

IMOC – Icelandic Masters Open Championships

Opna Íslandsmeistaramót í Garpasundi 2018

Will be held 04./05.05.2018 in Hafnarfjörður. The competition will run in the 25m pool.

Registrations until 2.mai 2018.

Registrations in Splash or Excel should be by email: skraning@iceswim.is (Emil - s:659-1300)

Final competitors list will be published on Thursday the 3rd of May.

Payment:

First event - kr. 3100 isl kr. or 25 Euro

Second event - kr. 1650,- or 13 Euro

Third event - kr. 1650,-

Allar greinar eftir það eru keppendum að kostnaðarlausu

Just swimming in relay - kr. 3100,-

Payment information: Transfer registration fees to the bank account

Address:

Sundsamband Íslands

Engjavegur 6

104 Reykjavík

Iceland

Account: 528-26-7327

Nr: 6402692359

Swift: GLITISRE

Receipt: skraning@iceswim.is

Please send confirmation of payment via e-mail to skraning@iceswim.is

Further information can be found: <http://www.sundsamband.is/sundithrottir/sundmot/imoc>

Timetable and events:

| Friday evening – 04. May 2018 | | |
|-----------------------------------|-----------------------|-------|
| kl. 16.45 | Technical Meeting | |
| kl. 17.00 | Warm Up | |
| 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 – 05. May 2018 | | |
| kl. 08.30 | Warm Up | |
| kl. 10.00 | begin | |
| 11 | 400m freestyle | Women |
| 12 | 400m freestyle | Men |
| 13 | 100m butterfly | Women |
| Saturday afternoon – 05. May 2018 | | |
| kl. 14.00 | Warm Up | |
| kl. 15.00 | begin | |
| 24 | 200m Medley | Men |
| 25 | 200m Medley | Women |
| 26 | 50m butterfly | Men |

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|-----------------|--------------------|---------|------------------|-------------------------|-------|
| 14 | 100m butterfly | Men | 27 | 50m butterfly | Women |
| 15 | 50m breaststroke | Women | 28 | 200m breaststroke | Men |
| 16 | 50m breaststroke | Men | 29 | 200m breaststroke | Women |
| 17 | 100m butterfly | Women | 30 | 100m freestyle | Men |
| 18 | 100m butterfly | Men | 31 | 100m freestyle | Women |
| 19 | 200m freestyle | Women | 32 | 4x50m Medley relay | Men |
| 20 | 200m freestyle | Men | 33 | 4x50m Medley relay | Women |
| 21 | 100m Medley | Women | <i>kl. 17.00</i> | finish | |
| 22 | 100m Medley | Men | | | |
| 23 | 4x50m Medley relay | blandað | <i>kl. 19.00</i> | Gala dinner Ásvallalaug | |
| <i>kl 12.00</i> | ca. finish | | | | |

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 until May 3rd 2018.
 The costs for the dinner are 5.700 ISK per person.

Recommended accommodation 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

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