

IMOC – Icelandic Masters Open Championships

Opna Íslandsmeistaramót í Garpasundi 2016

Will be held 29./30.04.2016 in Hafnarfjörður. The competition will run in the 25m pool.

Timetable and events:

| Friday evening – 29. Apríl 2016 | | |
|-----------------------------------|-----------------------|--|
| <i>kl. 16.45 Tæknifundur</i> | | |
| <i>kl. 17.00 Upphitun</i> | | |
| <i>kl. 18.00 Begin</i> | | |
| 1 | 800m freestyle | Men |
| 2 | 800m freestyle | Women |
| 3 | 50m butterfly | Men |
| 4 | 50m butterfly | Women |
| 5 | 100m breaststroke | Men |
| 6 | 100m breaststroke | Women |
| 7 | 50m freestyle | Men |
| 8 | 50m freestyle | Women |
| 9 | 4x50m freestyle relay | Men |
| 10 | 4x50m freestyle relay | Women |
| <i>kl. 20.00 ca. finish</i> | | |
| Saturday morning – 30. Apríl 2016 | | Saturday afternoon – 30. Apríl 2016 |
| <i>kl. 08.30 upphitun</i> | | <i>kl. 14.00 upphitun</i> |
| <i>kl. 10.00 begin</i> | | <i>kl. 15.00 begin</i> |
| 11 | 400m freestyle | Women |
| 12 | 400m freestyle | Men |
| 13 | 100m butterfly | Women |
| 14 | 100m butterfly | Men |
| 15 | 50m breaststroke | Women |
| 16 | 50m breaststroke | Men |
| 17 | 100m backstroke | Women |
| 18 | 100m backstroke | Men |
| 19 | 200m freestyle | Women |
| 20 | 200m freestyle | Men |
| 21 | 100m Medley | Women |
| 22 | 100m Medley | Men |
| 23 | 4x50m Medley relay | blandað |
| <i>kl. 12.00 ca. finish</i> | | 24 200m Medley Men |
| | | 25 200m Medley Women |
| | | 26 50m butterfly Men |
| | | 27 50m butterfly Women |
| | | 28 200m breaststroke Men |
| | | 29 200m breaststroke Women |
| | | 30 100m freestyle Men |
| | | 31 100m freestyle Women |
| | | 32 4x50m Medley relay Men |
| | | 33 4x50m Medley relay Women |
| | | <i>kl. 17.00 finish</i> |
| | | <i>kl. 19.00 Gala dinner Ásvallalaug</i> |

Entries are requested until Wednesday, **20. Apríl 2016**. Please send all entries in “Splash” Lenex-format or as an excel-data-sheet. We also can use Hy-Tek, DSV-standard, Topswim (BEL) and CSV-file. Please send all entries to garpar@sh.is.

The first draw of entrylist will be published on Monday, 25.04.2016, corrections are possible within 24 hours. The final start lists will be published on April 27th.

The Gala-Dinner will be held on Saturday evening from 19.00 hrs on in the entrance hall of the pool. Registrations for this dinner should be made on garpar@sh.is as well until April 26th.

Entry fees

The first event costs 2500 ISK. The next two events cost 1.500 ISK each, and more events are free of charge.

The entry fees should be paid until two days before the competition on our account. Please mark the payment with „IMOC“ and the name of the club or participant and send a copy of the receipt to sundsamband@sundsamband.is

IBAN:

Reikning SSÍ nr. 1109-05-413089, kt. 640269-2359

Sundsambands Íslands

10. febrúar 2016

More information about IMOC

Sundfélag Hafnarfjarðar – Swim Club of Hafnarfjörður
garpar@sh.is

Karl Georg Klein, chairman

Regulations for Participants of International Federations or Clubs

1. The Icelandic Masters Open Championships (IMOC) will be held under the rules of FINA and the regulations of the Icelandic Swimming Association (SSI). This competition is open for all swimmers and teams, who are members of official swimming clubs or federations, which are member of their National Swimming Federation registered with FINA.
2. IMOC will be held on April 29/30th 2016 in the 25m pool of the "Asvallalaug" in Hafnarfjordur, Iceland. The competition pool has 10 lanes with a depth of 2,00m. Water temperature is 26°C. There will be electronic OMEGA timing. The one start rule will apply for this meeting.
A 4 lanes 16,6m pool will be available for warm-up and swim down during the meeting.
3. The program will take place according to the program attached. The beginning of the races may be changed, if the numbers of entries will make it necessary.
4. Classification will be according to the FINA-master rules MSW 1 in all events. All races will be swum in direct finals. Swimmers in the age of 20-24 years can participate, but compete as "unattached" and their results won't be considered for the team-trophy.
5. Classification for medals will be done in all master age groups for the results of every event.
6. The three first swimmers in each age group and event will receive medals. In the relays the first place will receive medals.
7. A team classification will be done with 9-7-6-5-4-3-2-1 points for each result in every event. The winning team will receive a cup
8. The entries can be made on any form with all necessary data (name, surname, age, event, race-number, entry time), in Splash "Lenex" or Hy-Tek-format (attached to the invitation e-mail or on our webpage), dsv-format, sdif-format or PCE 3.
9. Entries please to garpar@sh.is.
10. Entry times shall be 25m pool times and not older than 24 months.
11. The entry fees are 2.500 ISK for the first entry, 1.500 ISK for the second and the third entry and free for any following entries.
12. The deadline for all entries of clubs and federations is
Wednesday, 20. April 2016, 24.00 hrs, at the SH-Office. Changes and corrections are possible after request only at the office up to 27. April 2016
Entry forms, start and result lists will be published on our homepage:
<http://www.sh.is> or on www.Sundsamband.is

Sundfélag Hafnarfjarðar

Karl Georg Klein
President

Asvellir 2 - Asvallalaug
IS - 221 Hafnarfjordur
Tel. +354 555 68 30
e-mail sh@sh.is
homepage www.sh.is

Recommended accomodation in Hafnarfjörður

Hotel “Vellir” – right across the street from the pool:

Tjarnavellir 3
221 Hafnarfkörður
www.hotelvellir.com
info@hotelvellir.com
phone +354-420 0080

Hotel Hafnarfjordur – 10 minutes drive from the pool

Reykjavikurvegur 72
220 Hafnarfjörður
www.hotelhafnarfjordur.is
info@hhotel.is
phone +354-540 9700

Hotel Viking – 3 minutes drive from the pool

Strandgata 55
220 Hafnarfjörður
www.fjorukrain.is
booking@vikingvillage.is
phone +354-565-1213