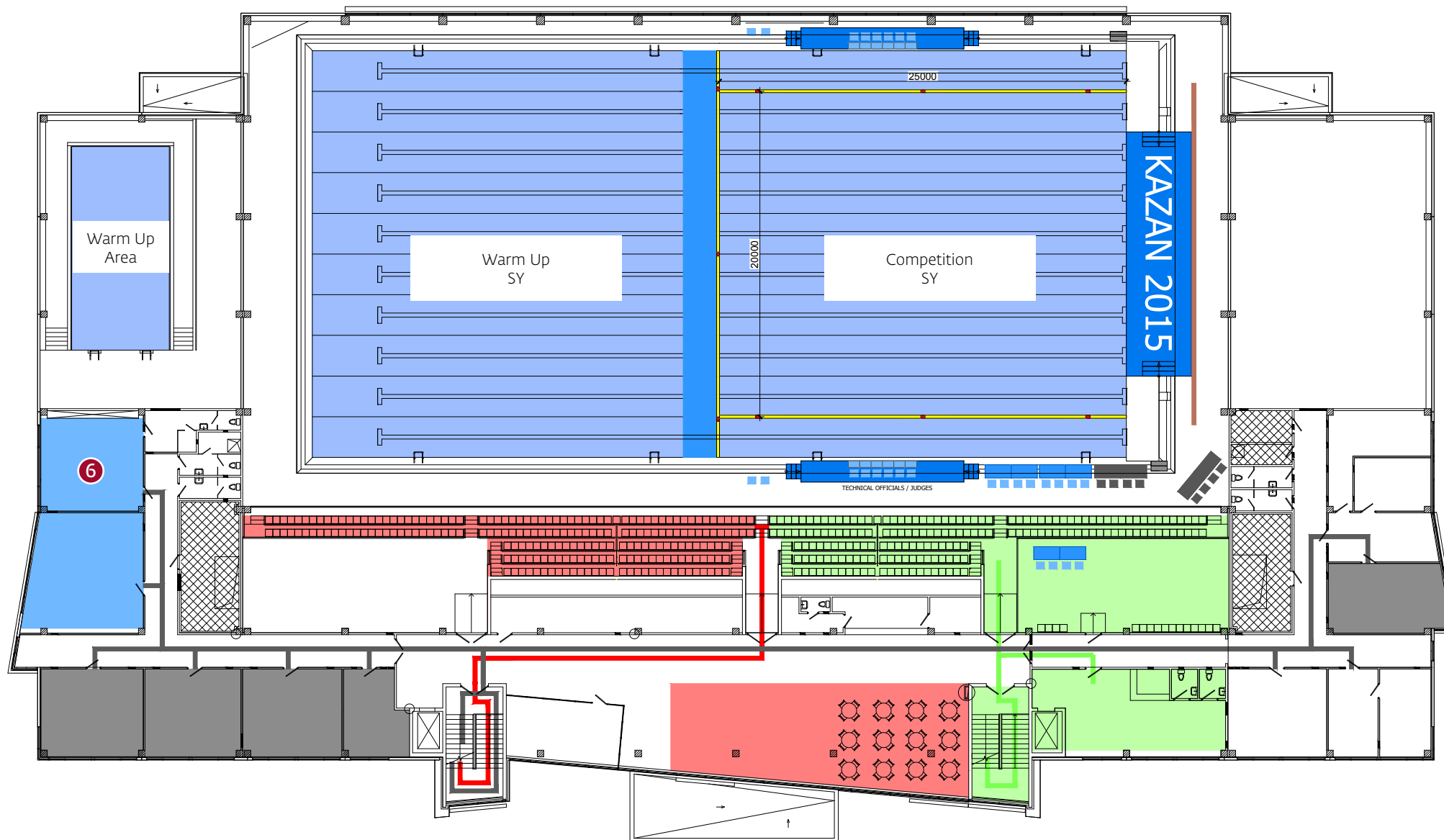


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2nd FLOOR

AKCHARLAK



→ - Entrance / Exit for Athletes
→ - Entrance / Exit for Spectators

6 - Masters Committee
7 - Café

3.5.1. List of Competition and Training Venues

No.	Name of venue	Address	Sport	Function
1.	Aquatics Palace	62 S. Khakima St.	Diving and Swimming	Competitions and training
2.	Kazanka Venue	Kazanka River Embankment near the Palace of Farmers	Open Water Swimming	Competitions and training
3.	Burevestnik Swimming Pool	7 Prospekt Pobedy St.	Water Polo Swimming	Competitions Training
4.	Olymp Swimming Pool	65a Chistopolskaya St.	Water Polo	Competitions and training
5.	Akcharlak Swimming Pool	13a Kul Gali St.	Synchronised Swimming Swimming	Competitions and training Training

3.6. Competition Rules and Regulations

FINA Rules in Part VIII (Masters Rules 2013–2017) and FINA By Laws (section BL 10 – World Masters Championships) as printed in the FINA Handbook 2013–2017 will govern all five aquatic disciplines at the FINA World Masters Championships.

The information of these rules and regulations is available on the FINA website www.fina.org. It is also possible to purchase the FINA Handbook 2013–2017 from the FINA Office.



3.7. Competition Programme

Dates	Synchronised Swimming	Diving	Swimming	Open Water Swimming	Water Polo
August 2 Sunday	Training				
August 3 Monday	Training				
August 4 Tuesday	Training Welcome Night			Training	
August 5 Wednesday	Solo Tech			Training	
August 6 Thursday	Duet Tech			Training	
August 7 Friday	Team Tech		Training	3km M,W (45–90) 3km M,W (25–40)	Training
August 8 Saturday	Solo Free		Training		Training
August 9 Sunday	Duet Free and Free Combination	Training	Training		Training Welcome Night
August 10 Monday	Team Free	Training	800m FR		Prelims
Opening Ceremony					
August 11 Tuesday		Training Welcome Night	200m BA 100m FR 100m BR		Prelims
August 12 Wednesday		1m and 3m Springboard	400m IM 200m FR 50m BU		Prelims
August 13 Thursday		1m and 3m Springboard	50m FR 200m IM 100m BU 50m BR		Prelims
August 14 Friday		1m and 3m Springboard	Relays 4x50m MD MX 4x50m FR MX 4x50m MD M,W 4x50m FR M,W		Prelims
August 15 Saturday		Platform	200m BR 100m BA 200m BU		Finals & Position
August 16 Sunday		Platform and 3m Synchro	50m BA 400m FR		Finals & Position
Closing Ceremony					

Technical Meetings

Sport	Date	Time	Venue
OPEN WATER SWIMMING	August 6	15:00	Kazanka Venue
DIVING	August 11	15:00	Aquatics Palace
SYNCHRONISED SWIMMING	August 4	15:00	Akcharlak
WATER POLO	August 9	15:00	Burevestnik

3.7.1. Swimming

MINIMUM AGE LIMIT: 25 years

AGE DETERMINING DATE: Competitor's age as of December 31, 2015

AGE GROUPS, INDIVIDUAL EVENTS: 25–29, 30–34, 35–39, 40–44, 45–49, 50–54, 55–59, 60–64, 65–69, 70–74, 75–79, 80–84, 85–89, 90–94 ... (five year age groups as high as is necessary).

AGE GROUPS, RELAY EVENTS: To be conducted on the total age of team members in whole years. Age groups of relay events are as follows: 100–119, 120–159, 160–199, 200–239, 240–279, 280–319, 320–359, and (forty year increments as high as necessary).

EVENTS:

Freestyle — 50m, 100m, 200m, 400m, 800m

Backstroke — 50m, 100m, 200m

Breaststroke — 50m, 100m, 200m

Butterfly — 50m, 100m, 200m

Individual Medley — 200m, 400m

Relays — 4x50m Freestyle, 4x50m Medley, 4x50m Mixed Freestyle, 4x50m Mixed Medley

TRAINING PROVISION: Friday, August 7 — Sunday, August 9, 2015 will be held at the Burevestnik Swimming Pool. Sunday, August 9, 2015 at the Aquatics Palace as well.

COMPETITION DATES: Monday, August 10 — Sunday, August 16, 2015. Daily start times of competition at 8:00

COMPETITION VENUES: Aquatics Palace

POOL CHARACTERISTICS: Competition pool 1 — 50x25m, variable depth 0–3.0 m, movable bulkhead. Competition pool 2 — 50x25m, depth 2.2 m.

WARM UP/WARM DOWN POOLS: Warm-up sessions will be organised all day 7:00–22:00 at the Water Polo Arena outdoor temporary pool, located at the Aquatics Palace adjacent area.

Warm-up at competition venue will be available from 6:30 to 7:40. Start of competition at 8:00 daily.

WARM-UP PROCEDURES: Swimmers must enter the pool feet first in a cautious and controlled manner. No diving or backstroke starts will be allowed except in designated sprint lanes. One or more lanes shall be designated as ONE WAY SPRINT lanes during the pre-meet warm-up sessions in the competition pool only. No diving or backstroke starts will be allowed in the warm-up pool. No sprint lanes will be designated in the warm-up pool.

Pull-buoys, kick boards, fins, hand paddles and other training aids consider inappropriate are not allowed in the competition pool or warm-up pool, as well as watches and heavy jewellery.

ANY SWIMMER WHO ACTS IN AN UNSPORTSMANLIKE OR UNSAFE MANNER WITHIN THE SWIMMING VENUE MAY BE CONSIDERED FOR APPROPRIATE ACTION OR PENALTY by the FINA Masters Commission.

ENTRY RESTRICTIONS: A swimmer may enter a maximum of **five (5)** individual events. Swimmers may also enter the Open Water Swimming in addition to the five individual events. The time **entered** for an individual event shall not exceed the qualifying time for that event.

Entries without times will not be accepted. All individual event entries must be submitted and paid by June 15, 2015. Only corrections to individual Swimming entry times (submitted and paid before June 15, 2015) will be accepted up to July 2, 2015. All Team event entries must be submitted and paid by July 2, 2015. No changes to any individual or team events will be accepted after July 2, 2015.

QUALIFYING STANDARDS: The Qualifying Standards are long course times. See the Qualification Standard Time at the end of the Swimming Information.

Qualification Time can be done in short course and long course meets. Short course times can be converted by adding 2%. The times should be obtained during a sanctioned meet.

FINA suggests that the times should be obtained within a year of the Championships. Please note that the actual time of the event swum, which has exceeded the qualifying standards, will not be shown on the result sheets, but instead will be noted on the result sheets as N.T. (No Time).

COMPETITION NOTES: All starts will be "over the head" i.e. swimmers from the previous race will stay in the water until the next race has started. The one-start rule will apply for all swimming events.

RECONFIRMATION: There is no reconfirmation of events. The events will be seeded from entries.

PRE-SEEDING: The 800m, and 400m Freestyle and 400m Individual Medley will be pre-seeded using the times entered, slowest to fastest regardless of age or age group. All other events will be pre-seeded using the times entered with the oldest age groups first and with the slowest heats swum first with in each age group.

Heat sheets will be available on the Championships website and an individual listing per swimmer will be available at the accreditation centre.

RELAY EVENTS: Notice to coaches: your relay sheets will be available at the relay table, in the Sport Information Centre of the Aquatics Palace, from July 2, 2015. All relay sheets should be returned signed, at the same place, before Thursday, August 13, 2015 at 13:00. No changes can be made after that time. However, according to rule SW 10.13: substitutions may be accepted upon presentation of a medical emergency certificate.

All relay team members must be affiliated with the same swimming club. A swimmer may not swim for more than one team per relay event.

MIXED RELAYS: "Mixed" means both sexes compete; i.e., two females and two males. The order of swimming is optional.

REPORTING: It is the responsibility of all swimmers to report to the clerk of the course (call room) at least 20 minutes prior to their designated races.

RESULTS: All results will be posted on the Championships website after each event. Results sheets per event are available for purchase at the Sports Information Desks at the Aquatics Palace.

MEDALS, INDIVIDUAL EVENTS: Medals will be awarded from 1st to 3rd place (gold, silver and bronze) in each age group and 4th to 10th places. Awarding ceremonies will be held in the FINA Water World Park on the day of the respective event. If the competition ends before 16.00, the Victory Ceremony is held on the same day, otherwise on the following day.

Medals from the 4th on place on to be collected by the athletes from the special desks in the FINA Water World Park.

MEDALS, RELAY EVENTS: 1st to 3rd place (gold, silver and bronze) in each age group (each member of the team will receive a medal) on the day of the respective event in the Information Centre. If the competition ends before 16.00, the Victory Ceremony is held on the same day, otherwise on the following day.

IMPORTANT: Smoking at the sports venues is prohibited by federal law of the Russian Federation.

QUALIFICATION STANDARD TIMES: See next page

WOMEN														
	25	30	35	40	45	50	55	60	65	70	75	80	85	90
50 FREE	34.00	35.00	36.00	38.00	40.00	42.60	45.50	48.00	51.80	56.00	1:00.50	1:10.00	1:31.00	1:52.00
100 FREE	1:15.50	1:19.00	1:21.00	1:24.00	1:31.00	1:38.00	1:42.00	1:49.00	2:00.00	2:06.00	2:22.00	2:48.00	3:15.00	3:55.00
200 FREE	2:43.00	2:49.00	2:58.00	3:07.00	3:23.00	3:39.00	3:49.00	4:03.00	4:21.00	4:34.00	5:04.00	6:09.00	6:55.00	8:15.00
400 FREE	5:47.00	5:59.00	6:14.00	6:33.00	7:05.00	7:38.00	8:03.00	8:35.00	9:20.00	10:03.00	11:13.00	12:55.00	14:30.00	16:30.00
800 FREE	12:25.00	12:40.00	13:05.00	13:50.00	15:00.00	16:00.00	16:50.00	18:00.00	19:15.00	20:50.00	23:55.00	25:50.00	28:50.00	35:40.00
50 BACK	40.00	41.80	44.00	46.50	49.30	52.00	54.80	58.00	1:03.00	1:08.00	1:15.00	1:31.00	2:20.00	2:53.00
100 BACK	1:27.50	1:31.50	1:37.00	1:42.50	1:49.00	1:55.00	2:04.00	2:13.00	2:24.00	2:32.00	2:50.00	3:25.00	4:00.00	5:05.00
200 BACK	3:11.00	3:13.00	3:26.00	3:40.00	3:51.00	4:08.00	4:23.00	4:36.00	5:02.00	5:21.00	5:53.00	7:04.00	8:49.00	9:53.00
50 BREAST	44.50	46.00	48.00	50.00	52.00	55.50	58.00	1:02.00	1:08.00	1:13.00	1:25.00	1:43.00	2:17.00	3:03.00
100 BREAST	1:39.00	1:41.00	1:44.00	1:51.00	1:56.00	2:02.00	2:10.00	2:19.00	2:32.00	2:45.00	3:16.00	4:10.00	5:05.00	6:15.00
200 BREAST	3:33.00	3:37.00	3:45.00	3:56.00	4:06.00	4:18.00	4:33.00	4:50.00	5:15.00	5:40.00	6:23.00	7:38.00	9:38.00	11:25.00
50 FLY	37.50	38.50	40.50	43.00	45.50	47.50	51.50	57.00	1:04.50	1:15.50	1:32.00	2:32.00	3:24.00	4:20.00
100 FLY	1:24.50	1:28.00	1:32.50	1:38.50	1:47.50	2:00.00	2:09.00	2:23.00	2:43.00	3:10.00	3:43.00	4:33.00	5:25.00	7:55.00
200 FLY	3:13.00	3:22.00	3:33.00	3:44.00	4:05.00	4:34.00	4:49.00	5:20.00	5:45.00	6:48.00	8:05.00	9:20.00	11:08.00	14:30.00
200 I.M.	3:08.00	3:13.00	3:25.00	3:33.00	3:44.00	4:00.00	4:13.00	4:30.00	5:02.00	5:28.00	6:10.00	7:03.00	8:22.00	9:48.00
400 I.M.	6:38.00	6:48.00	7:08.00	7:25.00	7:55.00	8:45.00	9:23.00	9:43.00	10:55.00	12:50.00	15:15.00	16:40.00	17:45.00	21:45.00

MEN														
	25	30	35	40	45	50	55	60	65	70	75	80	85	90
50 FREE	29.40	30.10	31.10	32.50	33.50	34.80	36.30	38.30	40.80	43.80	49.00	1:02.00	1:12.00	1:22.00
100 FREE	1:06.40	1:08.00	1:09.40	1:11.30	1:15.30	1:19.20	1:22.50	1:28.00	1:34.30	1:45.00	1:58.00	2:13.00	2:47.00	3:14.00
200 FREE	2:27.00	2:30.00	2:32.00	2:37.00	2:42.00	2:52.00	3:07.00	3:18.00	3:32.00	3:53.00	4:19.00	4:37.00	5:22.00	6:30.00
400 FREE	5:15.00	5:22.00	5:28.00	5:36.00	5:51.00	6:05.00	6:27.00	6:52.00	7:38.00	8:28.00	9:10.00	10:18.00	11:33.00	12:38.00
800 FREE	11:08.00	11:15.00	11:26.00	11:35.00	12:05.00	12:50.00	13:40.00	14:45.00	15:45.00	17:20.00	18:50.00	20:40.00	23:13.00	26:55.00
50 BACK	35.10	36.00	37.60	39.30	40.70	42.50	44.50	47.80	50.30	55.00	1:03.30	1:10.00	1:27.00	1:48.00
100 BACK	1:15.80	1:19.00	1:23.50	1:25.50	1:30.50	1:34.50	1:41.00	1:51.00	1:59.50	2:08.50	2:25.00	2:38.00	3:28.00	4:10.00
200 BACK	2:45.00	2:49.00	2:55.00	3:03.00	3:15.00	3:26.00	3:37.00	3:58.00	4:14.00	4:34.00	5:10.00	6:02.00	7:45.00	9:23.00
50 BREAST	37.80	38.80	39.80	40.80	43.00	45.30	47.30	49.50	52.50	56.80	1:03.00	1:14.00	1:43.00	2:11.00
100 BREAST	1:23.50	1:26.10	1:29.80	1:32.50	1:36.00	1:40.00	1:47.00	1:53.00	2:02.00	2:14.00	2:32.00	2:56.00	4:05.00	5:03.00
200 BREAST	3:05.00	3:09.00	3:13.00	3:22.00	3:29.00	3:38.00	3:53.00	4:05.00	4:27.00	4:49.00	5:26.00	6:13.00	7:45.00	9:20.00
50 FLY	32.00	32.40	33.50	35.30	36.50	38.00	39.50	43.30	47.00	52.80	1:04.00	1:29.00	2:06.00	2:44.00
100 FLY	1:11.00	1:12.80	1:15.50	1:19.50	1:23.00	1:27.00	1:37.50	1:47.50	2:00.00	2:08.00	2:50.00	3:24.00	4:20.00	5:20.00
200 FLY	2:52.00	2:55.00	2:59.00	3:08.00	3:16.00	3:32.00	3:53.00	4:08.00	4:40.00	5:10.00	5:53.00	6:54.00	8:48.00	10:50.00
200 I.M.	2:44.00	2:49.00	2:54.00	3:03.00	3:13.00	3:18.00	3:28.00	3:46.00	4:07.00	4:26.00	5:08.00	5:36.00	7:19.00	9:00.00
400 I.M.	6:10.00	6:16.00	6:21.00	6:33.00	6:50.00	7:15.00	7:43.00	8:23.00	9:18.00	10:14.00	12:28.00	13:30.00	14:25.00	17:25.00

3.7.2. Open Water Swimming

MINIMUM AGE LIMIT: 25 years

AGE DETERMINING DATE: Competitor's age as of December 31, 2015

AGE GROUPS: 25–29, 30–34, 35–39, 40–44, 45–49, 50–54, 55–59, 60–64, 65–69, 70–74, 75–79, 80–84, 85–89, 90–94 ... (five year age groups as high as is necessary).

RACE INFORMATION: For safety reasons, swimmers will be seeded according to age groups from the youngest to oldest.

Race organisers, in consultation with the referee and subject to advice from FINA Open Water Swimming Technical Committee, are to designate in advance the cut off time for each Masters race. As a rough guide, a time of 30 minutes per kilometre will be applied.

It shall be compulsory for all swimmers to wear highly visible coloured numbered swim caps (provided by the Organising Committee). Transponders will be used during the competition.

TRAINING PROVISION: From August 4 to August 6, 2015, 7:00–22:00 training sessions by groups will be in the Burevestnik Swimming Pool. On Thursday, August 6, 2015 two training sessions will be available on part of the course of the Kazanka Venue: from 10:00 to 14:00 and from 16:00 to 18:00.

TECHNICAL MEETING: Thursday, August 6, 2015 at 15:00 at the Kazanka Venue. **It is mandatory** for all entered swimmers.

COMPETITION DATES: Friday, August 7, 2015 at 8:30.

If the number of entries is more than 1000 swimmers, the competition will be swum in two days. The starting time for each age group will be announced after the entries deadline at the official Championships website. More information will be available at the official Championships website after the entries deadline.

COMPETITION VENUE: Kazanka Venue

LENGTH OF COURSE: Three kilometres. The Organising Committee reserves the right to reduce the length of the event; based on medical advice or should adverse weather or water temperature conditions prevail, or otherwise, upon advice of the FINA Masters Commission.

WATER TEMPERATURE:

Year	Month °C	
	July	August
2011	24.2	22.1
2012	23.1	22.0
2013	23.6	22.4
2014	23.1	22.7

TIME LIMITS: Swimmers who cannot complete the 3km distance in 90 minutes are advised not to enter. Swimmers still on the course after this time may be stopped and ordered out and no time will be given.

CALL ROOM: All athletes must report to the registration area (Open Water Office) one hour before their starting time. At the call room all competitors shall be 30 minutes before their allotted wave. A map showing the course will be clearly visible in this area for all the swimmers. Athletes will be called with a microphone system or megaphone, starting with the first wave.

SAFETY: Full medical provision and appropriate safety craft will be provided during and at the end of competition.

CHANGING AREA: Competitors must leave their equipment/clothing in the designated area. The Organising Committee will provide a visible numbered coloured cap and timing chip to each swimmer. Each swimmer is required to always wear this cap/chip throughout the race. A second cap may be worn under the brightly coloured, numbered cap.

SUPPORT FACILITIES: Changing facilities will be available close to the start and the finish.

A food and beverage area as well as a medical room will be available on site.

MEDALS: Medals will be awarded from the 1st to 3rd place (gold, silver and bronze) and from 4th to 6th place in each age group. Awarding ceremonies will be held at the competition venue after each age group has finished their competition.

Medals from 4th place on to be collected by the athletes from the special desks at the competition venues.

TRANSPORTATION TO THE COMPETITION VENUE

Free transportation services from the Athletes' Village and official hotels to all competition and training venues will be provided for the athletes in accordance with the established route and schedule.

IMPORTANT: Smoking at the sports venues is prohibited by federal law of the Russian Federation.

All individual event entries must be submitted and paid by June 15, 2015. No entry times will be used for seeding the waves.

3.7.3. Diving

MINIMUM AGE LIMIT: 25 years

AGE DETERMINING DATE: Diver's age as of December 31, 2015

AGE GROUPS: Springboard and platform events: 25–29, 30–34, 35–39, 40–44, 45–49, 50–54, 55–59, 60–64, 65–69, 70–74, 75–79, 80+ and five year age groups as long as necessary.

For Synchronised Diving: 50–99 and 100+. The age group is decided by adding the age of the two divers.

PRACTICE PROVISION: Practice opportunities will be available on Sunday, August 9 and Tuesday, August 11, 2015. Practice opportunities will also be available on competition days. Details of practice times will be found on the website www.kazan2015.com prior to the competition and at the Information Centre in the Aquatics Palace.

TECHNICAL MEETING: A technical meeting will be held on Tuesday, August 11, 2015, at 15:00 at the Aquatics Palace.

COMPETITION DATES: Wednesday, August 12 — Sunday, August 16, 2015

Wednesday, August 12 to Saturday, August 15, 2015 starting at 9:00 every day continuing with Synchronised Diving on Sunday, August 16 starting at 9:00 (warm-up from 7:00) with 3m Springboard and starting at 15:00 with Platform (warm-up 14:00). The competition schedule will be provided on our website prior to the Championships, once registration closes. This information will also be provided to competitors at the Information Centre in the Aquatics Palace.

TOTAL NUMBER OF DIVES REQUIRED:

Springboard & Platform

Age group, Years	Men 1m and 3 m	Women 1m and 3m	Men Platform	Women Platform
25-29	7	6	6	6
30-34	7	6	6	6
35-39	7	6	6	6
40-44	7	6	6	6
45-49	7	6	6	6
50-54	6	5	5	5
55-59	6	5	5	5
60-64	6	5	5	5
65-69	6	5	5	5
70-74	5	4	4	4
75-79	5	4	4	4
80 +	4	3	3	3

NOTE: 10m limit; 50+ can only perform dives with feet first entries and not exceeding 2.0 in difficulty

Synchronised

	Age group	Men	Women
3 m Springboard	50-99	2(*) +2	2(*) +2
	100+	2(*) +2	2(*) +2
Platform	50-99	2(*) +2	2(*) +2
	100+	2(*) +1	2(*) +1

Note: If any of the two divers is 50 years or more, the limitation from 10 m platform dives is only feet first. Any dive from 10 m must not exceed a degree of difficulty of 2.0 that applies to the pair.

(*) Degree of difficulty of 2.0 for each dive regardless of the formula for degree of difficulty of the dive.

WARM UP PROVISION: Warm up time will normally be provided prior to competition for competitors involved in the ensuing session.

COMPETITION VENUE: Aquatics Palace

POOL CHARACTERISTICS: Deck level 33x25m, variable depth 0-5.5 m, movable floor. There are two 1m springboards, two 3m springboards, one platform at 1m, 3m, 5m, 7.5m and 10m. Restrictions for simultaneous dive from platform and springboard will apply.

COMPETITION FORMAT: Divers can freely choose their dives from the table found in FINA Diving Rules, provided each dive to be performed has a different dive number. For age groups 50+, any dive from 10m must be with feet first entry and with a maximum degree of difficulty of 2.0.

For age groups 70+, dives with the same dive number can be repeated if different positions are used.

A diver can compete in only one team per Synchronised event.

All divers will perform a full series of dives in their age group and there will be no preliminary or final contests. The Organising Committee reserves the right to run events concurrently, depending on the number of entries.

DIVE SHEETS: An official Diving Form will be sent to all competitors by e-mail after the Championships registration is closed. The official Diving Forms must be submitted by e-mail to the Organising Committee before Thursday, July 2, 2015. The competitors shall confirm their participation and submit the final changes to their official Diving Form at the designated point 24 hours prior to the start of the event. Additional copies will also be available at the Information Centre at the Aquatics Palace.

Late sheets and changes to an existing sheet will incur a penalty fee of USD 10 per sheet between 24 hours and 3 hours prior to the event. No changes or Diving Forms will be accepted after the deadline of 3 hours before the start of the event.

REPORTING: All divers are responsible for being at the competition site at the start of their designated event.

MEDALS: Medals will be awarded from 1st to 3rd place (gold, silver and bronze) and 4th to 6th place medals in each age group. If there are less than six divers in an age group, only the first three medals shall be awarded. Awarding Ceremonies will be held in the FINA Water World Park on the day after the end of the respective event. If the competition ends before 16.00, the Victory Ceremony is held on the same day, otherwise on the following day.

Medals from 4th place on to be collected by the athletes from the special desks in the FINA Water World Park.

IMPORTANT: Smoking at the sports venues is prohibited by federal law of the Russian Federation.

All individual event entries must be submitted and paid by June 15, 2015. All Team event entries must be submitted and paid by July 2, 2015.

3.7.4. Water Polo

MINIMUM AGE LIMIT: 30 years

AGE DETERMINING DATE: Competitor's age as of December 31, 2015.

COMPOSITION OF TEAMS: FINA Masters Water Polo rules apply to this competition. Please ensure that the composition of a team complies with MWP 2.1.

A team may list up to 15 players on their team entry form to participate in any game of this tournament, i.e. seven players and up to 8 reserves. It is not compulsory to name a substitute goal keeper. A goalkeeper who has been replaced by a substitute may, if the player returns to the game, play in any position.

Women players may be member of a men's team.

A player may only represent one club in the competition and all players must be registered with the same club.

AGE GROUP: The age of the youngest member of the team determines the age group of the team.

There are no restrictions on the ages of players older than the youngest player on the team.

Age groups for teams, both men and women, are at five-year intervals beginning with 30, i.e. 30+, 35+, 40+ 45+, and five year increments as high as necessary. If there are fewer than three teams entered in an age group, they will be offered the opportunity to compete in the next youngest age group.

TRAINING OPPORTUNITIES: Training opportunities will be available at the Championships pool: Olymp Swimming Pool, Friday, August 7 and Sunday, August 9, 2015. Requests for training may be made by written request prior to arrival, or on arrival at the competitor registration desk for Water Polo.

TECHNICAL MEETING: Technical meeting for coaches and managers/team representatives will be held on Sunday, August 9, 2015 at 15:00 in Burevestnik.

The final team composition shall be announced at the Technical Meeting.

COMPETITION DATES: Monday, August 10 — Sunday, August 16, 2015.

COMPETITION SCHEDULE: The competition schedule will be provided on our website as soon as possible following the draw, which will be made at least one month before the start of the tournament. This will also be provided at the Information Centre at the Burevestnik and Olymp Swimming Pools.

COMPETITION FORMAT: The competition format will be determined according to the number of teams entered in an age group. The object will be to have each team play a minimum of four games and to determine the final placing as far down in each age group as feasible. The format may be Round-robin, or group play. In group play, there may be one or more preliminary rounds, followed by semi-final and final to determine final placing.

If less than three (3) teams are registered in an age group, they will be asked to compete in the next youngest age group while maintaining a separate ranking. Teams that do not accept this will have their team registration fee reimbursed. Team players who only registered for Water Polo Championships will have their individual registration fee reimbursed as well.

COMPETITION VENUES: The Burevestnik Indoor Swimming Pool. The venue includes a 50-metre swimming pool divided into 2 fields of play.

The Olymp Indoor Swimming Pool. The venue comprises a 50-metre swimming pool divided into 2 fields of play.

EQUIPMENT: Teams will be responsible for providing their own practice and warm up Water Polo balls. The Organising Committee will provide the competition match balls, which will be the official FINA Water Polo ball by Mikasa.

Game caps will be available, but teams may use their own caps, provided the numbers on the caps conform to FINA rule WP 4 and are 10cm in height. Note MWP 2.1 provides for a list of up to 15 players in Masters Water Polo, all players listed on the final roster are eligible to play in the competition.

ENTRY PROCEDURE: To be eligible for the competition, each Water Polo player must complete an individual registration and pay the individual registration fee of USD 60 and the team must pay the registration fee of USD 380.

A nominated coach, manager/team representative must submit the fully completed Team Sheet for entry into the competition. Latest day for entries are July 2, 2015. Changes on the Team Sheet are not allowed after the nominated coach, manager/team leader has reconfirmed the entries at the technical meeting on Sunday, August 9, 2015 at 15:00.

All Team event entries must be submitted and paid by July 2, 2015.

REPORTING: It is the responsibility of each team to be ready to play at least 15 minutes prior to the designated starting time for their match. Teams arriving later than 5 minutes after the designated start time for their match will forfeit the match, with the match awarded to the opponent with a goal score of 5–0. In the event that a forfeit may benefit the team forfeiting in terms of advancement, the Management Committee of the competition reserves the rights to make any adjustment in the reported score to correct this possibility.

MEDALS: Medals will be awarded from 1st to 3rd place in each age group (each player on the team and a coach will receive a medal). Awarding Ceremonies will be held after the final of each age group at the competition venue.

IMPORTANT: Smoking at the sports venues is prohibited by federal law of the Russian Federation.

3.7.5. Synchronised Swimming

MINIMUM AGE LIMIT: 25 years

Note: Swimmers between 22 and 24 years of age can be part of a team and free combination event if the average age of the team is at least 25 years.

AGE DETERMINING DATE: Swimmer's age as of December 31, 2015.

AGE GROUPS:

SOLO: 25–29, 30–39, 40–49, 50–59, 60–69, 70–79, 80+

DUET: 25–29, 30–39, 40–49, 50–59, 60–69, 70–79, 80+

TEAM: 25–34, 35–49, 50–64, 65+

FREE COMBINATION: 25–39, 40–64, 65+

For Duet and Free Combination and Team events, the age is determined by the average age of the competitors.

TECHNICAL MEETING: The Synchronised Swimming Technical Meeting will be held on Tuesday, August 4, 2015 at 15:00. The location of the meeting will be at the Akcharlak Swimming Pool. The computer draw for the Technical Routines will be performed by the Synchronised Swimming coordinator at least 24 hours before the Technical Meeting.

PRACTICE PROVISION: Practice opportunities with music will be available in the competition pool from Sunday, August 2 to Tuesday, August 4, 2015.

On competition days, there will be no practice with music, but time will be allocated for practice after the last event of the day. Warm-up and cool-down will be available in half of the main 50m pool of the Akcharlak Swimming Pool. The exact times of practice are subject to entry numbers.

Start lists, practice and competition schedules will be sent to all registered competitors by e-mail in advance and be published on our website prior to the competition. Up-to-date information will also be provided at the Information Centre.

COMPETITION DATES:

Wednesday, August 5 to Monday, August 10, 2015 inclusively

Wednesday, August 5 – Solo Technical Routines

Thursday, August 6 – Duet Technical Routines

Friday, August 7 – Team Technical Routines

Saturday, August 8 – Solo Free Routines

Sunday, August 9 – Duet Free Routines and Free Combination

Monday, August 10 – Team Free Routine

The final competition schedule will be provided on our website prior to the Championships, once the team registration closes. This will also be available at the Information Centre at the Akcharlak Swimming Pool.

COMPETITION VENUE: The Akcharlak Indoor Swimming Pool

POOL CHARACTERISTICS: The venue comprises a 50-metre Swimming Pool divided into Competition and Warm-up pool.

SOUND EQUIPMENT: Competitors are responsible for providing their own music. It is required that music be recorded on CD only, and that a separate CD be provided for each routine. Each CD must have the name of the competitor, the country and club name, event and music time written on it using a permanent marker. The same information should be written on the CD case. Do not attach a label directly on the CD itself. Music should be recorded so that the sound levels for soft, quiet and low-pitched music are clearly audible. Competitors are responsible for ensuring that they have appropriate copyright authorisation.

Music for each event must be delivered to the music controller on the pool deck at least 15 minutes prior to the start of each event. CD's may be retrieved at the conclusion of each event.

ENTRY RESTRICTIONS: All duet, team and free combination competitors must represent the same club. Each club may submit up to a maximum of five (5) routine entries per age group per event. Each club may enter one free combination in each age group.

All individual event entries must be submitted and paid by June 15, 2015. All Team event entries must be submitted and paid by July 2, 2015.

TEAM MEMBERS: MSS 3.2 Teams shall consist of a minimum of four (4) and a maximum of eight (8) members. Combination shall consist of a minimum of four (4) members and a maximum of ten (10) members.

MAXIMUM TIME LIMITS: Time limits for technical routines and free routines including ten (10) seconds for the deck movement.

Technical Routines:	Solo	1 minute 30 seconds
Free Routine:	Solo	2 minutes, 30 seconds
Technical Routines:	Duet	1 minutes, 40 seconds

Free Routine:	Duet	3 minutes
Technical Routine:	Team	1 minute, 50 seconds
Free Routine:	Team	4 minutes
Free Combination:		4 minutes, 30 seconds

There is no minimum time limit.

There shall be an allowance of fifteen (15) seconds plus the allotted time for Technical Routines, Free Routines and Free Combination.

TECHNICAL ROUTINES: Technical routines must include all required elements as described in Appendix 1 of MSS rules. Music selection is optional and may be the same as the music used in the free routine.

Technical routines will be recorded (video) and reviewed if necessary.

OTHERS:

Goggles may be worn.

Reserves Forms must be received at the designated point no later than 3 hours prior to the published start time of the event.

SCORING: Judging and scoring will be made as in MSS 4.4 in the FINA Handbook.

REPORTING: It is the responsibility of each competitor, including all members of duets and teams to report to the call room at least 30 minutes prior to the start of the designated event.

MEDALS: Medal will be awarded from 1st to 3rd place in all events in each group (each member of a duet, team/free combination will receive a medal including reserves). Awarding Ceremonies will be held at the competition venue.

IMPORTANT: Smoking at the sports venues is prohibited by federal law of the Russian Federation

APPENDIX 1. FINA Required Elements for Masters Technical Routines

GENERAL REQUIREMENTS

1. Supplementary elements may be added
2. Unless otherwise specified in the description of an element:
 - All figures or components thereof shall be executed according to the requirements described in Appendix II in the FINA SS rules
 - All elements shall be executed high and controlled, in uniform motion with each section clearly defined
3. Time limits as in MSS 4.1
4. Swimwear shall be black and the competitor shall wear a white cap.

Solo

Elements 1 to 5 must be performed in the order listed.

Element 6 may be performed at any time during the routine.

1. **FISHTAIL** — from a **Front Layout Position**, a **Front Pike Position** is assumed; one leg is lifted to a Fishtail Position, the second leg is lifted to a **Vertical Position** (ending is optional).
2. **BODY BOOST** — A rapid headfirst rise, with a maximum of the body above the surface (arms optional). A descent is executed until the swimmer is completely submerged.
3. **BARRACUDA BENT KNEE** — From the **Back Pike Position** with legs perpendicular and with the toes just below the surface, a Thrust is executed as one leg is drawn along the inside of the other extended leg to assume a **Bent Knee Vertical Position**. A vertical Descent is executed in a Bend Knee Vertical Position at the same tempo as the Thrust.
4. **TRAVELLING BALLET LEG COMBINATION** — Beginning in a **Back Layout Position** to include at least 2 of the following positions: **Right Ballet Leg**; **Left Ballet Leg**; **Right Flamingo**; **Left Flamingo**; **Double Ballet Leg**.
5. **SPLIT POSITION** followed by a walkout front or walkout back.
6. **TWO (2) FORMS OF PROPULSION** — Must include Egg Beater travelling sideways &/or forward (arms optional)

Duet

Elements 1–5 MUST be performed in the order listed.

Elements 6–7 may be executed at any time during the routine.

1. **FISHTAIL** — From a **Front Layout Position**, a **Front Pike Position** is assumed; one leg is lifted to a Fishtail Position, the second leg is lifted to a Vertical Position (ending is optional)
2. **BODY BOOST** — A rapid head– first rise, with a maximum of the body above the surface (arms optional). A descent is executed until the swimmer is completely submerged.
3. **BARRACUDA BENT KNEE** — From the **Back Pike Position** with legs perpendicular and with the toes just below the surface, a Thrust is executed as one leg is drawn along the inside of the other extended leg to assume a **Bent Knee Vertical Position**. A Vertical Descent is executed in a Bent Knee Vertical Position at the same tempo as the Thrust.
4. **TRAVELLING BALLET LEG COMBINATION** — beginning in a **Back Layout Position** to include at least 2 of the following positions: **Right Ballet Leg**; **Left Ballet Leg**; **Right Flamingo**; **Left Flamingo**; **Double Ballet Leg**.

5. **SPLIT POSITION** — followed by a walkout front or walkout back.
6. **TWO (2) FORMS OF PROPULSION** — Must include Egg Beater travelling sideways &/or forward (arms optional).
7. **JOINED ACTION** — Where the swimmers are connected (touching) in some manner to perform one of the following:
 - A connected figure or a connected float or connected stroking
 - Action must be performed simultaneously. Mirror action is permitted
 - Stacks, lifts, platforms, throws are not permitted

With the exception of the DECK WORK and ENTRY and as noted in the JOINED ACTION, all elements, required and supplementary, **MUST** be performed simultaneously and facing the same direction by all swimmers. Variation in propulsion and direction facing are permitted during pattern changes.

Team Required Elements

Elements 1–5 **MUST** be performed in the order listed. Elements 6–9 may be performed at any time.

1. **FISHTAIL** — From a **Front layout Position** a **Front Pike Position** is assumed; one leg is lifted to a Fishtail Position, the second leg is lifted to a Vertical Position (ending is optional)
2. **BODY BOOST** — a rapid headfirst rise, with a maximum of the body above the surface (arms optional). A descent is executed until the swimmer is completely submerged.
3. **BARRACUDA BENT KNEE** — From the **Back Pike Position** with legs perpendicular and with the toes just below the surface, a Thrust is executed as one leg is drawn along the inside of the other extended leg to assume a **Bent Knee Vertical Position**. A vertical Descent is executed in a **Bent Knee Vertical Position** at the same tempo as the Thrust.
4. **TRAVELLING BALLET LEG COMBINATION** — Beginning in a **Back Layout Position** to include at least 2 of the following positions: **Right Ballet Leg; Left Ballet Leg; Right Flamingo; Left Flamingo; Double Ballet Leg**.
5. **SPLIT POSITION** followed by a walkout front or walkout back
6. **TWO (2) FORMS OF PROPULSION** — Must include Egg Beater travelling sideways &/or forward (arms optional).
7. **JOINED ACTION** — Where the swimmers are connected (touching) in some manner to perform one of the following:
 - A connected figure or a connected float or connected stroking.
 - Action must be performed simultaneously. Mirror action is permitted.
 - Stacks, lifts, platforms, throws are not permitted.

8. **CADENCE ACTION** — Identical movements (s) performed sequentially, one by one, by all team members. When more than one cadence action is performed, they must be consecutive and not separated by other optional or required elements. A second cadence action may begin before the first cadence action is completed by all team members but each team member must do the action of each cadence.
9. **PATTERNS** — must show a circle and straight line. Elements may be performed when in the circle or the straight-line patterns.

With the exception of the **DECKWORK, ENTRY, CADENCE** and as noted in the **JOINED ACTION**, all elements, required and supplementary, **MUST** be performed simultaneously and facing the same direction by all swimmers. Swimmers need not face the same direction in the circle pattern. Variation in propulsion and direction facing are permitted during pattern changes. Mirror actions are not permitted except as specified in the description of the elements.

3.8. Victory Ceremonies

Victory Ceremonies for Synchronised Swimming, Open Water Swimming and Water Polo will be held at the competition venues (Akcharlak Swimming Pool, Kazanka Venue, Burevestnik and Olymp Swimming Pool).

Victory Ceremonies for Swimming and Diving will be held in the FINA Water World Park, daily from August 10 until August 16, 2015. If the competition ends before 16.00, the Victory Ceremony is held on the same day, otherwise on the following day.

Awarding starts with the most elder age group. Achieved world records are announced during the ceremonies.

Athletes who missed the ceremony may collect their medals at special desks at the competition venues (for Synchronised Swimming, Open Water Swimming and Water Polo) or at the FINA Water World Park (for Swimming and Diving) at the special desk.

Medals from 4th place are to be collected by athletes from special desks at the competition venues (Kazanka Venue for Open Water Swimming) and at the FINA Water World Park (for Swimming and Diving).

All the Diplomas are to be collected by athletes or the Heads of Teams on the next day after the finals at the competition venues (Akcharlak for Synchronised Swimming and Kazanka Venue for Open Water Swimming) and at the FINA Water World Park (for Swimming, Diving and Water Polo).

3.9. Results

A full set of Championships results will be released after the event and put on the Championships website — masters.kazan2015.com/en. The results will continuously be updated on the website as well as posted at the sports information stands at the venues throughout the Championships. The results will also be available for purchase at the Sport Information Desks at the venues.

CHAPTER 4. SERVICES

4.1. Arrivals and Departures

The official arrival and departure points for those attending the Championships are the following ones:

- Kazan International Airport
- Kazan–1 Railway Stations
- Kazan–2 Railway Station

The transit arrival and departure points in Moscow are as follows:

- Sheremetyevo International Airport
- Moscow Domodedovo Airport
- Vnukovo International Airport

The Organising Committee is pleased to provide the participants of the Championships with welcoming services at the official points of arrival free of charge. To make procedures smooth and comfortable the Organising Committee will provide the participants with the separate passport control cabins, customs channels, special navigation signs, welcome desks and priority service at all official and transit airports.

Documents required for entering/exiting the Russian Federation:

- passport valid for at least six months after the expiry date of a valid Russian visa , i.e. until February 20, 2016
- valid Russian visa
- migration card (to be filled out while passing passport control)

Important Note: Remember to keep your migration card secure until you leave the territory of the Russian Federation as it is required to be presented upon an exit from the Russian Federation.

It is required to leave the territory of the Russian Federation before the visa expiration date.

4.2. Transportation

The Organising Committee is pleased to offer the participants of the 16th FINA World Masters Championships 2015 free of charge transportation services that will be provided throughout nearly three weeks, i.e. from July 29 until August 18, 2015.

Transportation services include the following:

1. Return transfer from Kazan International Airport as well as the Kazan–1 and Kazan–2 railway stations to the Accreditation Centre
2. Transportation from the Athletes' Village to all competition and training venues in accordance with established route and schedule
3. Free public transport
4. Return transportation to the Opening and Closing Ceremonies from the Athletes' Village

Shuttle Buses Schedule¹

Route	Operation Hours	Intervals
Athletes' Village – Aquatics Palace – Athletes' Village	Start: 6:30 Finish: 45 min after the last competition	30 min
Athletes' Village – Akcharlak Swimming Pool – Athletes' Village	Start: 7:30 Finish: 45 min after the last competition	30 min
Athletes' Village – Kazanka Venue – Athletes' Village	Start: 7:00 Finish: 45 min after the last competition	30 min
Athletes' Village – Olymp Swimming Pool – Athletes' Village	Start: 7:30 Finish: 45 min after the last competition	30 min

Accredited Taxi Service

The participants and guests will be able to order accredited, fixed-rate taxis. The service will operate 24 hours a day.

The vehicle can be ordered at the information desks or by using the Contact Centre. The taxi will arrive at the venue checkpoint outside the security perimeter.

¹ Current shuttle bus schedule could be found at the information desks in the Athletes' Village, on the Championships website as well as in the printed information materials.

4.3. Accommodation

4.3.1. Athletes' Village



The Organising Committee is proud to present the Athletes' Village as the primary place of accommodation for the Championships participants to ensure the most comfortable and secure stay. The Village consists of 28 buildings intended for the participants' accommodation and offers a large panel of services and a comfortable residential zone.

The Athletes' Village check-in procedure for delegates will commence on August 1, 2015.

The Athletes' Village reception service will be open from 00:00, August 1 until 23:59, August 20, 2015. The service will operate in each residential building 24/7.

Please note that the available accommodation at the Village will be allocated on a first come, first served basis.

The Athletes' Village is divided into two functional zones: an international zone and a residential zone.

International Zone

The international zone incorporates the Main International Centre, the Medical Centre and parking areas.

The following can be found inside the Main International Centre:

- Accreditation Centre
- Competitions ticket office
- Airline and railway ticket office
- Souvenir shop

- Information Centre
- Conference halls
- Banking services
- Mobile service operator office
- Arrivals and Departures desk
- Financial services
- Migration service office
- Cafeteria

Residential Zone

The residential zone of the Athletes' Village consists of residential buildings, the Flags Alley, a souvenir shop, a supermarket, a bank, a post office, a beauty salon, a tailor's shop and a lounge zone.

Free Wi-Fi Internet is provided in all residential buildings.

Alongside the services mentioned above the participants will be provided with additional facilities and services such as housekeeping services, self-service laundry rooms, ice-machine rooms, medical rooms, bicycle rental service, and video rooms. It should be noted that the voltage in Russia's electricity network is 220 Volt, with a frequency of 50 Hz.

Services

The Organising Committee is proud to inform the participants and guests of the Championships that the following services could be found on the territory of the Athletes' Village:

- tailor's shop
- bank
- post office
- pharmacy
- copy centre
- mobile service operator office
- beauty salon
- supermarket
- souvenir shop
- outdoor sports grounds
- sports equipment rental point
- lost and found

Shopping and Entertainment Complex "City Centre", located in close proximity to the Athletes' Village, provides additional services for the participants and guests of the Championships, including an express dry cleaning, a shoe repair, a tailor shop, a beauty salon, bars, a supermarket, and a cinema.

Housekeeping Services

Room services include emptying of bins and mopping, change of bedclothes and provision of fresh towels (once every 3 days).

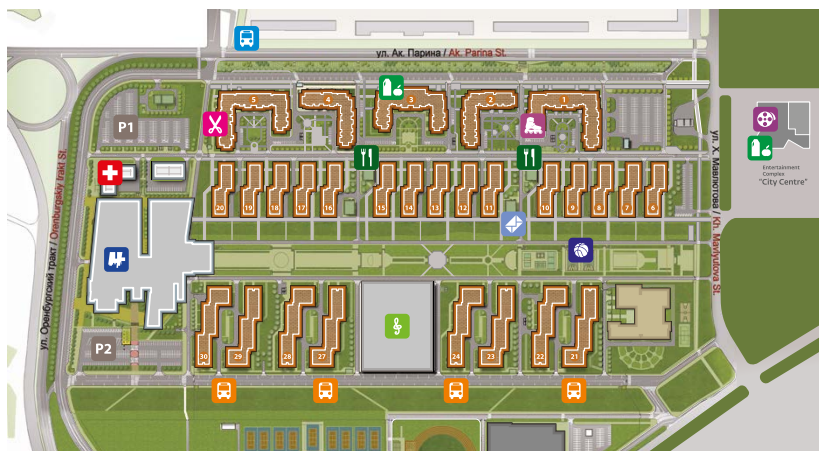
Medical Centre

A modern fully-equipped Medical Centre is situated in the Athletes' Village. Highly-qualified English-speaking doctors and medical personnel are glad to provide the participants accommodated in the Athletes' Village with medical assistance. First aid is provided free of charge.

Lounge Zone

Lounge zone is designed to be a recreation area on the territory of the Athletes' Village, offering diverse cultural and entertainment programme as well as leisure activities on a daily basis. It is intended to be a perfect place to rest and have a good time.

Map of the Athletes' Village



Main International Centre
HOD Meeting Hall
Main Accreditation Centre
Main Restaurant
Commercial Zone



Service Centre
Bank
Post-Office
Tailor
Souvenirs



Public
Bus Stop



Championship
Bus Stop



Sports Equipment
Rental



Outdoor
Sports Grounds



Café



Supermarket



Cinema



Beauty Salon



Lounge Zone



Parking



Polyclinic

4.3.2. Official Hotels

Shalyapin Palace Hotel



Address: 7, Universitetskaya Street, Kazan, Russia

IT Park Hotel



Address: 52, Peterburgskaya Street, Kazan, Russia

Prices for the official accommodation places of the 16th FINA World Masters Championships

№	Stars	Hotel	Room Category	Room Rate incl. breakfast, USD	
				SNG	DBL
1		Athletes' Village	Standard (single occupancy)	49	
			Standard (double occupancy)		79
			Standard (triple occupancy)		108
2	4	Shalyapin Palace Hotel	Standard DBL/TWIN	160	210
			One room Studio	215	265
			Two room Studio	230	280
			Suite	400	435
3	3	IT Park	Standard DBL	100	135
			Standard Comfort	115	155
			Studio	165	205
			Suite DBL	165	205

Non-official hotels will be also available for reservation through the Official Travel Agent. The participants of the Championships can choose between 34 recommended places of accommodation that offer 2021 rooms in total. All information about places of accommodation will be placed on the official website <http://masters.kazan2015.com/ru/en>.

Please note that the Organising Committee will provide the official services only for those athletes accommodated in the Athletes' Village and in the official hotels.

4.4. Catering

Breakfast for the participants accommodated in the Athletes' Village is included in the room rates and will be offered from 05:30 till 11:30.

Catering services for the participants accommodated in the official hotels will be offered in the hotel restaurants according to the timetable of a particular hotel.

Breakfast is included in the room rates irrespective of the official place of accommodation. Full board is available upon request for an extra charge.

Fast food points will be arranged at all sports venues for participants' convenience.

4.5. Medical Services

During the Championships the Organising Committee will be pleased to provide participants and guests with high quality medical care. Medical services provided at the Championships include provision of the medical care at:

- Athletes' Village
- competition and training venues
- official hotels
- official arrival and departure points
- accredited hospitals

All participants and guests are advised by the Organising Committee to purchase health insurance.

CHAPTER 5. CULTURAL AND SOCIAL PROGRAMME

5.1. FINA Water World Park

For the first time, participants and guests will have a unique opportunity to visit the largest cultural and amusement park — **FINA Water World Park**, where they can visit the **Partners' Town** and the **Aquatics History Museum** as well as meet all the variety of cultures of Russia.

FINA Water World Park is a special area located between the Kazan Arena Stadium and the Aquatics Palace. Marketing stands of the Masters Championships will be located here. The Park will also be a major cultural site of the Championships available for visitors and guests from 12:00 till 22:00.

The Park will offer a wide variety of activities and performances within the following zones:

- Commercial Partners zone demonstrating FINA Partners products
- souvenir shops offering for sale both licensed souvenirs of the Championships and works of art created by craftsmen from all over Russia
- Aquatics History Museum
- major cultural stage featuring everyday evening shows with the participation of outstanding music bands, dancing and singing ensembles of Russia as well as choirs, opera singers and etc. Moreover, it is here that the concert programmes of the Championships Partners are to be organised
- catering zone incorporating 6 retail points of sale
- children playground equipped with various fun attractions as well as activities on the theme of the Championships such as face paint, water painting, etc.
- folk art installation displaying a Tatar and a Russian village as well as a traditional national Tatar holiday Sabantuy



5.2. Opening and Closing Ceremonies

Aiming at making the Championships in Kazan one of the most memorable events of your life the Organising Committee is proud to offer a diverse and exciting cultural programme including the Opening and Closing Ceremonies.

The Opening Ceremony will be held on August 10, 2015 at the FINA Water World Park.

The Closing Ceremony will be held on August 16, 2015.

The Opening Ceremony will be a beautiful, colourful show heralding the start of the competition. The formal part of the Opening Ceremony will be attended by dignitaries from the host country and other official guests.

The Closing Ceremony will be an event that summarises and recaps the most exciting moments of the Championships, with words of gratitude addressed to the volunteers, athletes, members of the Organising Committee and municipal services.

All participants and accompanying guests are invited and welcome for both ceremonies.

5.3. Tourism

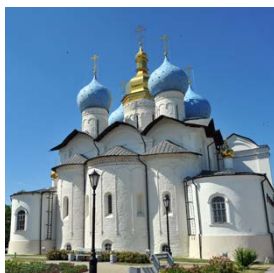
Tatarstan and Kazan in particular are attractive tourist destinations. The most popular tourist routes are as follows: Kazan – Raifa Monastery, Kazan – Island-town of Sviyazhsk, and Kazan – the ancient town of Bolgar.

The Republic is also known for its rich cultural and historical heritage centred in the State Historical and Architectural Museums (Kazan Kremlin, Bolgary, Bilyarsk, Yelabuga), excavations of ancient settlements (Djuketau, Bilyar, Suvar) or in the historic urban core (Kazan, Yelabuga, Chistopol), and unique natural areas of the Volga-Kama Reserve, Spassky Reserve, Chistye Luga.

Kazan is a city with a thousand-year history and unique architectural monuments from the past. The city's historical centre displays a harmonious mixture of alternating Russian and Tartar styles. The city boasts many modern, landscaped parks and entertainment centres that match European standards, along with sports complexes and massive shopping centres.

Kazan's main tourist attraction is the Kazan Kremlin, which is a UNESCO World Heritage Site. This is also the place where one of the largest mosques in Europe, the Qolsharif (Kul Sharif) Mosque, and the oldest Orthodox temple in Kazan – the Annunciation Cathedral, dating back to the 16th century are located.

The Organising Committee is happy to offer the Championships participants and guests an extensive tour programme which provides an opportunity to visit historical, cultural and religious monuments and experience the spirit of the modern capital.



Kazan Sightseeing Tour with a Visit to the Kazan Kremlin



Duration	Cost
3 hours	Group of 4–19 people — 7 450 RUB
	Group of 20–45 people — 15 870 RUB

The tour features Kazan's landmarks. The experienced guide will accompany guests to the Old Tatar Sloboda (where the Tatars lived after Kazan was conquered by Ivan the Terrible), Sukonnaya Sloboda (the city's former industrial complex, founded by Peter the Great) and to the Liberty Square which houses the Kazan City Hall, the Opera and Ballet Theatre, the Conservatory, the Republic of Tatarstan Government Building and the Church of the Exaltation of the Holy Cross. Tour participants will also visit the jewel of the city – the Kazan Kremlin.

Raifa Bogoroditsky Monastery Tour



Duration	Cost
3 hours	Group of 4–19 people — 8 450 RUB
	Group of 20–45 people — 16 550 RUB

The Raifa Bogoroditsky Monastery is considered to be one of the most beautiful monasteries in the Republic of Tatarstan. The complex is located in the Volga-Kamsky Reserve, 18km away from Kazan. The Monastery was founded in the 17th century, was fully renovated 10 years ago and is currently being used. The tour includes a visit to the unique Temple of All Religions erected by famous Tatarstan artist Ildar Khanov.

Tour to the Island-town of Sviyazhsk



Duration	Cost
5 hours	Group of 4 - 19 people — 14 350 RUB
	Group of 20 - 45 people — 29 500 RUB

The Island-town of Sviyazhsk was founded in the 16th century by Ivan the Terrible as a fortified post in front of Kazan. The island's appearance has not changed significantly since then. The island houses two monastery complexes and the famous 16th century wooden church which was built in one day. In addition, it is possible to visit the Temple of All Regions as a part of the excursion.

Bolgar Museum Reserve Tour



Duration	Cost
10 hours	Group of 4 - 19 people — 63 350 RUB
	Group of 20 - 45 people — 30 050 RUB

The Bolgar Museum Reserve is one of the few historical and architectural complexes of the Volga Tatars (9th–10th centuries). Bolgar is a place of worship and pilgrimage for Muslims seeking to make a minor hajj to the holy places. This was where, in 922, the capital of the Volga Bulgaria officially accepted Islam and thus linked its fate with the culture of the Islamic world.

Tour to the Thousand-year-old City of Elabuga



Duration	Cost
12 hours	Group of 4 - 19 people — 37 650 RUB
	Group of 20 - 45 people — 79 350 RUB

The thousand-year-old city of Elabuga rivals Kazan in the beauty and the number of its historical landmarks. The tour includes visiting the Chyertovo Gorodische ("Devil's Fort"), the memorial complex named after Marina Tsvetayeva, the Nadezhda Durova Museum, the eternal flame, the World War II Memorial. Tour fees include lunch at the Traktir Museum and Theatre. After lunch, guests have the choice of visiting any two of the following six museums: Ivan Shishkin house museum, Marina Tsvetayeva literary museum and house museum, Nadezhda Durova Museum, Vladimir Bekhterev Museum of district medicine or the museum honouring the thousand-year-old Elabuga.

5.4. Places to Visit

Kazan Circus

The history of the circus in Kazan has over 100 years. The circus building resembles the "flying saucer", space silhouette of which has now become an integral part of modern city architecture, a kind of exotic dominant at the foot of the ancient Kremlin Hill.

<http://www.kazan-circus.ru/en>

Kyrlai Amusement Park

Kyrlai Amusement Park is located in the city centre on the bank of the Kazanka River. The park is one of the most popular leisure sites among Kazan citizens. It is equipped with amusement rides, ideal for families with children, and has an extreme zone for those who like to rattle their nerves.

Riviera Water Park

Kazan Riviera is the largest water park in Russia and one of the largest in Europe. With over 50 amazing rides, the park aims at providing all visitors with exactly the kind of entertainment they love. The water park's SPA zone is worth a special mention.

<http://www.kazanriviera.ru/en/aquapark/about/>

Sky Park Adventure Park

This fantastic adventure park consists of rope climbing zones from 1 to 8 meters above ground, including a 90-meter-long zip line. The park welcomes visitors of all ages and levels of fitness. It is located on the premises of the Lebyazhye Recreation Centre.

Kachalov Kazan Academic Russian Drama Theatre

The history of the theatre dates from 1791. It is one of the most ancient theatres in Russia and is the first theatre in Kazan. Such famous Russian actors as Pavel Mochalov, Mikhail Schepkin, Pelageya Strepetova, Vasili Kachalov and others played on the stage of the theatre. The theatre participated in international dramatic festivals, held in Vilnius, Cairo, Marcelle, Moscow, and Pskov.

<http://www.teatrkachalov.ru/>

Dzhalil Tatar Academic State Opera and Ballet Theatre

The year of 1791 is considered to be the year of Kazan theatre foundation, which became acceptable for wide audience. The theatre is famous for its annual international theatre and music festivals: the International Opera Festival named after Fyodor Shalyapin, the Classical Ballet Festival named after Rudolf Nuriev.

<http://kazan-opera.ru/en/about/>

Kamal Tatar State Academic Theatre

The late 19th century went down in history as the date of birth of the Tatar theatre. Kamal Theatre is the light of Tatar culture, the keeper of traditions and a platform for creative daring, synthesis of spiritual wealth of the nation accumulated by centuries. The architectural image of the theatre, fit into the landscape of the Lake Kaban panorama in the city centre, has been long ago ranked among the sights of Kazan and became a place of pilgrimage for tourists and visitors.

<http://kamalteatr.ru/en/>

5.5. Useful Information

Currency

The rouble (code: RUB) is the official currency of the Russian Federation. One rouble is equal to one hundred kopeks.

- Coins: 1, 5, 10, 50 kopeks, 1, 2, 5, 10 rouble
- Banknotes: 5, 10, 50, 100, 500, 1,000, 5,000 rouble

Banks

Most commercial banks are open Monday – Friday 9:00 to 19:00. Some banks are open Saturday and Sunday.

You can obtain cash with your Visa and MasterCard at automated teller machines (ATM).

For foreign exchange information please visit the Central Bank of the Russian Federation website: www.cbr.ru/eng/.



Credit Cards

Major credit cards (MasterCard, VISA) are widely accepted throughout Russia at banks, hotels, stores, restaurants, for air and rail tickets. Please note that American Express cards and traveller's cheques are not widely accepted.

Shopping

Kazan offers tourists a wide assortment of souvenirs and national products: tubeteikas, soft leather boots ichigi, horsemeat sausages, sweet chak-chak and much more. One can buy all this on the main shopping street of the city, Bauman Street.

The city has many modern shopping centres. The most popular are as follows:

- MEGA Shopping Centre (10:00–22:00)
- Korston Hotel and Mall (10:00–22:00)
- Central Department Store (TSUM) (9:00–21:00)
- Suvar Plaza Shopping Centre (10:00–22:00)
- Koltso Shopping Centre (10:00–22:00)
- Park House Mall (10:00–22:00)
- XL Shopping Centre (10:00–22:00)
- Yuzhny Shopping Centre (10:00–22:00)
- Tandem Shopping Centre (10:00–22:00)

Electricity

The usual electric current in Kazan is 220 Volts / 50 Hertz. You may have to bring adapters or transformers for electrical appliances.

Water

It is not recommended to drink tap water without filtering or boiling it.

Internet Access

Free Wi-Fi is available in all residential buildings of the Athletes' Village. Public Wi-Fi is also available at the venues. Free Internet can be found at most hotels and cafés.

5.6. Map of Kazan City Centre



- 1 "Kazan Passajirskaya" Railway Station
Kazan,
1a Railway Station Square
- 2 "Kazan-2" Railway Station
Kazan, 1 Vorovskogo str.
- 3 River Port
Kazan, 1 Devyataeva str.

City center

- 1 Kazan Kremlin
- 2 A Monument to the soldiers who fell at a capture of Kazan in 1552
- 3 Circus
- 4 Central Stadium
- 5 City Municipality
- 6 Court Yard
- 7 Icon of Our Lady of Kazan
- 8 Kazan Bogoroditsky Monastery
- 9 Cathedral of the Erection of the Cross
- 10 1st man's gymnasium where studied Aksakov, Lobachevsky, Butlerov, Shishkin
- 11 Sports Palace
- 12 Culture & Entertainment Complex "Pyramid"
- 13 National Culture Center "Kazan"
- 14 Cabinet of Ministers of Tatarstan
- 15 State Council of Tatarstan
- 16 S. Saydashev Grand Concert Hall
- 17 City town hall (Nobiliary assembly)
- 18 Evangelical-Lutheran Church
- 19 M.Djalil Opera and Ballet Tatar State Academic Theatre
- 20 Spiritual management of Moslems
- 21 Kazan city Tourist Information Centre
- 22 Peter and Paul Cathedral
- 23 Aleksandrov Passage
- 24 Kachalov Kazan Academic Russian Great Drama Theatre
- 25 Synagogue
- 26 National Library (Ushkova house)
- 27 Kazan Federal University
- 28 Theatre of the Young Spectator
- 29 National Bank
- 30 Epiphany Church with bell tower
- 31 Trading Entertaining Complex "Ring"
- 32 Hotel Tatarstan
- 33 Kekin House
- 34 Tinchurin Tatar State Theatre of Drama and Comedy
- 35 Academy of Art
- 36 Central Market
- 37 Nurulla Mosque
- 38 G.Kamal Tatar State Academic Theatre

- 39 Institute of Philology and Arts of Kazan Federal University
- 40 Al-Mardjani Mosque
- 41 Basket Hall
- 42 Zakobannaya Mosque
- 43 Puppet Theatre
- 44 Azimov Mosque
- 45 Roman Catholic Church "Exaltation of the Holy Cross"
- 46 Central Mall
- 47 Kazan Excursions Centre
- 48 Kazan Grand Hotel
- 49 Tugan Avylym Entertainment Complex
- 50 Arch of lovers
- 51 Apanaev mosque
- 52 Palace of Agriculture
- 53 Kazan Family Center

Kazan museums

- 1 Museums of Kremlin
- 2 National Museum of Tatarstan
- 3 Gorky Literature Memorial Museum
- 4 Sh. Kamal Memorial Apartment
- 5 E.A. Boratinsky Museum
- 6 M. Dzhali Memorial Apartment
- 7 G. Tukay Literature Museum
- 8 S. Saydashev Museum
- 9 N. Zhiganov Memorial Apartment
- 10 K. Nasiry Museum
- 11 The Republic of Tatarstan National Art Museum
- 12 National Culture Museum
- 13 Lenin Memorial House
- 14 B. Urmancher Museum
- 15 K.Vasiliev Art Gallery
- 16 Museum of soviet lifestyle
- 17 V. Aksenov Museum
- 18 A. Mazitov Memorial Museum
- 19 The Republic of Tatarstan Signal History Museum
- 20 Museum of Military Equipment (open air)
- 21 Kazan Federal University History Museum

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