

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		
kl. 16.45 Tæknifundur		
kl. 17.00 Upphitun		
kl. 18.00 Begin		
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
kl. 20.00 ca. finish		
Saturday morning – 30. Apríl 2016		
kl. 08.30 upphitun		
kl. 10.00 begin		
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
kl 12.00 ca. finish		
Saturday afternoon – 30. Apríl 2016		
kl. 14.00 upphitun		
kl. 15.00 begin		
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
kl. 17.00 finish		
kl. 19.00 Gala dinner Ásvallalaug		

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 Hafnarfjörður, 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

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IS - 221 Hafnarfjörður
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 Hafnarfjörður
www.hotelvellir.com
info@hotelvellir.com
phone +354-420 0080

Hotel Hafnarfjordur – 10 minutes drive from the pool

Reykjavíkurvegur 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