



Swimming

2018

International Gold Masters, Nara

2018国際ゴールドマスターズ奈良大会

Application Guidelines



Date **October 27th (Sat.) ~ 28th (Sun.), 2018**

Venue [Track and Field] **Naraden Field** (Konoike Athletic Stadium, Nara City)

[Swimming] **Mahoroba Health Park Swimpia Nara** (Nara Pref. Pool)



Sports promotion Lottery

2018 International Gold Masters, Nara

Track and Field • Swimming Meet

<Objective of Meet>

With not just the declining birthrate and extreme aging of Japanese society, but also rapid aging in the world's most developed countries, the preservation and advancement of people's health has become an important topic, and within that extending healthy lives has become an urgent matter. At Masters, we hold domestic, Asian, and world competitions with games adapted for each age, and our development has gained social recognition.

This time, by holding the 2018 International Gold Masters Competition, an international athletics competition in Nara which includes both track and field events and swimming events, we are trying to contribute to promote participation and event success in both the 2020 Tokyo Olympic and Paralympic Games, as well as the 2021 Kansai World Masters Games.

In addition, by making international contributions through sports and promoting lifetime sports, we aim for a competition that contributes to reducing medical costs.

Through this competition, even if just one more person finds health and a meaningful life through sports, or if more citizens can understand and cooperate with the Tokyo Olympics and Paralympics, the purpose of this event will have been achieved.

<HOST> International Masters Athletics Federations (IMAF)

<Management> Nara Masters Track and Field Union (Track and Field Competition)
Nara Prefecture Swimming Union (Swimming Competition)

<Support> Department of Foreign Affairs; Ministry of Health, Labor, and Welfare; Sports Agency; Japan Tourism Agency; Japan Masters Athletics Federations; Nara Prefecture; Nara Amateur Sports Association; Nara Prefecture Board of Education; Nara City; Nara City Board of Education; Yamato Koriyama City; The Asahi Shimbun Co.; The Mainichi Newspapers; The Yomiuri Shimbun Co.; The Sankei Shimbun Co.; Nara Newspaper Co.; Nara Nichinichi Newspaper Co.; NHK Broadcasting Nara Office; Nara Television Broadcasting

<Cooperation> Nara Track and Field Association; Japanese Red Cross Nara Office

<Special Support> Japan Post Insurance Co., Ltd.

<Dates> Events: Saturday, October 27 - Sunday, October 28, 2018
Competition Commemorative Forum: Friday, October 26, 2018
Opening Ceremony: Friday, October 26, 2018
Networking Event: Friday, October 26, 2018

<Competition Events> Track and Field Events
Swimming Events

<Competition Schedule>

October 26 (Fri.)	13 : 00~15 : 30	Competition Commemorative Forum "To Aim for 100 and Age with Health" Venue: Nara Pref. Cultural Hall
	15 : 45~16 : 30	Opening Ceremony Venue: Nara Pref. Cultural Hall

	17 : 00~19 : 00	Networking Event Venue: Nara Pref. Cultural Hall
October 27 (Sat.)	8 : 10~	Opening Ceremony (Track and Field) Venue: Naraden Field
	9 : 00~	Opening Ceremony (Swimming) Venue: Mahoroba Health Park Swimpia Nara
October 28 (Sun.)	8 : 30~	Events (Track and Field) Venue: Naraden Field
	9 : 00~	Events (Swimming) Venue: Mahoroba Health Park Swimpia Nara

<Venue>

Track and Field Events: Naraden Field (Konoike Athletic Stadium, Nara City)
4-5-1 Horensahoyama, Nara City, 〒630-8108 Tel: 0742-22-0001

Swimming Events: Mahoroba Health Park Swimpia Nara (Nara Prefectural Pool)
310 Miyado-cho, Yamato Koriyama City, Nara Prefecture, 〒639-1126 Tel: 0743-57-2782

Competition Commemorative Forum, Opening Ceremony, Networking Event: Nara Prefecture Cultural Hall
6-2 Noborioji-cho, Nara City, Nara Prefecture, 〒630-8213 Tel.: 0742-23-8921

<Transportation>

- Naraden Field (Konoike Athletic Stadium, Nara City)

From Kintetsu or JR “Nara Station”, take the bus for Kamo Station/Takanohara Station, and get off at Shiei-kyujo-mae.

- Mahoroba Health Park Swimpia Nara (Nara Prefectural Pool)

Take the Kintetsu Train (Kashihara Line) and get off at “Family-Koemmae Station”, and walk for 2 min.

- Nara Prefecture Cultural Hall

From Kintetsu Nara Station, go out Exit 1 from the east ticket gate and walk east for 5 min.

From JR Nara Station, go out the east exit to the bus terminal and take the Nara Kotsu (Line 2) Loop Line (Outer Loop). Ride for about 10 min., get off at Kencho-mae, and walk west for about 2 min.

<Lodging Application>

Tobu Top Tours Kansai Office Osaka Corporate Business Dept. Sales Div. 2 (Contact Personnel: Yoneda, Sawamoto, Tanaka)

Dojima Access Building 7F 2-2-28 Dojima-Hama, Kita-ku, Osaka City 〒530-0004

E-mail : gold-masters@tobutoptours.co.jp

Tel.: 06-6344-3927 Fax.: 06-6344-392

(Monday~Friday 9:00~18:00 ※Except for Saturday, Sunday, and holidays)

<Contact>

2018 International Gold Masters, Nara Event Organizer

2-7-12 Higashi Tenman, Kita-ku, Osaka City 〒530-0044

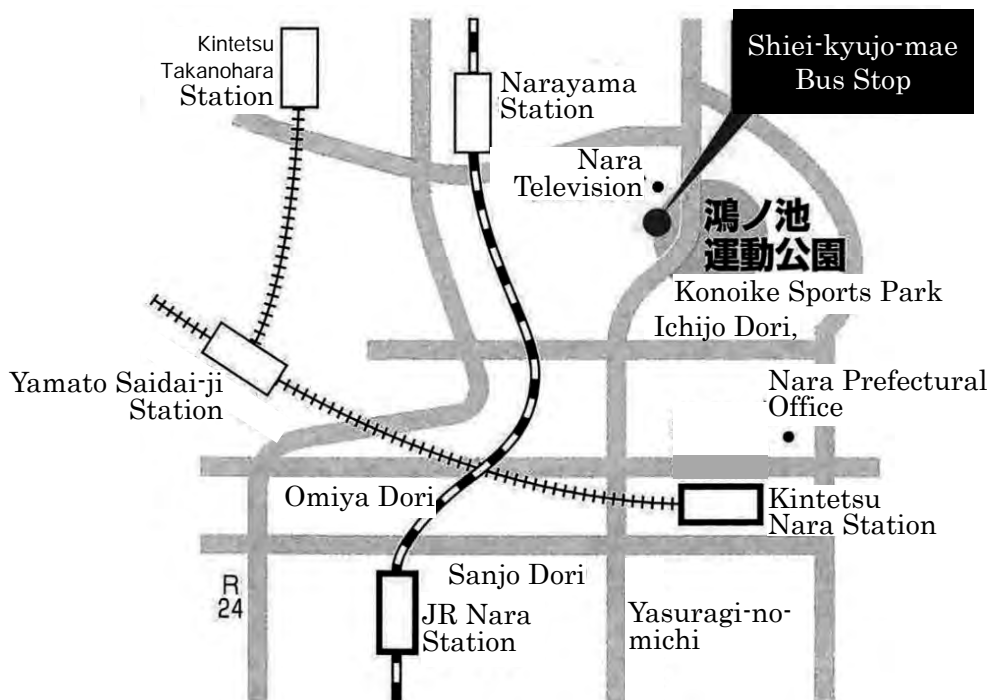
Fax.: 06-6353-7788 E-mail : igm2018nara@gmail.com

URL : <http://www.igm2018nara.jp>

<Transportation Directions>

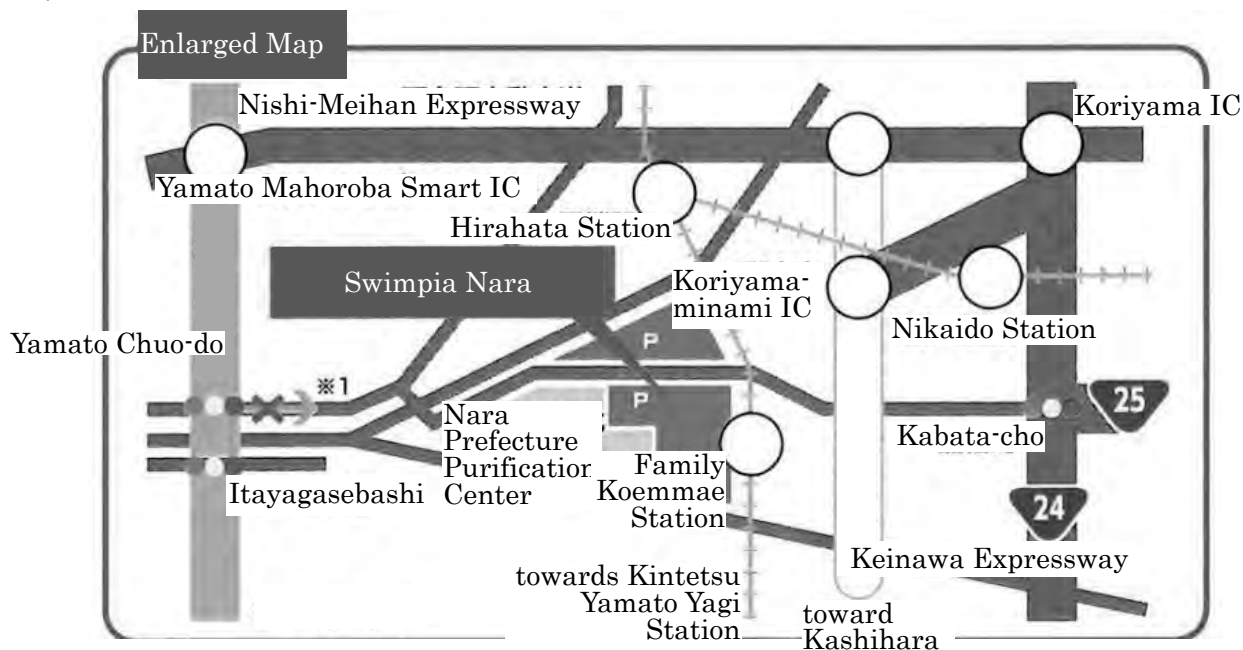
[Track and Field Events] Naraden Field (Konoike Athletic Stadium, Nara City)

From Kintetsu or JR "Nara Station", take the bus for Kamo Station/Takanohara Station, and get off at Shiei-kyujo-mae.



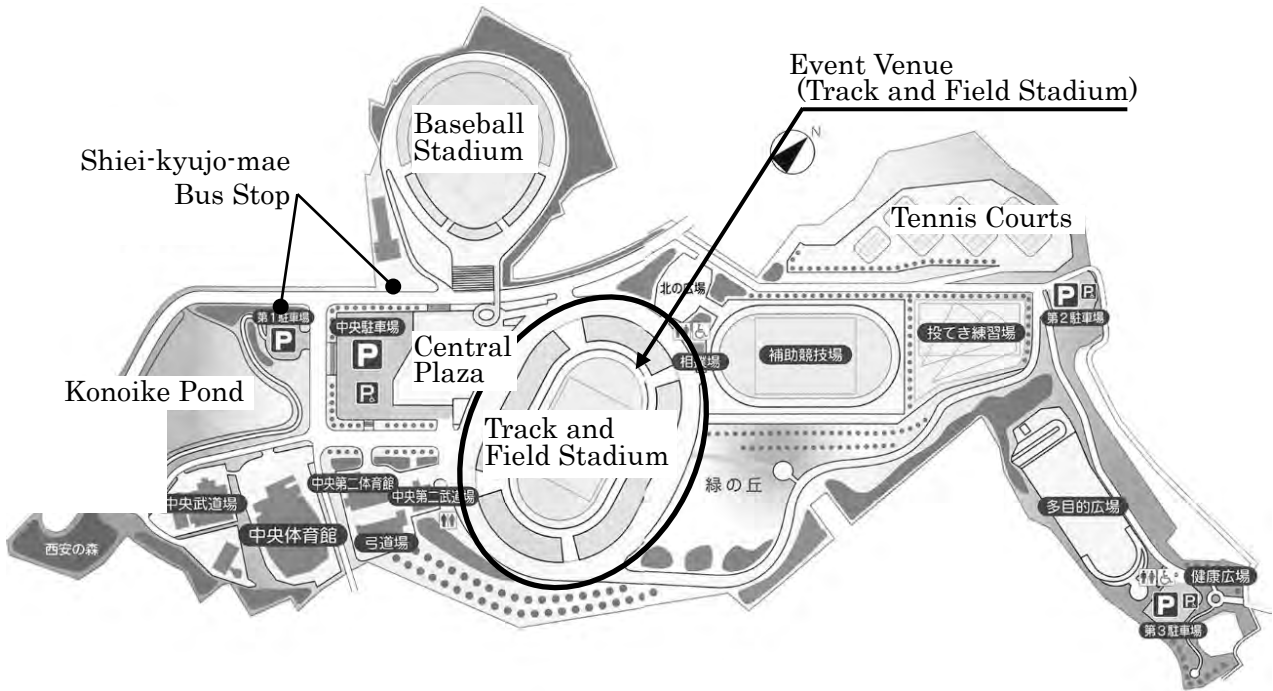
[Swimming Events] Mahoroba Health Park Swimpia Nara (Nara Prefectural Pool)

Take the Kintetsu Train (Kashihara Line), get off at "Family-Koemmae Station", and walk for two min.

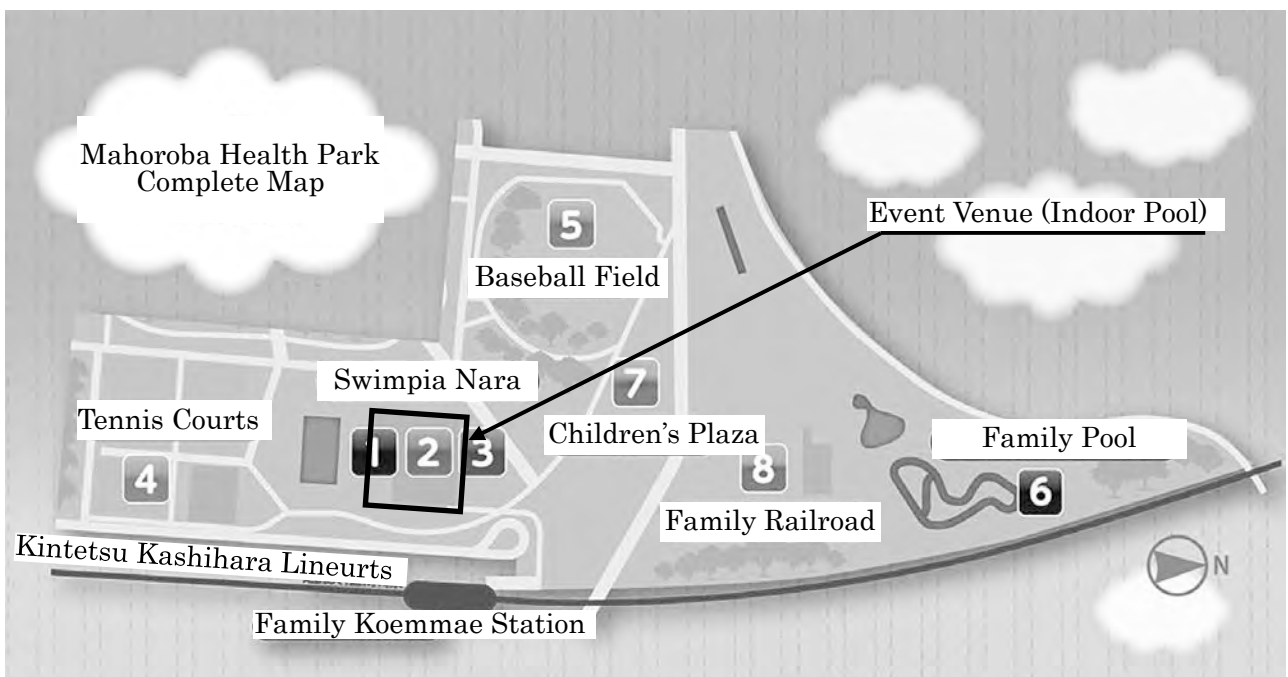


< Venue Layout >

[Track and Field Events] Naraden Field (Konoike Athletic Stadium, Nara City)



[Swimming Events] Mahoroba Health Park Swimpia Nara (Nara Prefectural Pool)

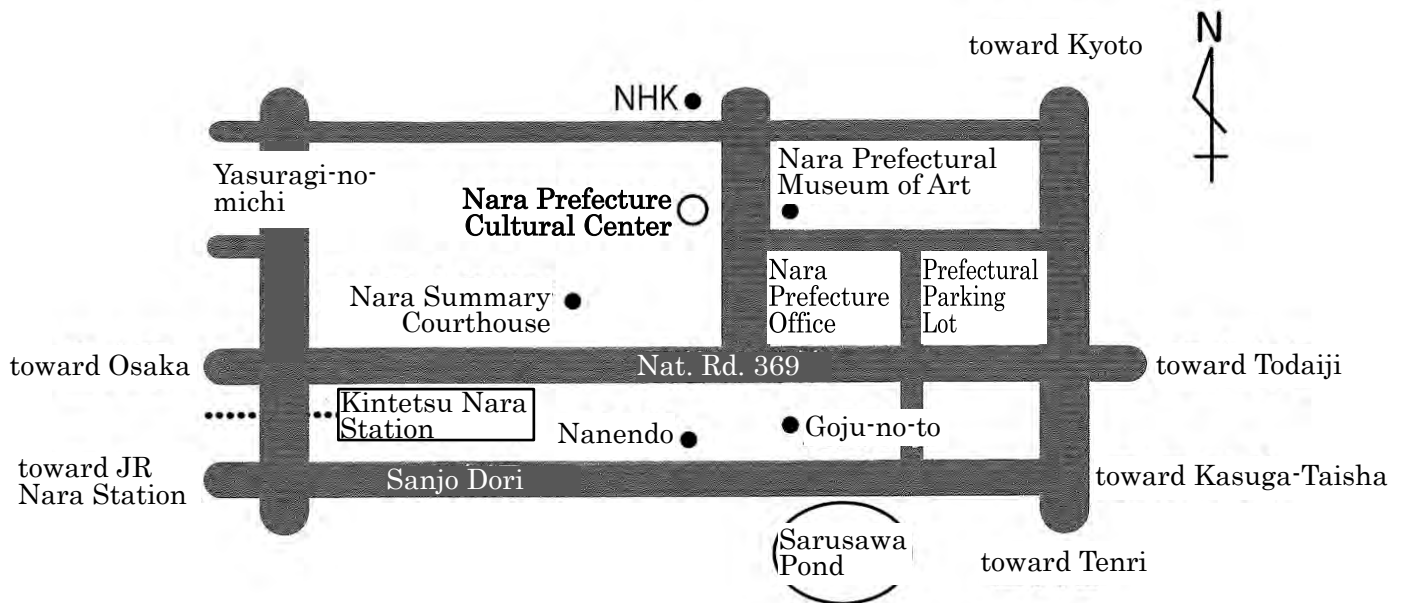


< Transportation Directions >

[Forum Opening Ceremony Networking Event] Nara Prefecture Cultural Center

From Kintetsu Nara Station, go out Exit 1 from the east ticket gate and walk east for 5 min.

From JR Nara Station, go out the east exit to the bus terminal and take the Nara Kotsu (Line 2) Loop Line (Outer Loop). Ride for about 10 min., get off at Kencho-mae, and walk west for about 2 min.



Swimming Events Practical Guidelines

2018 International Gold Masters, Nara Swimming Events Practical Guidelines

<Host> International Gold Masters (IMAF)
 <Management> Nara Prefecture Swimming Union
 <Authority> Japan Masters Swimming Association License Number: 18-139

1. **Schedule** Public Practice Day Friday, October 26 13:00~17:00
 Event Day 1 Saturday, October 27 8:00~18:00
 Event Day 2 Sunday, October 28 8:00~17:00

2. **Venue** Mahoroba Health Park Swimpia Nara (Nara Prefectural Pool)
 Official Racing Pool: Indoors 25m 10 lanes
 310 Miyado-cho, Yamato Koriyama City, Nara Pref. 〒639-1126 Tel.: 0743-57-278

3. **Participating Countries** International Swimming Federation (FINA) - 40~50 countries (planned)

4. **Number of Participants** Approx. 800 (Participants will be determined by first come, first serve if there are too many applicants.)

5. **Participation Requirements**
 - (1) People age 35 or older who understand the Masters Swimming motto, practice regularly, and who take responsibility for understanding the contents of these guidelines.
 - (2) For those living in Japan, completing team or individual registration with the Japan Masters Swimming Association by the 2018 application date.
 People registered with the Masters swimming group of their region or country that belongs to the International Swimming Federation (FINA).
 - (3) In keeping with the Masters spirit, teams of 10 participants or more will elect one member of the team to serve as event staff (15.9 Event Staff, ref.).
 - (4) Participants cannot represent multiple countries, regions or teams.

6. Events

Mens: 13 events, Womens: 13 events, Relay: 4 events

Individual Events	Distance	Relay Events	Distance
Freestyle	50m 100m 200m	Free Relay	4 ×50m
Backstroke	50m 100m 200m	Medley Relay	4 ×50m
Breaststroke	50m 100m 200m	Mixed Free Relay	4 ×50m, Two men • Two Women
Butterfly	50m 100m 200m	Mixed Medley Relay	4 ×50m, Two Men • Two Women
Individual Medley	200m		

7. Event Order

Saturday, October 27th				Sunday, October 28th			
1)	Women	200m	Breaststroke	16)	Women	200m	Individual Medley
2)	Men	200m	Breaststroke	17)	Men	200m	Individual Medley
3)	Women	200m	Backstroke	18)	Women	50m	Butterfly
4)	Men	200m	Backstroke	19)	Men	50m	Butterfly
5)	Mixed	4 × 50m	Free Relay	20)	Women	50m	Freestyle
6)	Women	100m	Butterfly	21)	Men	50m	Freestyle
7)	Men	100m	Butterfly	22)	Mixed	4 × 50m	Medley Relay
8)	Women	100m	Freestyle	23)	Women	100m	Breaststroke
9)	Men	100m	Freestyle	24)	Men	100m	Breaststroke
10)	Women	4 × 50m	Medley Relay	25)	Women	100m	Backstroke
11)	Men	4 × 50m	Medley Relay	26)	Men	100m	Backstroke
12)	Women	50m	Breaststroke	27)	Women	4 × 50m	Free Relay
13)	Men	50m	Breaststroke	28)	Men	4 × 50m	Free Relay
14)	Women	50m	Backstroke	29)	Women	200m	Butterfly
15)	Men	50m	Backstroke	30)	Men	200m	Butterfly
				31)	Women	200m	Free Style
				32)	Men	200m	Free Style

8. Warming Up

Friday, October 26th	13:00 ~ 17:00 (Main Pool)
Saturday, October 27th	8:00 ~ 9:00 (Main Pool)
	8:00 ~ Conclusion of Events (Sub-pool)
Sunday, October 28th	8:00 ~ 9:00 (Main Pool)
	8:00 ~ Conclusion of Events (Sub-pool)

9. Age Groups

Ages are determined by your age as of December 31st, 2018.

(1) Individual Events

Age	35	40	45	50	55	60	65	70	75	80	85	90	95
	~	~	~	~	~	~	~	~	~	~	~	~	~
	39	44	49	54	59	64	69	74	79	84	89	94	99

※ Age groups continue in 5 year increments as shown above.

(2) Relay Events (The sum age of 4 swimmers)

140 ~ 159 years • 160 ~ 199 years • 200 ~ 239 years • 240 ~ 279 years • 280 ~ 319 years • 320 ~ 359 years • 360 ~ 399 years • . . .

※ Age groups continue in 40 years increments as shown above.

10. Event Manner

- (1) In accordance with the competition regulations of the Japan Masters Swimming Association.
- (2) Events are separated for men and women (except for the relay) and by age group, in the order of older to younger, and slower groups to faster groups.
- (3) The event will be conducted with the over the top start method.

11. Technical Meeting

Friday, October 26th Participating teams will be notified regarding what time the venue will open.

1 2. Event Restrictions

(1) Individual Events

- ① 1 person can participate in 2 events per day, and 4 events total.
- ② You cannot participate in both a swimming event and a track and field event in the same day.

(2) Relay Events

- ① Participants in relay events must be entered in at least one individual event in the competition. Also, this is limited to participants representing teams in individual events.
- ② Participants in relay events cannot participate in the same relay events that are two or more age groups apart.
- ③ In relay events, the same team can enter the same event with only one team per age group.
- ④ At the time of entry, you must fill in the required fields when applying for relay events.
- ⑤ You can make changes to your entry only once during competition. However, you cannot change your age group. We will inform you with details in the second set of guidelines.

1 3. Assembly

- (1) At the time of assembly, please self-report to the assembly staff and show your identification card to prove you are an athlete.
- (2) By at least 5 races (or 7 50m races) before your event, please have the assembly staff check your name, team, group, and course.
- (3) Regardless of reason, being late to the assembly will result in disqualification.

1 4. Certificates

- (1) All participating athletes will receive an official certificate from the Japan Masters Swimming Association.
- (2) In all events and age groups, the top 8 in individual events and top 3 in relay events will be rewarded medals.
- (3) Domestic participants who wear FINA recognized swimwear and break 2018 Masters Swimming Japan records will be awarded a certificate for establishing a Japanese record.
- (4) One man and one woman will be awarded the Gold Masters Award for excellence.
- (5) People who break Masters Swimming world records certified by International Swimming Federation (FINA) will be awarded a certificate of breaking a world record, and submit that record to FINA.

Athletes and teams who expect to establish a world record, please wear FINA recognized swimwear and report to the information desk at least 1 hour before your race begins. If you break a FINA recognized world record, your record will be submitted to FINA for recognition as a world record.

If you have not reported the possibility of world record in advance, there is a chance that it will not be recognized as a world record. If a new world record is established, the swimmer must prove their age with a copy of their passport or citizen identification card (from within the last 3 months), so please prepare one. Driver's licenses or health insurance cards will not be accepted.

1 5. About Entry

(1) How to Enter

- ① Please enter through the event website.
- ② People who are not registered with the Masters swimming group of their country or region affiliated with the International Swimming Federation (FINA) cannot enter.

◎ Cautions for Application

- ① When applying, please carefully read and understand these guidelines.

- ②Application cannot be accepted in the following situations, so please be careful.
 - Teams that include a competitor who hasn't completed registration with the Masters swimming group of their country or region affiliated with the International Swimming Federation (FINA).
 - Applications with content that is incomplete.
- ③After application has been accepted, changes to events, cancellations, and refunds of the application fee are not possible.
- ④The order of the relay can be changed once, only on the day of the event and by the determined time. The selection of event and age group cannot be changed.
- ⑤Please input the correct time (down to units of 1/100 of a second).

◎ **Entering Through the Website 【Starts Monday, June 25 at 10 a.m.】**

- ①Please access the homepage for the 2018 International Gold Masters, Nara below.
(URL : <http://www.igm2018nara.jp>)
You can also access this competition by visiting the homepage for Japanese Masters Swimming Association and viewing "Event Schedule" ⇒ "List of Official Competitions".
- ②Please visit the competition homepage and click "Entry (Swimming)" to access the entry page.
Please have a representative enter on behalf of a team.
- ③First, user registration is required. After entering your e-mail address on the new user screen, a registration e-mail will be sent. Please click the link in that e-mail, set a password and complete user registration, then continue to the next screen.
- ④ Please follow the order on the screen to continue entry. Selection of events and entry times are required.
※Be sure to input your entry time (current record) down to 1/100 of a second.
- ⑤ You can verify your entry status by logging in with your registered e-mail address and password. Even if your number is issued, entry is still not complete.
- ⑥ Entry will be complete when payment from the team (representative) has been verified, and an e-mail saying **"Entry Complete" is delivered to the team (representative)**.
※When making the transfer, please include the team country or region in the name box or memo box.

If you do not receive a verification e-mail, your application or payment might have been incomplete, or you may have entered an incorrect e-mail address, etc., so please check the status of your entry.

In the case of incomplete payment, the "Web Payment" page will display "Incomplete Payment", so please complete payment as soon as possible. If you input mistaken information into your application, please contact the Event Organizer as soon as possible to correct this information.

(2) Entry Fees

Competition Registration Fee	1 team	5,000 yen
Individual Event	1 event	2,000 yen
Relay Event	1 event	3,000 yen
Program	1	1,500 yen (sold the day-of for 2,000 yen)
Ranking	1	2,000 yen (sent to team later)

(3) How to Pay

The only way to pay online is through the Web Payment site (with credit card).

※The team is responsible for all fees.

※There will be no refunds after payment.

※Receipts will be exchanged for money transfer sheets.

(4) Entry Deadline

Friday, August 24, 2018 12:00

Online application cannot be coupled with paper application (including additional entry).

(5) Invalid Entry

If entry is incomplete, entry may not be accepted for the entire team that applied, so please understand that in advance.

(6) Changes to event selection, cancellations, or requests for refunds will not be accepted after individual event or relay application has been accepted.

Also, the order in the relay can be changed once on the day of the event, but the age group cannot be changed.

(7) About the ID Card

The competition will make ID cards. These ID cards are required to verify your identity for assembly, entering the venue, receiving medals, etc.

We will send the team representative the 2nd set of guidelines along with the proof of application registration by e-mail. The team representative must show a screen with this email or bring a print out of the email on the day of the competition. After verifying application, we will hand the ID cards of the team members to the representative, so please make sure athletes have their ID cards with them at all times. Also, please prepare a photo that clearly shows the athlete's face (3cm x 4cm) by the day of the event, and attach it to your ID card on the day of the event. If you do not have your ID card, you can neither enter the venue nor participate in the competition.

(Participants will be charged for ID card re-issue)

Details will be included in the 2nd set of guidelines.

(8) About the ID Card and Written Vow

① These events will use an ID Card. Showing this ID Card is required for entering the venue, assembly, receiving awards, etc. The team representative must pick the ID cards when checking-in on the day of the competition.

② The athlete will confirm the vow written on the ID card and then stamp or sign it.

If there is no stamp or signature, the athlete cannot participate in any events.

③ The emergency contact information is there to tell us who to contact in case something happens to the participant on the day of the competition.

(9) About Event Staff

Masters Swimming, as well as this competition hold the principle that "Swimmers themselves cooperate". There is no rule that says the event staff must be the sports club staff and that participants can't be staff. Please understand the Masters motto of "Health, Friendship, Mutual Understanding, Competition" and please cooperate with the competition to be both a participant and event staff.

For groups of 10~19, we request 1 person to serve as event staff, two people from groups of 20~29, and three people from groups of 30 or more. Also, we ask that the same person serve for two days. As is written in the requirements for participation, entry will not be accepted for groups who do not have a member serving as event staff. We will notify the team on a later date regarding which event they will be responsible for. (Sometimes there is no need to have someone serve as event staff.)

(10) Other

Other details (the 2nd guidelines) will be sent to the team representative (applicant) after the application deadline. After the conclusion of the competition, application ranking at the time of entry will also be sent to the representative.

1 6 . Health Management

- (1) Participants are responsible for managing their own health, and everyone must be careful.
- (2) All teams must check the following things for all members.
 - ①No health problems according to a medical exam or the participant's self reporting.
 - ②Practiced swimming at least once a week for the month prior to the competition.
 - ③Participants take care of any accidents, etc. at the venue.
 - ④If a competition physician determines that participation must be stopped during an event, the participants must follow the physician's orders.

1 7 . Other Items

(1) About Swimwear

The swimwear code for official Japan Masters Swimming Association events held within Japan is as follows.

- ①In line with changes to the FINA swimwear code, submission of world records to FINA, recognition of new Japanese records will only apply to swimmers with a valid official FINA mark on their swimwear.
 - ②The material must mostly be fiber. Rubber swimwear, or swimwear with a large panel is prohibited. (A large panel is a material that covers at least half of the swimwear and that air cannot pass through.)
 - ③Swimwear can cover the body within the following regions.
 - Men: Not exceeding the navel or continuing below the knees.
 - Women: Shoulders to knees. However, the shoulders and neck cannot be covered.
 - ④Only one piece of swimwear can be used at a time (layering is prohibited). However, inner suits for swimming (supporters) etc., modesty suits (swimwear to prevent inappropriate exposure), and women's inner pads (cups) are acceptable.
 - ⑤Use of goggles, caps, nose plugs, and ear plugs is acceptable. (not the power band type)
 - ⑥Taping is prohibited. (If you require taping, please apply at the information desk in advance, and you must receive permission)
 - ⑦Alterations to swimwear are prohibited.
- ※For details regarding alterations, please visit the Japan Masters Swimming Association homepage.

(2) About Protests

If you have a protest about disqualification from an event or any other circumstances, please fill-out a protest form and submit it to the information along with the 5,000 yen protest fee within 30 minutes of the conclusion of the event.

The Competition Committee will review the content of the protest and make a decision. The team representative must submit the protest form. If the content of the protest is recognized, the protest fee will be returned, but if the protest is rejected, the protest fee will not be returned. If you have any other questions regarding the infringement, please fill-out the proper form and submit it to the information desk.

(3) Use of Private Information

The private information written in your application, etc., will be used as needed to create event programs and run the competition smoothly, and will not be used or shared for any other purposes.

- (4) We will take photos and videos of participants with cameras and videocameras to capture the contents and results of the competition. Any footage we have taken at the competition (including all sights and sounds), we plan to use for free for the following purposes.
 - Masters News or information publishing for Japan Masters Swimming Association
 - Reporting the results of the events or future promoting

- Event information and preparing materials for a later date

(5) About Participation of People with Disabilities

Since Masters Swimming has rules based on able-bodied people, those with disabilities who compete without applying in advance will be disqualified. When entering the competition or on the day-of, please apply at the information desk in advance. Also, athletes who require assistance, please seek assistance from your team. In these cases, athletes can be assisted from their assembly seat to the start seat, but cannot receive assistance during the start. (entering the water together is not allowed) When the race has finished, please follow instructions of the event official when providing assistance. There is no specific form, but please have the team representative fill-out the team name, participant's name, age, events, and information regarding the disability. If you use a wheelchair, please include this at the time of entry and apply in advance.

(6) Reporting

(1) If any of the following apply to you, please report them at the time of application with the appropriate form.

① Competitors who require accompanied assistance or support items (wheelchair, cane, etc.) after assembly or during the event.

(2) If any of the following apply to you, please report with the appropriate form at the appropriate place on the day of the event.

① Competitors who will challenge a world record.

② Competitors who have a recognized disability and want to avoid swim style infringement.

※ Verification is required to determine whether it is permissible or not. A medical report or disability notebook may be required.

③ Teams in which two or more swimmers will start from within the water.

(7) Emergency Contact for the Day of the Event

In case of an emergency on the day of the event, be sure to write an emergency contact at the time of entry. Please write a number where the team representative can be reached on the day of the event, and on the individual event application, write a number where your family can be reached on the day of the event.

(8) If due to natural causes, weather, or other circumstances the competition must be cancelled, we will provide the team with an "Official Record Certificate" and "Applied Program", but please understand that we will not be able to refund the entry fee. Also, on the day of the competition, we do not have a parking lot prepared. Please come to the venue via public transportation.

(9) About Private Information and Image Handling

The following is in regard to the handling of private information and images from this competition.

① Private Information

- To be used to run the competition, including creating the program and ranking.
- Results of the competition to be published on the homepage, in the news, and other media.

② Images

- To be used for reports on the homepage, in the news, and other media.
- To be used in all kinds of media for the promotion of Masters Swimming.
- All images taken by the photographer hired by the event organizer belong to the association.

(10) Other

①2nd Set of Guidelines

After the application deadline and approximately 1~2 weeks before the competition, the Event Organizer will send the 2nd set of guidelines to the representatives of teams that applied (schedules for both days, issues requiring contact). It was also be available to the public on the homepage.

②Cancellation Due to Acts of God

If the competition is cancelled due to social conditions, natural disasters, or other acts of God, we will not offer refunds. We will reward “Participation Certificate” and “Program (for events in which you applied).

③Private Commercial Activity Prohibited

Commercial activities, distribution of promotional materials, and attracting customers on competition grounds with the permission of the host is prohibited.

④About Photography at the Venue

In order to release privately taken photos or videos of participants and people from this competition onto YouTube or other websites, the releaser must be sure to attain the consent of all with rights to it. Also, using any background music from the venue is copyright infringement, so please be careful. An authorization to photograph is just permission to photograph inside the venue, and does not consent any of these rights.

18. Applications and Questions Regarding the Competition

2018 International Gold Masters, Nara Event Organizer

2-7-12 Higashi Tenman, Kita-ku, Osaka City 〒530-0044

Fax.: 06-6353-7788

E-mail : igm2018nara@gmail.com

◇Competition Homepage URL: <http://www.igm2018nara.jp>