



NORDIC OPEN MASTERS

4 – 5 OCTOBER 2013 – REYKJAVÍK – ICELAND

Ægir swim club and the Icelandic Swimming Federation
have the pleasure to invite you to participate
in the Nordic Open Masters in swimming
held 4.-5. October 2013 in Reykjavík, Iceland.

Date: 4.-5. October 2013

Place: Laugardalur Swimming pool - Sundlaugavegi 30 – 105 Reykavík – Iceland

Venue: The competition will take place in a new Olympic size indoor swimming pool (50m x 25 m, 10 lanes, depth 2 m and water temperature 27°C) in Reykjavík. Competition will be in 50m swimming pool.

A Secondary outdoor pool (50m, 8 lanes), will be available for extra warm up and swim down. Water temperature is 28°C.

Various hotpots are alongside the outdoor pool at varying temperatures to relax in after the competition sessions.

All information about the Laugardalur swimming pool can be found here:

<http://www.swimminginiceland.com/reykjavik-and-capital-area/17-laugardalslaug>

Program:

Session 1: 16:30, Friday 4. October, 2013

Session 2: 08:30, Saturday 5. October, 2013

Session 3: 15:00, Saturday 5. October, 2013

Warm up: The facilities will be open for warm up 1.5 hours before time of competition.

Age groups: (individual)

A 25-29 • B 30-34 • C 35-39 • D 40-44 • E 45-49 • F 50-54

G 55-59 • H 60-64 • I 65-69 • J 70-74 • K 75-79 • L 80-84

M 85-89 • N 90-94 • O 95-

Relay age groups: (sum of the competitor's age)

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

F 280-319 • G 320-

Entry: Deadline for registration is 16. September 2013.

Entries should be sent to Sundsamband Íslands, Íþróttamiðstöðin í Laugardal, 104 Reykjavík, Iceland, Iceland or by e-mail at sundsamband@sundsamband.is.

Entries must be made by HYTEK file.

Entries with “no time” will not be accepted.

Only swimmers representing a club, member of a club affiliated with FINA, are eligible to enter.

Registration fee: The registration fee is 1.650 IKR or 10 Euro

per individual start and 3.000 Icelandic crowns or 18 Euro per relay start.

The total amount should be transferred to Icelandic Swimming Federation

account number: 1109-05-413089, Bank: Islandsbanki, SWIFT Code: BYRSISRE and IBAN number IS93 1109 0541 3089 6402 6923 59.

Payment of entries fees should be sent latest on September 24th. Late entry fee is 36 Euros or 6.000 IKR

Entry cancellation: Must be made no later than 20:00 Thursday 3rd October 2013 regarding events on Friday 4th October 2013. Regarding events on Saturday 5th October cancellation must be made no later than 30 minutes after the session preceding the session the cancellation refers to. Late cancellation will be charged an amount of 6.000 IKR or 36 Euro.

Relay participants: Name of the relay participants, should be submitted to the competition secretariat no later than one hour prior to the session including the event. If a relay team needs to change age group, it is regarded as a cancellation and a late entry. Late entry fee has to be paid.

Medals: Medals will be given for place 1 – 3 to participants from the Nordic countries. Non-Nordic participants are competing unofficially but will receive honorary medals for place 1 – 3.

Order of events:

<p>Session 1, 16:30 Friday 4 October</p> <ol style="list-style-type: none"> 1. 400m free Men 2. 400m free Women 3. 50m fly Men 4. 50m fly Women 5. 100m breast Men 6. 100m breast Women 7. 100m back Men 8. 100m back Women 9. 200m free Men 10. 200m free Women 11. 4 x 50m free Relay Men 12. 4 x 50m free Relay Women 	<p>Session 2, 08:30 Saturday 5 October</p> <ol style="list-style-type: none"> 13. 100m free Women 14. 100m free Men 15. 100m fly Women 16. 100m fly Men 17. 50m breast Women 18. 50m breast Men 19. 1500m Men 20. 200m back Women 21. 200m back Men 22. 4 x 50m medley Relay Women 23. 4 x 50m medley Relay Men
<p>Session 3 – 15:00 Saturday 5 October</p> <ol style="list-style-type: none"> 24. 4 x 50m Medley Mixed 25. 200m medley Men 26. 200m medley Women 27. 1500m free Women 28. 50m back Men 29. 50m back Women 30. 50m free Men 31. 50m free Women 32. 4x 50m free Mixed 	

Accommodation: Many hotels are located in walking distance to the swimming pool.

Reykjavik City Hostel: <http://www.hostel.is/Hostels/Reykjavikcity/>

Cabin Hotel: <http://www.hotelcabin.is/index.php?lang=en>

Grand Hotel: <http://www.grand.is>

Hilton Nordica: <http://www.hiltonreykjavik.com/en>

Hotel Park inn: <http://www.parkinn.com/hotel-reykjavik>

KEA-Hotel: <http://www.keahotels.is/is/Reykjavik-Lights>

For an extensive list of all accommodations see: <http://www.visitreykjavik.is/#>

Farewell party: Will be held on Saturday evening in a place still to be decided.

The Ægir swim club web site: www.aegir.is will keep all information updated

Send all enquiries to: nom2013@outlook.com

Or contact: Rémi Spilliaert - +354 665 7004 -Thorunn Gudmundsdóttir - +354 861 5864



Aerial view of the Laugardalur area



The Laugardal indoor Swimming pool – 50m, 10 lanes



The Laugardal geothermal outdoor swimming pool – 50m, 8 lanes