



The Icelandic Swimming Association and Ægir Swim Club
invite you to the 15th



REYKJAVIK INTERNATIONAL GAMES

**RIG 2020
SWIMMING**

**24th - 26th of January 2020
Reykjavík, Iceland**





15th 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, Qatar, USA and the United Kingdom have visited Iceland to take part in RIG.

The Reykjavik International Games swim event is now held for the 15th time in the Laugardalur 50x25m indoor pool that was opened in January 2005. Along with the City of Reykjavik 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.

Contact and info

For more information about the meet, accommodation, travel arrangements or any other matters, please visit our website www.aegir.is and www.iceswim.is (National federation website) or take a look at our travel and accommodation brochure.

Feel free to contact the Icelandic Swimming Association rig@iceswim.is.





15th REYKJAVIK INTERNATIONAL

January 24 – 26th 2020

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	2006 and younger	2005 and older
Female	2006 and younger	2005 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.





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 latest FINA point table.
9. Entries must be received by December 13th 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 10th 2020. 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

IBAN:

IS780528260073276402692359

Receipt: rig@iceswim.is

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

For further information please contact one of the following:

rig@iceswim.is

The Icelandic Swimming Association

Mrs. Ingibjorg Helga Arnardottir – General Secretary tel: +354 7706066

Mr. Emil Orn Hardarson – Meet director tel: +354 6591300

Ægir Swim Club

Mr. Gudmundur Hafthorsson the Head Coach tel: +354 7704107

Useful webpages:

www.aegir.is

www.iceswim.is



www.rig.is

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 2020 – Swimming - Meet program

<i>Friday 24th of January</i>				<i>Saturday 25th of January</i>				<i>Sunday 26th of January</i>											
Session 1 - Warm-up 15:00				Session 2 - Warm-up 8:00				Session 3 - Warm-up 14:30				Session 4 - Warm-up 8:00				Session 5 - Warm-up 14:30			
Start 16:15				Start 9:15				Start 16:00				Start 9:15				Start 16:00			
Standard				Standard				Standard				Standard				Standard			
				13	Mens 400m freestyle	Heats	5.20.0					23	Womens 400m freestyle	Heats	5.30.0				
				14	Womens 200m Int. Medley	Heats	2.52.0					24	Mens 200m Int. Medley	Heats	2.42.0				
				15	Mens 200m backstroke	Heats	2.42.0					25	Womens 200m backstroke	Heats	2.52.0				
				16	Womens 100m backstroke	Heats	1.21.0					26	Mens 100m backstroke	Heats	1.16.0				
				17	Mens 100m breaststroke	Heats	1.24.0					27	Womens 100m breaststroke	Heats	1.28.0				
				18	Womens 200m breaststroke	Heats	3.12.0					28	Mens 200m breaststroke	Heats	3.02.0				
				19	Mens 200m butterfly	Heats	3.02.0					29	Womens 200m butterfly	Heats	3.07.0				
				20	Womens 100m butterfly	Heats	1.21.0					30	Mens 100m butterfly	Heats	1.16.0				
				21	Mens 100m freestyle	Heats	1.06.0					31	Womens 100m freestyle	Heats	1.08.0				
				22	Womens 200m freestyle	Heats	2.34.0					32	Mens 200m freestyle	Heats	2.27.0				
1	Mens 50m backstroke	Heats	35.0	1	Mens 50m backstroke	Finals	A + B	2	Womens 50m backstroke	Finals	A + B	2	Womens 50m backstroke	Finals	A + B	3	Mens 50m breaststroke	Finals	A + B
2	Womens 50m backstroke	Heats	37.0	4	Womens 50m breaststroke	Finals	A + B	3	Mens 50m breaststroke	Finals	A + B	8	Womens 50m butterfly	Finals	A + B	8	Womens 50m butterfly	Finals	A + B
3	Mens 50m breaststroke	Heats	38.0	7	Mens 50m butterfly	Finals	A + B	8	Womens 50m butterfly	Finals	A + B	9	Mens 50m freestyle	Finals	A + B	9	Mens 50m freestyle	Finals	A + B
4	Womens 50m breaststroke	Heats	40.0	10	Womens 50m freestyle	Finals	A + B	9	Mens 50m freestyle	Finals	A + B	23	Womens 400m freestyle	Final		23	Womens 400m freestyle	Final	
5	Mens 400m Int. Medley	Finals	5.50.0	13	Mens 400m freestyle	Final		23	Womens 400m freestyle	Final		24	Mens 200m Int. Medley	Final	A	24	Mens 200m Int. Medley	Final	A
6	Womens 400m Int. Medley	Finals	6.00.0	14	Womens 200m Int. Medley	Final	A	24	Mens 200m Int. Medley	Final	A	25	Womens 200m backstroke	Final	A	25	Womens 200m backstroke	Final	A
7	Mens 50m butterfly	Heats	32.0	15	Mens 200m backstroke	Final	A	25	Womens 200m backstroke	Final	A	26	Mens 100m backstroke	Finals	A + B	26	Mens 100m backstroke	Finals	A + B
8	Womens 50m butterfly	Heats	34.0	16	Womens 100m backstroke	Finals	A + B	26	Mens 100m backstroke	Finals	A + B	27	Womens 100m breaststroke	Finals	A + B	27	Womens 100m breaststroke	Finals	A + B
9	Mens 50m freestyle	Heats	30.0	17	Mens 100m breaststroke	Finals	A + B	27	Womens 100m breaststroke	Finals	A + B	28	Mens 200m breaststroke	Final	A	28	Mens 200m breaststroke	Final	A
10	Womens 50m freestyle	Heats	32.0	18	Womens 200m breaststroke	Final	A	28	Mens 200m breaststroke	Final	A	29	Womens 200m butterfly	Final	A	29	Womens 200m butterfly	Final	A
11	Mens 1500m freestyle	Finals	(2 heats)	19	Mens 200m butterfly	Final	A	29	Womens 200m butterfly	Final	A	30	Mens 100m butterfly	Finals	A + B	30	Mens 100m butterfly	Finals	A + B
12	Womens 800m freestyle	Finals	(2 heats)	20	Womens 100m butterfly	Finals	A + B	30	Mens 100m butterfly	Finals	A + B	31	Womens 100m freestyle	Finals	A + B	31	Womens 100m freestyle	Finals	A + B
				21	Mens 100m freestyle	Finals	A + B	31	Womens 100m freestyle	Finals	A + B	32	Mens 200m freestyle	Final	A	32	Mens 200m freestyle	Final	A
				22	Womens 200m freestyle	Final	A	32	Mens 200m freestyle	Final	A								