



Sundsamband Íslands

The Icelandic Swimming Association,
Íþróttamiðstöðinni - Laugardal - Engjavegi 6 - 104 Reykjavík
Sími/Tel.: 514 4070, Fax : 514 4071
sundsamband@sundsamband.is <http://www.sundsamband.is>

Reykjavík January 2010

Icelandic Masters Open Championships (IMOC) 30th April-1st May 2010.

LOCATION

The swimming pool in Siglufjörður. There all the facilities for competitors are excellent and you will be swimming literally under the Arctic Circle!

IMOC 2010 will be held in Siglufjord swimming pool (Sundhöll Siglufjarðar) 30th April and 1st May. The competition will be held in a 25m pool and 4 lanes will be used.

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 **Wednesday 21st of 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 **Monday 19th April at 13:00.**

Entry-fees for:	Individual events:	Euro 8
	Relays:	Euro 16

Please pay entry fees by transfer to:

Glitnir Bank
Háaleitisbraut 58
155 Reykjavík

IBAN IS78 0528 2600 7327 6402 6923 59
SWIFT-CODE: GLITISRE

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, Íþrottamiðstöðin Laugardal, 104 Reykjavík, Iceland.

TRAVEL ARRANGEMENTS

ACCOMMODATION

Accommodation can be found at www.hvanneyri.com and www.fjallabyggd.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

Domestic travelling is either flying with Flugfelagid.is to Sauðárkrókur or taking the bus from the central bus station in Reykjavík to Siglufjord/Siglufjörður. Or hiring a car and driving through the lovely countryside, takes about 5-6 hours from Reykjavík. Car rentals are: Bilaleiga Akureyrar, (Hertz) for example.

SWIM MEET (SUBJECT TO CHANGE)

First session Friday 30.04.'10

Technical meeting	15:30
Warm up	16:00-16:55
Meet start	17:00

Second session Saturday 01.05.'10

Warm up	08:00-08:55
Meet start	09:00

Third session Saturday 01.05.'10

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 (proper timing will be advertised later and location also).

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+

Aldursflokkaskipting í 4x50m boðsundi / Age group in 4x50m medley and free

A = 100-119	B = 120-159	C = 160-199
D = 200-239	E = 240-279	F = 280-

For competition in individual events a medal shall be given for first, second and third place. For relays only a medal is given for the first place. All participants of the meet shall get a diploma.

Points are given for each place in individual events as follows: 9, 7, 6, 5, 4, 3, 2 and 1, but twice this for relays. The club (Icelandic) which gets the most points receives a trophy. To get to keep the trophy the club must win it three years in a row or five times in all.

SIGHTSEEING IN THE VICINITY OF REYKJAVÍK

For those interested in sightseeing we could point out places such as The Blue Lagoon, or “The Golden Circle”, that is the waterfall Gullfoss and the geyser area. Look at www.visiticeland.com or www.ferdamalastofa.is or www.reykjavik.is. There are also scheduled coach tours to popular/famous locations near Reykjavík please see www.re.is

For those interested in sightseeing around Siglufjordur and about accommodation the following websites are useful:

www.hvanneyri.com and www.fjallabyggd.is

More information can be asked at sundsamband@sundsamband.is (The Icelandic Swimming Federation) or at karen@vma.is (the head of the Icelandic Masters' Committee)

Information on the meet and the events will be on the homepage of the Icelandic Swimming Association when it draws closer to April (www.sundsamband.is)

We look forward to seeing you in Iceland in April!

On behalf of the Icelandic committee
Olafur Baldursson (olibald@simnet.is)
Karen Malmquist (karen@vma.is)