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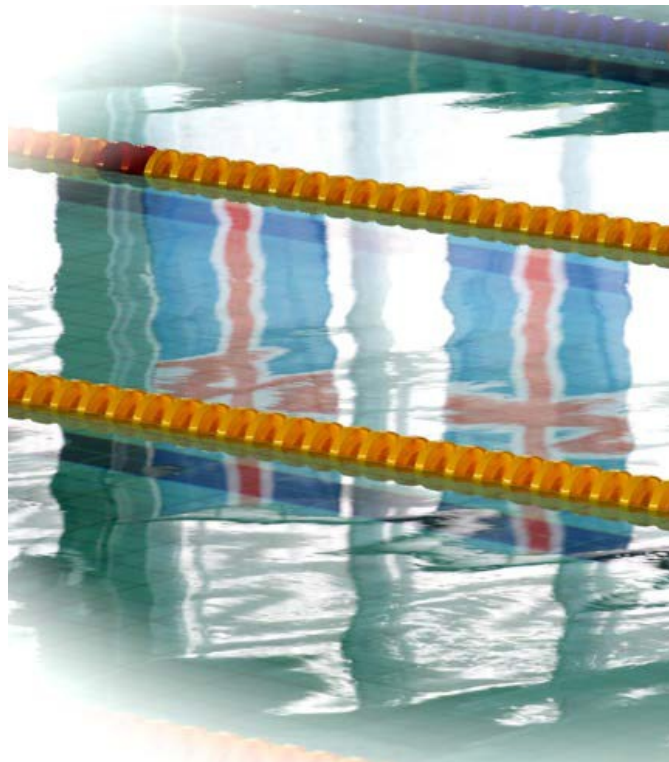
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Reykjavík International Games

25th - 27th of January 2019
Reykjavík – Iceland

The Icelandic Swimming Association and Ægir Swim Club invite you to the 14th
Reykjavík International Games 2019





14th REYKJAVIK INTERNATIONAL

Reykjavik International Games (RIG) swim meet has been held since 1989 in the Laugardalur Swimming Pool. Many international swimmers have participated in the meet through the years. Swimmers from Norway, Sweden, Denmark, Finland, Faroe Islands, Czech Republic, Germany, Russia, Slovakia, Katar, USA and the United Kingdom have visited Iceland to take part in RIG.

The Reykjavik International Games swim event is now held for the 14th time in the Laugardalur 50x25m indoor pool that was opened in January 2005. Along with the City of Reykjavík we welcome athletes to a multisport competition in Laugardalur, the *Valley of Sport*. Swimming is one of the biggest events of the games.

Internationally experienced referees have been invited to conduct the technical part of the competition and it is a FINA and LEN approved meet.

Participation in RIG also gives you a great opportunity to plan a training camp for your team before or after the competition. The Icelandic Swimming Association will provide assistance for booking training hours and accommodation.

Many world class swimmers have participated in Reykjavik International during the past years, including:

- **Alexander Dale Oen** (Norway). Silver medalist in 100m Breaststroke in the Olympic Games of 2008 and the World Champion 2011 in Shanghai.
- **Pál Joensen** (Faroe Islands). He won three gold medals in the Europeans Juniors 2009. Silver medal in 1500m free at the European Championships 2010. Swam in the final at the 2011 World Championships and set a new Nordic Record.
- **Therese Alshammar** (Sweden) who has won three Olympic medals, 25 World Championship medals and 43 European Championship medals.
- **Martina Moravcová** (Slovakia). One of the best swimmers from Slovakia trained and competed in USA for many years. Competed in five consecutive Olympic Games (1992, 1996, 2000, 2004 and 2008).
- **Mie Ostergaard Nielsen** (Denmark) who competed at the Olympic Games in 2012 and 2016, where she got bronze medal with the medley relay team. Mie is the European champion in 100m backstroke from 2014 and 2016. She came in third place in 100m backstroke at the 2015 World Championship in Kazan



REGULATIONS

1. Reykjavik International is held according to FINA rules. The organizers are the Icelandic Swimming Association and Ægir Swim Club in Reykjavik.
2. The competition takes place in an indoor Olympic pool (50m x 25m) and is being run on 8 lanes. Depth is 2m and water temperature is around 27°C.
3. The competition is open to all swimmers and the following age categories apply:

Age categories	Youth	Senior
Male	2005 and younger	2004 and older
Female	2005 and younger	2004 and older

4. Heats will be seeded according to the entry times, without any regards to the swimmers age. We only accept long course time or converted times. Convert times from short course (25m) to long Course (50m) by adding 2% to the entry time from short course.
We only accept times equal to or faster than the standard time which is on the meet program.
5. Heats and finals will be swum in all 50m, 100m and 200m events. Direct finals will be swum for the 400m medley as well as the 400m, 800m and 1500m freestyle events. The 16 fastest swimmers (male and female) of each category from the heats will qualify for the A and B final in 50m and 100m events. For the 200m events only one heat of 8 swimmers will be swum in the finals.

	A finals	B finals	Direct finals
50m events	X	X	
100m events	X	X	
200m events	X		
400m events			X
800m events			X
1500m events			X

6. The competition office must be informed of withdrawals for the finals, no later than 30 minutes after completion of the heats.



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7. Medals will be awarded to youth swimmers in the heats session. Medals for open category (youth and seniors) will be awarded in the finals session. The 3 best male and female swimmers will receive medals.
8. Special prizes will be awarded for the five best performances of the meet according to the 2017 FINA point table.
9. Entries must be received by January 16th 2019. Only Excel or Splash entry forms can be used to register swimmers.
10. Completed entry forms are to be sent to: rig@iceswim.is
11. The Entry fee is €6 for each individual event. No restitution will be made for absence. Entry fee must be paid no later than January 16th 2019. Bank information is listed below.

Icelandic Swimming Association (Sundsamband Íslands)

Address:

**Sundsamband Íslands
Engjavegur 6
104 Reykjavík
Iceland**

**Account: 528-26-7327
Nr: 6402692359
Swift: GLITISRE
Receipt: rig@iceswim.is**

13. The organizers reserve the right to change the competition program.



MEET RECORDS

Men	Time	Name	Club	Year
50m freestyle	0:23,37	Örn Arnarson	SH	2006
100m freestyle	0:51,67	Örn Arnarson	SH	2006
200m freestyle	1:53,53	Pál Joensen	FAROE	2009
400m freestyle	3:53,71	Pál Joensen	FAROE	2009
1500m freestyle	15:40,93	Pál Joensen	FAROE	2009
50m backstroke	0:25,90	Magnus Jakupsson	DEN	2017
100m backstroke	0:57,67	Magnus Jakupsson	DEN	2017
200m backstroke	2:08,15	Kristinn Þórarinsson	FJÖLNIR	2016
50m breaststroke	0:28,35	Alexander Dale Oen	NOR	2008
100m breaststroke	1:01,38	Alexander Dale Oen	NOR	2008
200m breaststroke	2:15,43	Alexander Dale Oen	NOR	2008
50m butterfly	0:24,87	Sindri Thor Jakobsson	NOR	2015
100m butterfly	0:54,43	Viktor Bromer	DEN	2015
200m butterfly	2:00,47	Viktor Bromer	DEN	2016
200m Ind.medley	2:07,61	Viktor Bromer	DEN	2016
400m Ind.medley	4:34,61	Sindri Thor Jakobsson	NOR	2015
Women	Time	Name	Club	Year
50m freestyle	0:25,12	Therese Alshammar	SWE	2005
100m freestyle	0:55,48	Martina Moravcova	SVK	2007
200m freestyle	2:03,07	Mie Ö Nielsen	DAN	2012
400m freestyle	4:20,39	Rebecca Cooke	GLASGOW	2007
800m freestyle	8:47,59	Rebecca Cooke	GLASGOW	2007
50m backstroke	0:28,56	Mie Ö Nielsen	DAN	2017
100m backstroke	1:00,45	Mie Ö Nielsen	DAN	2016
200m backstroke	2:12,06	Eygló Ósk Gústafsdóttir	ÆGIR	2016
50m breaststroke	0:31,46	Hrafnhildur Lúthersdóttir	SH	2017
100m breaststroke	1:08,86	Hrafnhildur Lúthersdóttir	SH	2017
200m breaststroke	2:31,87	Sara Nordenstam	NOR	2009
50m butterfly	0:26,72	Therese Alshammar	SWE	2005
100m butterfly	1:00,88	Martina Moravcova	SVK	2007
200m butterfly	2:18,35	Sara Nordenstam	NOR	2008
200m Ind.medley	2:20,41	Sara Nysted	FAR	2016
400m Ind.medley	4:57,58	Sara Nordenstam	NOR	2008



Reykjavik International Games 2019 – Swimming - Meet program

Friday 25th of January

Saturday 26th of January

Sunday 27th of January

			Session 2 - Warm-up 8:00		Start 9:15		Session 4 - Warm-up 8:00		Start 9:15				
					Standard				Standard				
	13	Mens 400m freestyle	Heats		5.20.0		23	Womens 400m freestyle	Heats	5.30.0			
	14	Womens 200m Int. Medley	Heats		3.00.0		24	Mens 200m Int. Medley	Heats	2.50.0			
	15	Mens 200m backstroke	Heats		2.50.0		25	Womens 200m backstroke	Heats	3.00.0			
	16	Womens 100m backstroke	Heats		1.25.0		26	Mens 100m backstroke	Heats	1.20.0			
	17	Mens 100m breaststroke	Heats		1.28.0		27	Womens 100m breaststroke	Heats	1.32.0			
	18	Womens 200m breaststroke	Heats		3.20.0		28	Mens 200m breaststroke	Heats	3.10.0			
	19	Mens 200m butterfly	Heats	✓	3.10.0		29	Womens 200m butterfly	Heats	3.15.0			
	20	Womens 100m butterfly	Heats		1.25.0		30	Mens 100m butterfly	Heats	1.20.0			
	21	Mens 100m freestyle	Heats	✓	1.10.0		31	Womens 100m freestyle	Heats	1.12.0			
	22	Womens 200m freestyle	Heats		2.40.0		32	Mens 200m freestyle	Heats	2.35.0			
Session 1 - Warm-up 15:00			Start 16:15		Session 3 - Warm-up 14:30		Start 16:00		Session 5 - Warm-up 13:30		Start 15:00		
	1	Mens 50m backstroke	Heats		37.0	1	Mens 50m backstroke	Finals	A + B	2	Womens 50m backstroke	Finals	A + B
	2	Womens 50m backstroke	Heats		39.0	4	Womens 50m breaststroke	Finals	A + B	3	Mens 50m breaststroke	Finals	A + B
	3	Mens 50m breaststroke	Heats		40.0	7	Mens 50m butterfly	Finals	A + B	8	Womens 50m butterfly	Finals	A + B
	4	Womens 50m breaststroke	Heats		42.0	10	Womens 50m freestyle	Finals	A + B	9	Mens 50m freestyle	Finals	A + B
	5	Mens 400m Int. Medley	Finals		5.50.0	13	Mens 400m freestyle	Final		23	Womens 400m freestyle	Final	
	6	Womens 400m Int. Medley	Finals		6.00.0	14	Womens 200m Int. Medley	Final	A	24	Mens 200m Int. Medley	Final	A
	7	Mens 50m butterfly	Heats		34.0	15	Mens 200m backstroke	Final	A	25	Womens 200m backstroke	Final	A
	8	Womens 50m butterfly	Heats		36.0	16	Womens 100m backstroke	Finals	A + B	26	Mens 100m backstroke	Finals	A + B
	9	Mens 50m freestyle	Heats		32.0	17	Mens 100m breaststroke	Finals	A + B	27	Womens 100m breaststroke	Finals	A + B
	10	Womens 50m freestyle	Heats		34.0	18	Womens 200m breaststroke	Final	A	28	Mens 200m breaststroke	Final	A
	11	Mens 1500m freestyle	Finals		(2 heats)	19	Mens 200m butterfly	Final	A	29	Womens 200m butterfly	Final	A
	12	Womens 800m freestyle	Finals		(2 heats)	20	Womens 100m butterfly	Finals	A + B	30	Mens 100m butterfly	Finals	A + B
						21	Mens 100m freestyle	Finals	A + B	31	Womens 100m freestyle	Finals	A + B
						22	Womens 200m freestyle	Final	A	32	Mens 200m freestyle	Final	A



For further information please contact one of the following:

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Gudmundur Hafthorsson the Head Coach of Ægir

+354 7704107

gummihaff@hotmail.com

Websites:

<http://aegir.is/>

<http://www.sundsamband.is/>

<http://rig.is/>



We can assist you to book your accommodation at this hotel;

Grand Hotel Reykjavik.

Walking distance from the pool, prices include breakfast.

<https://www.islandshotel.is/hotels-in-iceland/grand-hotel-reykjavik>

Prices in ISK

Single room **22.900** kr

Double **13.900** kr (per person)

Triple **12.900** (per person)

Iceland – the land of Ice and Fire – The place to visit. Among the popular tourist attractions is the Blue Lagoon, which is on the way to/from Keflavik International airport. Reykjavík City combines the qualities and comforts of modern urbanity and intimate connection to amazingly beautiful nature. The city is both vibrant in cultural life and boasts short distances to natural surroundings. The world's northernmost capital is framed by the majestic Mt. Esja, which keeps a watchful eye on the city, and the blue waters of Faxaflói Bay. On a sunny day, the mystical Snæfellsjökull glacier appears crystal-like and baby-blue on the western horizon, while mountainous moonscapes spread to the southeast.

To learn more visit:

<http://www.iceland.is>.

