

IMOC - Icelandic Masters Open Championships

IMOC, Icelandic Masters Open Championships, will be held in 24-25th of April 2015 in Vestmannaeyjar. Vestmannaeyjar is an island south of Iceland and can be reached via flight from Reykjavik or boat from Landeyjahöfn. The meet is in the Vestmannaeyjar swimming pool that has 4 lanes and is 25m long.

IMOC has 3 sessions:

Friday 24. May 2015 <i>kl. 16.15 Technical Meeting</i> <i>kl. 16.30 Warm-up</i> <i>kl. 17.30 Session begins</i> 800m Freestyle Men 800m Freestyle Women 50m Butterfly Men 50m Butterfly Women 100m Breaststroke Men 100m Breaststroke Women 50m Freestyle Men 50m Freestyle Women 4x50m Freestyle relay Men 4x50m Freestyle relay Women <i>kl. 19.30 ca. End of session</i>	
Saturday - 25. May 2015 <i>kl. 08.30 Warm-up</i> <i>kl. 10.00 Session begins</i> 400m Freestyle Women 400m Freestyle Men 100m Butterfly Women 100m Butterfly Men 50m Breaststroke Women 50m Breaststroke Men 100m Backstroke Women 100m Backstroke Men 200m Freestyle Women 200m Freestyle Men 100m Indiv. Medley Women 100m Indiv. Medley Men 4x50m Indiv. Medley relay Mixed <i>kl. 12.00 ca. End of session</i>	Saturday - 25. May 2015 <i>kl. 14.00 Warm-up</i> <i>kl. 15.00 Session begins</i> 200m Indiv. Medley Men 200m Indiv. Medley Women 50m Backstroke Men 50m Backstroke Women 200m Breaststroke Men 200m Breaststroke Women 100m Freestyle Men 100m Freestyle Women 4x50m Indiv. Medley relay Men 4x50m Indiv. Medley relay Women <i>kl. 17.00 End of session</i> <i>kl. 19.00 Dinner and party</i>

AGE GROUPS

20 – 24 years old can compete but do not get points for their clubs:

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+

Age Groups in relays:

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

Entries should be sent to motamal@sundsamband.is in Splash form. The meet entry file for Splash is available on the IMOC website a month before the meet:

<http://www.sundsamband.is/sundithrottir/sundmot/imoc/>

Entry deadline is **Thursday, 16th of April 2015**. The first list of competitors will be published on Monday the 20th of April. Those that do not have access to Splash software shall send in their entries in Excel form (incl. Full Name, Date of Birth, Club, Events and legal times if available) no later than Monday the 13th of April.

Coaches will get their entryfiles sent back when completed and get 24 hours to confirm or notify if there are any mistakes or changes. Confirmed competitors list will be published Thursday the 23rd of April.

Entry Fee:

Fee for first event is 2500 ISK and for the next two events swum is 1500 ISK per event. Maximum of three events paid. Other events are free. No fee is charged for relays as long as the swimmers are registered in individual events. Otherwise, a fee for first event is charged.

Payment and account information will be published later.

End of meet dinner and party will be held Saturday evening at Höllin, Stremlugata 13. It opens at 19:30 and dinner starts at 20:15 with delicious buffet from Einsí Kaldi – a local restaurant (<http://einsikaldi.is>) and coffee and dessert. After the dinner we will have a party and an open bar. The fee for this is 6300 ISK.

Please notify participation no later than Thursday 23. April 2015 via email: annals@grv.is

For more information regarding local accommodation and the dinner party:

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