

Icelandic Masters Open Championships - IMOC

May 2nd - 3rd 2014 in Kópavogur

LOCATION

Kópavogur swimming pool is one of the best ones in Iceland. IMOC takes place in the indoor 25 meter pool with 6 lanes. There is also a 50 meter outdoor pool with 10 lanes, where one can warm up, plus one can enjoy one or more of the 7 various hot tubs and sauna.

<p>Friday - May 2nd 2014 Warm up starts at 4:30 pm Meet starts at 5:30 pm</p> <ol style="list-style-type: none"> 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 relay freestyle men 10. 4x50m relay freestyle women <p><i>7:30pm estimated finish</i></p>	
<p>Saturday - May 3rd 2014 Warm up starts at 8:30 am Meet starts at 10:00 am</p> <ol style="list-style-type: none"> 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 relay medley mixed <p><i>at. 12,00 estimated finish</i></p>	<p>Saturday – May 3rd 2014 Warm up starts at 2:00 pm Meet starts at 3:00 pm</p> <ol style="list-style-type: none"> 24. 200m medley men 25. 200m medley women 26. 50m backstroke men 27. 50m backstroke women 28. 200m breaststroke men 29. 200m breaststroke women 30. 100m freestyle men 31. 100m freestyle women 32. 4x50m relay medley men 33. 4x50m relay medley women <p><i>5 pm - estimated finish</i></p> <p>7 pm – Dinner and dance in Smárinn.</p>

AGE GROUPS:

20 – 24 years can compete but do not win any points for their team.

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 FOR RELAYS:

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

REGISTRATION: Hy-Tek Meet Manager program will be used to run the meet and it is expected that entries be made in that form. Hy-Tek file will be sent out a month before the meet.

The last entry date is April 22nd at 6 pm. Those who do not have the Hy-Tek program must send the entries in an Excel file via e-mail to motamal@sundsamband.is no later than April 15th at 1 pm.

Entry-fees: Individual events: ISK 2.500 for the first one, ISK 1.500 for 2nd and 3rd. No extra charge if a swimmer competes in more than three events.

Starting list for the meet will be issued Monday, April 28th, then the teams have 24 hours to make changes. The final starting list will be issued on Wednesday, April 30th.

Please pay entry fees 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: motamal@sundsamband.is

Fax: +354-514-4071

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

TRAVEL ARRANGEMENTS AND ACCOMMODATION:

Accommodation can be found at hotels and hostels, please check;

<http://visitreykjavik.is/>

See here location of event: <https://plus.google.com/112837340802972633129/about?hl=en>

DINNER and DANCE ON SATURDAY NIGHT, May 3rd

Dinner tickets for Saturday evening are sold in the cafeteria at the pool. The cost is ISK 5.900.

Please get your tickets BEFORE leaving the pool on Friday evening. It will be a nice BBQ buffet.

Please register for the dinner **before April 28th** here:

https://docs.google.com/forms/d/1me9b-V_QobRhWG-CXOe0M98vyM3oVRdWiUpF3EJhyV4/viewform

Location of Dinner and dance on Saturday:

<https://plus.google.com/109987609900888755995/about?hl=en>

For further information please contact thordishp@gmail.com

Breiðalík Swimclub: <http://breidablik.is/sund>