



# Reykjavík International Swim Meet

January 27<sup>th</sup> to 29<sup>th</sup> 2023  
Laugardalslaug, Reykjavík, Iceland



The Icelandic Swimming Association invites you to the 19<sup>th</sup> Reykjavík International Swim Meet, January 27<sup>th</sup> to 29<sup>th</sup> 2023. The competition will take place in Laugardalslaug in Reykjavík in a 50m, 10-lane pool.

Many international swimmers have participated in the meet through the years, from Norway, Sweden, Denmark, Finland, Faroe Islands, Czech Republic, Germany, Slovakia, Qatar, USA, and the United Kingdom.

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 Reykjavík International Swim Meet also allows you to plan a training camp for your team before or after the competition. The Icelandic Swimming Association can help with booking training times and accommodation.

**Location:** Laugardalslaug swimming pool, Sundlaugarvegur 30, 105 Reykjavík, Iceland

**Competitors:** Reykjavík International Swim Meet is open to all swimmers.

**Rules:** The competition will be conducted under FINA rules and is approved as a qualifying event for World Championships in Fukuoka 2023.

**Entry deadline:** Deadline for preliminary entries is December 12<sup>th</sup> 2022  
Deadline for final confirmation of entries is January 9<sup>th</sup> 2023  
**Entries after deadlines are subject to availability and will be charged with late entry fee.**

**Qualifying Period:** January 1<sup>st</sup> 2022 to January 9<sup>th</sup> 2023.  
**Entry times must be achieved on long course or converted times from short course (see below)**

**Qualifying Times:** Swimmer qualified in one event will be given the opportunity to compete in up to two additional events, if space allows.

**Awards** Medals for open and youth category. 3 best male and female swimmers will receive medals.  
In addition, winner of each event will receive EUR 50 in open category.

The five best overall performances according to the FINA point table will receive prize money as follows:

Best performance: EUR 1.000

2<sup>nd</sup> best performance: EUR 700

3<sup>rd</sup> best performance: EUR 400

4<sup>th</sup> best performance: EUR 200

5<sup>th</sup> best performance: EUR 100

**Entry fee**

EUR 8 or ISK 1200 per swimmer per event.  
Late entry fee is EUR 20 or ISK 3000 per swimmer per event  
Entry fee for entries in excel is EUR 12 or ISK 1800 per swimmer per event.  
The entry fee will not be returned under any circumstances.  
Entry fee must be paid no later than January 20<sup>th</sup> 2023, see bank details on following pages.

**Withdrawals:**

The competition office must be informed of withdrawals in writing.

Withdrawals from preliminary heats must be handed in at the latest 19:00 the day before.

Withdrawals from the finals must be handed in, no later than 30 minutes after completion of the heats' session.

Withdrawals can only be handed in on paper to an official in the competition office or by email to [meets@iceswim.is](mailto:meets@iceswim.is)

30 EUR or ISK 5000 in penalty fee for DNS during the competition. This will be invoiced to the club.

**Swim down pool**

During the competition, swimmers can use the outdoor 8 lane, 50m pool to swim down.

**Final call room**

15 minutes before the start of each race, competitors must appear in the final call room located behind the starting blocks and stay there until notified by officials to move to the pool deck.

**Victory ceremony:**

Victory ceremonies will be held in the prelims session for youth category and in the afternoon session for open category and will be announced in the meet program and by the competition office. Swimmers must report to the final call room before the victory ceremony in their team uniform. Failure to show up for the victory ceremony will result in a fine of EUR 8 or ISK 1200, invoiced to the club.

**Technical meeting:**

Technical meeting will be held on Wednesday, January 25<sup>th</sup> 2023 at 12:00 noon GMT on Microsoft Teams meeting. Any changes to the meet program and other important information will be announced there. Team contact persons will receive the invitation to the meeting.

**Accommodation and airport transfer**

We have reserved rooms for your convenience at three hotels close to the competition venue:

Hilton Reykjavík Nordica Hotel, Suðurlandsbraut 2, 108 Reykjavík

Grand Hotel Reykjavík, Sigtún 28, 105 Reykjavík

Hotel Cabin Reykjavík, Borgartún 32, 105 Reykjavík

Bus transport from Keflavik International Airport to Reykjavík can be arranged.

For further information about hotels, transport, and prices, please visit the competition website here: [www.sundsamband.is/reykjavikinternational](http://www.sundsamband.is/reykjavikinternational)

**Bank details:**

**Icelandic Swimming Association (Sundsamband Íslands)**

**Address:**

Sundsamband Íslands

Engjavegur 6

104 Reykjavík

Iceland

**Account:** 528-26-7327

**Nr:** 6402692359

**Swift:** GLITISRE

**IBAN:** IS780528260073276402692359

**Receipt:** [meets@iceswim.is](mailto:meets@iceswim.is)

For further information please visit the competition website:

[www.sundsamband.is/reykjavikinternational](http://www.sundsamband.is/reykjavikinternational)

Contacts:

Mr. Leifur Guðni Grétarsson, meet manager: [meets@iceswim.is](mailto:meets@iceswim.is)

We look forward to seeing you in Reykjavík 2023

## REGULATIONS

1. Reykjavik International is held according to FINA rules. The organizer is the Icelandic Swimming Association.
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	2008 and younger	2007 and older
Female	2009 and younger	2008 and older

4. Heats will be seeded according to the entry times, without any regards to the swimmers age. We only accept long course times 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 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 and 400m 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	Freestyle		Ind. Medley
800m events			X
1500m events			X

6. The competition office must be informed of withdrawals in writing. Withdrawals from preliminary heats must be handed in at the latest 19:00 the day before. Withdrawals from the finals must be handed in no later than 30 minutes after completion of the heats. Withdrawals can only be handed in on paper to an official in the competition office or by email to [meets@iceswim.is](mailto:meets@iceswim.is)  
30 EUR or ISK 5000 in penalty fee for DNS during the competition. This will be invoiced to the club.
7. Medals for open category will be awarded in the finals session. 3 best male and female swimmers will receive medals. Medals for youth category will be awarded in the prelims sessions for 3 best boys and girls.

8. Special prizes will be awarded for the five best performances of the meet according to the latest FINA point table as described above.  
Special gift will be awarded for the best performances for boys and girls in youth category according to the latest FINA point table.
  
9. **Preliminary entries must be received by December 12<sup>th</sup> 2022.**  
**Final confirmation of entries must be received by January 9<sup>th</sup> 2023.** Only Splash and WinGrodan entry forms (via Swimrankings or email) can be used to register swimmers. Excel forms should be used where this is not available and is subject to higher entry fee, see below.  
Late entry fee is paid when deadlines are not met.  
Entry files and further information can be found on the competition website:  
[www.sundsamband.is/reykjavikinternational](http://www.sundsamband.is/reykjavikinternational)
  
10. Completed entry forms are to be sent to: [meets@iceswim.is](mailto:meets@iceswim.is)
  
11. **The Entry fee is EUR 8 or ISK 1200** for each individual event. No restitution will be made for absence. **Entry fee must be paid no later than January 20<sup>th</sup> 2023.** Bank information is listed on the previous pages.  
Entries on Excel forms are subject to entry fee of EUR 12 or ISK 1800 per swimmer per event.  
**Late entry fee is EUR 20 or ISK 3000** for each individual event.  
  
The organizers reserve the right to withdraw entries where entry fee is not paid.
  
12. The organizer reserves 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 Pórarinsson	FJÖLNIR	2016
50m breaststroke	0:28,35	Alexander Dale Oen	NOR	2008
100m breaststroke	1:01,18	Anton Sveinn McKee	ISL	2020
200m breaststroke	2:11,96	Anton Sveinn McKee	ISL	2020
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 Swim Meet 2023 - Meet program													
Friday 27 <sup>th</sup> of January				Saturday 28 <sup>th</sup> of January				Sunday 29 <sup>th</sup> of January					
				Session 2 - Warm-up 8:00		Start 9:30		Session 4 - Warm-up 8:00		Start 9:30			
						Standard				Standard			
				13	Mens 400m freestyle	Heats	5:07.64	23	Womens 400m freestyle	Heats	5:34.55		
				14	Womens 200m ind. medley	Heats	2:58.98	24	Mens 200m ind. medley	Heats	2:42.42		
				15	Mens 200m backstroke	Heats	2:47.28	25	Womens 200m backstroke	Heats	3:01.90		
				16	Womens 100m backstroke	Heats	1:23.46	26	Mens 100m backstroke	Heats	1:16.03		
				17	Mens 100m breaststroke	Heats	1:24.18	27	Womens 100m breaststroke	Heats	1:33.30		
				18	Womens 200m breaststroke	Heats	3:22.28	28	Mens 200m breaststroke	Heats	3:04.48		
				19	Mens 200m butterfly	Heats	2:45.35	29	Womens 200m butterfly	Heats	3:01.49		
				20	Womens 100m butterfly	Heats	1:20.32	30	Mens 100m butterfly	Heats	1:11.81		
				21	Mens 100m freestyle	Heats	1:04.50	31	Womens 100m freestyle	Heats	1:12.28		
				22	Womens 200m freestyle	Heats	2:36.35	32	Mens 200m freestyle	Heats	2:23.86		
Session 1 - Warm-up 15:00				Start 16:30		Session 3 - Warm-up 15:00		Start 16:30		Session 5 - Warm-up 15:00		Start 16:30	
				Standard									
1	Mens 50m backstroke	Heats	35.64	1	Mens 50m backstroke	Finals	A + B	2	Womens 50m backstroke	Finals	A + B		
2	Womens 50m backstroke	Heats	38.98	4	Womens 50m breaststroke	Finals	A + B	3	Mens 50m breaststroke	Finals	A + B		
3	Mens 50m breaststroke	Heats	38.33	7	Mens 50m butterfly	Finals	A + B	8	Womens 50m butterfly	Finals	A + B		
4	Womens 50m breaststroke	Heats	42.62	10	Womens 50m freestyle	Finals	A + B	9	Mens 50m freestyle	Finals	A + B		
5	Mens 400m ind. medley	Finals	5:52.94	13	Mens 400m freestyle	Final	A	23	Womens 400m freestyle	Final	A		
6	Womens 400m ind. medley	Finals	6:24.25	14	Womens 200m ind. medley	Final	A	24	Mens 200m ind. medley	Final	A		
7	Mens 50m butterfly	Heats	31.91	15	Mens 200m backstroke	Final	A	25	Womens 200m backstroke	Final	A		
8	Womens 50m butterfly	Heats	35.94	16	Womens 100m backstroke	Finals	A + B	26	Mens 100m backstroke	Finals	A + B		
9	Mens 50m freestyle	Heats	29.63	17	Mens 100m breaststroke	Finals	A + B	27	Womens 100m breaststroke	Finals	A + B		
10	Womens 50m freestyle	Heats	33.46	18	Womens 200m breaststroke	Final	A	28	Mens 200m breaststroke	Final	A		
11	Mens 1500m freestyle	Finals	20:43.36	19	Mens 200m butterfly	Final	A	29	Womens 200m butterfly	Final	A		
				(2 heats)		20	Womens 100m butterfly	Finals	A + B	30	Mens 100m butterfly	Finals	A + B
12	Womens 800m freestyle	Finals	11:33.35	21	Mens 100m freestyle	Finals	A + B	31	Womens 100m freestyle	Finals	A + B		
				(2 heats)		22	Womens 200m freestyle	Final	A	32	Mens 200m freestyle	Final	A