

Reykjavík January 2012

Icelandic Masters Open Championships (IMOC) 4th-5th May 2012

LOCATION

The swimming pool in Vestmannaeyjar, is a 4-lane 25m. indoor pool.

REGISTRATION

Hy-Tek Meet Manager program will be used to run the meet and it is expected that entries be made in that form.

The last entry date is 18th April at 18:00. Those who do not have the Hy-Tek program must send in the entries on the attached excel file no later than 11th April at 13:00.

Entry-fees for: Individual events: ISK. 1.000 –

Relays: ISK. 1.500 –

Please pay entriefees by transfer to:

Íslandsbanki

Háaleitisbraut 58

155 Reykjavík

IBAN IS44 0513 2600 1327 6402 6923 59

SWIFT-CODE: ISBAISRE

You can send your completed entries by e-mail, fax or by regular post:

E-mail: sundsamband@sundsamband.is

Fax: +354-514-4071

Post: The Icelandic Swimming Association, Ithrottamidstödin Laugardal, 104 Reykjavík, Iceland.

TRAVEL ARRANGEMENTS

ACCOMMODATION

Accommodation can be found at hotels and hostels.

<http://hotel.eyjar.is/>

See information on www.vestmannaeyjar.is

FLIGHTS

Flight plans to and from Iceland can be found on the websites of the companies as follows:

www.icelandair.is UK, France, Denmark, Norway, Sweden, Finland, Germany, Holland, USA
www.icelandexpress.is Spain, Germany, UK, Denmark
www.flugfelag.is Greenland, The Faeroe Islands

SWIM MEET (SUBJECT TO CHANGE)

First session Friday 04.05.'12

Technical meeting 15:30

Warm up 16:00-16:55

Meet start 17:00

Second session Saturday 05.05.'12

Warm up 08:00-08:55

Meet start 09:00

Third session Saturday 05.05.'12

Warm up 14:00-14:55

Meet start 15:00

A get-together-party will be held on Saturday evening starting at 19:00 or 20:00. There will probably be a buffet and facilities to buy your drinks; you are not allowed to bring them with you. We will try to keep the price as low as possible.

EVENTS

First day / First session 1. Karla/men 800m skrið/free 2. Kvenna/women 800m skrið/free 3. Karla/men 50m flug/fly 4. Kvenna/women 50m flug/fly 5. Karla/men 100m bringa/breast 6. Kvenna/women 100m bringa/breast 7. Karla/men 50m skrið/free 8. Kvenna/women 50m skrið/free *Hlé/Break 10 mín.* 9. . Kvenna/women 4 x 50m skrið/free 10. Karla/men 4 x 50m skrið/free

Second day / Second session 11. Kvenna/women 400m skrið/free 12. Karla/men 400m skrið/free 13. Kvenna/women 100m flug/fly 14. Karla/men 100m flug/fly 15. Kvenna/women 50m bringa/breast 16. Karla/men 50m bringa/breast 17. Kvenna/women 100m bak/back 18. Karla/men 100m bak/back 19. Kvenna/women 200m skrið/free 20. Karla/men 200m skrið/free 21. Kvenna/women 100m fjór/medley 22. Karla/men 100m fjór/medley *Hlé/break 10 mín* 23. 2 karlar/men + 2 konur/women 4 x 50m fjór/medley

Second day / Third session 24. Karla/men 200m fjór/medley 25. Kvenna/women 200m fjór/medley 26. Karla/men 50m bak/back 27. Kvenna/women 50m bak/back 28. Karla/men 200m bringa/breast 29. Kvenna/women 200m bringa/breast 30. Karla/men 100m skrið/free 31. Kvenna/women 100m skrið/free *Hlé/break 10 mín* 32. Kvenna/women 4 x 50m fjór/medley 33. Karlar/men 4 x 50m fjór/medley

AGE GROUP 20 – 24 year olds can compete but not for points. 20-24	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+