



# **Reykjavík International Games**

## **- Swimming Competition -**

**January 23<sup>rd</sup> to 25<sup>th</sup> 2026**

**Laugardalslaug, Reykjavík, Iceland**



Icelandic Aquatics and Parasport Iceland invites you to the 22nd Reykjavík International Games - Swim Meet, January 23<sup>rd</sup> to 25<sup>th</sup> 2026. 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, India, Italy, Poland, Czech Republic, Germany, Slovakia, Qatar, USA, and the UK

Internationally experienced referees have been invited to conduct the technical part of the competition and it is a World Aquatics, European Aquatics and IPC approved meet.

Participation in Reykjavík International Games 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 Games is open to all swimmers.

**Rules:** The competition will be conducted under World Aquatics and IPC rules.  
The competition has IPC licence.  
Para swimmers will be seeded as per entry time.

**Entry deadline:** Deadline for preliminary entries is December 12<sup>th</sup> 2025  
Deadline for final confirmation of entries is January 7<sup>th</sup> 2026  
**Entries after deadlines are subject to availability and will be charged with late entry fee.**

**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 World Aquatics 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

The best female performance in Para class will receive prize money of EUR 500 according to the Icelandic 1000 points system.  
The best male performance in Para class will receive prize money of EUR 500 according to the Icelandic 1000 points system.

**Qualifying Period:** January 1<sup>st</sup> 2025 to January 7<sup>th</sup> 2026.  
**Entry times must be achieved on long course or converted times from short course (see below)**

**Qualifying Times:** Each event has its own qualifying standard time listed in the back of this letter. Swimmers must achieve the qualifying time within the qualifying period in order to be eligible for that event.  
There is no limit to how many events a swimmer can enter if they have achieved the qualifying standard for those events.  
Swimmers who have achieved at least one qualifying standard may also enter a limited number of additional events without meeting the standard, provided they have a valid result in those events within the qualifying period:

**1 qualifying event** → may add up to **2 additional events** (max 3 total)  
**2 qualifying events** → may add up to **1 additional event** (max 3 total)  
**3 or more qualifying events** → no additional entries without a standard

**Withdrawals:** All withdrawals are to be made through the Swimify Coach app.

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 using the Swimify Coach app. Failure to hand in withdrawals within these time limits will be treated as DNS.

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 two lanes of the outdoor, 50m pool to swim down, as well as for warmup.

**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. Entry to the final call room is only for competitors that are about to swim and officials.

**Victory ceremony:** Victory ceremonies will be held in the prelims session for youth category and para swimmers. Victory ceremonies for open category will be in the afternoon sessions 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. Failure to show up for the victory ceremony will result in a fine of EUR 11 or ISK 1500, invoiced to the club.

**Technical meeting:**

Technical meeting will be held on Wednesday, January 22<sup>th</sup> 2026 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 can assist with booking hotels close to the competition venue:  
Grand Hotel Reykjavík, Sigtún 28, 105 Reykjavík  
Hotel Cabin Reykjavík, Borgartún 32, 105 Reykjavík  
Reykjavík – Dalur HI Hostel, Sundlaugavegur 34, 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/rig](http://www.sundsamband.is/rig)

**Bank details:**

**Icelandic Aquatics (Sundsamband Íslands)**

**Address:**

Sundsamband Íslands  
Engjavegur 6  
104 Reykjavík  
Iceland

**Account:** 528-26-7327

**SSN:** 6402692359

**Swift:** GLITISRE

**IBAN:** IS780528260073276402692359

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

For further information please visit the competition website: [www.sundsamband.is/rig](http://www.sundsamband.is/rig)

**Contacts:**

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

Mrs. Kristín Guðmundsdóttir, para swimming: [krigu@simnet.is](mailto:krigu@simnet.is)

**We look forward to seeing you in Reykjavík 2026**

## REGULATIONS

1. Reykjavik International Games – swimming competition, is held according to World Aquatics and IPC rules. The organizer is the Icelandic Aquatics in cooperation with Parasport Iceland.
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	2011 and younger	2010 and older
Female	2011 and younger	2010 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 electronically.  
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 using the Swimify Coach app. Failure to hand in withdrawals within these time limits will be treated as DNS.  
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. Medals for para swimmers will be awarded in the prelims sessions for 3 best male and female swimmers.

8. Special prizes will be awarded for the five best performances of the meet according to the latest World Aquatics 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 World Aquatics point table.  
Special prizes will be awarded for the best female and best male performance of the meet in para class according to the Icelandic 1000 points system.
9. **Preliminary entries must be received by December 12<sup>th</sup> 2025.**  
**Final confirmation of entries must be received by January 7<sup>th</sup> 2026.** Only lenex (Splash and WinGrodan) or hy-tek entry forms 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/rig](http://www.sundsamband.is/rig)
10. Completed entry forms are to be sent to: [meets@iceswim.is](mailto:meets@iceswim.is)
11. **The Entry fee is EUR 11 or ISK 1500** for each individual event. No restitution will be made for absence. **Entry fee must be paid no later than January 16<sup>th</sup> 2026.** Icelandic Aquatics office will issue invoice with all details in due time.  
Entries on Excel forms are subject to entry fee of EUR 18 or ISK 2500 per swimmer per event.  
**Late entry fee is EUR 7 or ISK 1000** for each individual event will be added to the entry fee.  
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	0:51,14	Gonçalo Carlos Azevedo	POR	2025
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	2:06,43	Guðmundur Leó Rafnsson	ÍRB	2024
50m breaststroke	0:27,54	Tobias B. Bjerg	DEN	2022
100m breaststroke	1:00,99	Tobias B. Bjerg	DEN	2022
200m breaststroke	2:11,96	Anton Sveinn McKee	ISL	2020
50m butterfly	0:23,83	Rasmus Nickelsen	DEN	2022
100m butterfly	0:54,43	Viktor Bromer	DEN	2015
200m butterfly	2:00,47	Viktor Bromer	DEN	2016
200m Ind.medley	2:07,01	Birnir Freyr Hálfðánarson	SH	2024
400m Ind.medley	4:34,38	Attila Polster	AUT	2025
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	2:01,44	Snæfríður Sól Jórunnardóttir	AALBORG	2024
400m freestyle	4:20,23	Beatrice Varley	UK	2023
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	0:26,53	Emilie Beckmann	DEN	2022
100m butterfly	1:00,86	Martine Damborg	DK	2025
200m butterfly	2:18,35	Sara Nordenstam	NOR	2008
200m Ind.medley	2:18,15	Martine Damborg	DK	2025
400m Ind.medley	4:52.05	Beatrice Varley	UK	2023

## Reykjavik International Games Swim Meet 2026 – Meet program and time standards

### Friday 23<sup>rd</sup> of January

### Saturday 24<sup>th</sup> of January

### Sunday 25<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 14:30 Start 16:00				Session 3 - Warm-up 15:30 Start 17:00				Session 5 - Warm-up 15:30 Start 17:00			
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



### Womens Standards PARA

	50 free	100 free	200 free	400 free	50 fly	100 fly	50 back	100 back	50 breast	100 breast	150 IM	200 IM	
S1													S1
S2	01:36,30	03:30,37	07:39,64		01:39,39		01:56,37	03:42,87	01:59,61		06:10,91		S2
S3	01:31,26	03:19,38	07:15,61		01:33,71		01:40,20	03:35,14	01:56,09		03:37,68		S3
S4	01:16,34	02:46,77	06:04,37		01:13,29		01:22,31	02:56,73	01:20,35	02:55,27	05:26,88		S4
S5	00:56,61	02:04,69	04:33,43		01:07,86		01:10,14	02:30,59	01:11,13	02:35,16		05:36,63	S5
S6	00:47,00	01:44,23	03:50,79	08:22,95	00:53,26		00:57,76	02:04,01	01:04,80	02:21,34		04:20,76	S6
S7	00:45,16	01:38,00	03:37,12	07:43,94	00:53,14		00:55,87	01:59,95	01:04,28	02:20,21		04:35,09	S7
S8	00:41,70	01:33,31	03:24,95	07:23,56	00:46,67	01:45,99	00:52,04	01:51,74	00:52,78	01:55,12		03:54,17	S8
S9	00:38,11	01:23,67	03:07,69	06:55,11	00:40,75	01:32,54	00:45,24	01:37,13	00:47,58	01:43,77		03:29,97	S9
S10	00:37,26	01:20,72	02:59,28	06:24,29	00:40,07	01:31,00	00:42,73	01:31,75				03:19,78	S10
S11	00:43,94	01:39,44	03:40,39	08:10,18	00:48,86	01:50,96	00:54,02	01:55,97	01:00,77	02:12,56		04:22,92	S11
S12	00:38,75	01:24,65	03:04,96	06:27,11	00:41,86	01:35,07	00:48,44	01:44,01	00:50,38	01:49,90		03:36,13	S12
S13	00:37,51	01:22,49	03:04,96	06:27,11	00:41,86	01:35,07	00:46,60	01:41,52	00:50,68	01:49,90		03:35,34	S13
S14	00:36,95	01:20,73	02:56,37		00:39,43	01:29,53	00:44,38	01:35,29	00:48,22	01:45,19		03:22,29	S14
S18	00:43,60	01:35,26	03:28,12		00:46,52	01:45,65	00:52,37	01:52,44	00:56,90	02:04,12		03:58,70	S18
S19	00:36,95	01:20,73	02:56,37		00:39,43	01:29,53	00:44,38	01:35,29	00:48,22	01:45,19		03:22,29	S19

### Mens Standards PARA

	50 free	100 free	200 free	400 free	50 fly	100 fly	50 back	100 back	50 breast	100 breast	150 IM	200 IM	
S1	01:52,38	04:12,11	09:08,17		02:00,54		02:07,76	04:41,75	02:19,46		07:45,98		S1
S2	01:33,52	03:29,80	07:36,18		01:35,14		01:29,15	03:29,90	02:02,94		05:29,21		S2
S3	01:17,69	02:50,82	06:03,90		01:14,63		01:20,74	02:54,14	01:09,20		04:34,90		S3
S4	00:52,08	01:57,81	04:37,46		00:58,72		01:06,19	02:22,75	01:07,83	02:29,33	03:46,72		S4
S5	00:48,69	01:47,96	03:51,37		00:56,68		00:55,41	01:59,51	01:00,47	02:13,12		04:27,15	S5
S6	00:41,56	01:32,78	03:21,58	07:12,06	00:44,06		00:50,47	01:48,85	00:53,54	01:57,86		03:53,21	S6
S7	00:37,86	01:23,79	03:04,62	06:43,40	00:42,40		00:45,78	01:38,74	00:49,24	01:48,41		03:38,09	S7
S8	00:35,55	01:18,24	02:50,38	06:01,61	00:37,79	01:23,94	00:41,87	01:30,31	00:44,32	01:37,56		03:11,75	S8
S9	00:33,69	01:13,16	02:40,79	05:42,99	00:35,73	01:19,36	00:39,11	01:24,35	00:42,27	01:33,06		03:02,97	S9
S10	00:31,55	01:09,89	02:32,98	05:30,29	00:34,03	01:15,59	00:37,53	01:20,94				02:51,50	S10
S11	00:36,04	01:23,36	03:04,84	07:06,05	00:45,57	01:41,23	00:46,09	01:39,40	00:48,71	01:47,24		03:37,61	S11
S12	00:31,74	01:11,20	02:34,82	05:34,03	00:36,74	01:21,60	00:41,65	01:29,82	00:43,16	01:35,02		03:06,71	S12
S13	00:31,74	01:10,83	02:34,82	05:34,03	00:36,74	01:21,60	00:40,79	01:27,98	00:43,16	01:35,02		03:06,71	S13
S14	00:31,48	01:10,62	02:33,55		00:35,11	01:17,98	00:38,24	01:22,49	00:41,51	01:31,37		02:55,97	S14
S18	00:34,63	01:17,68	02:48,91		00:38,62	01:25,78	00:42,07	01:30,74	00:45,66	01:40,51		03:13,57	S18
S19	00:31,48	01:10,62	02:33,55		00:35,11	01:17,98	00:38,24	01:22,49	00:41,51	01:31,37		02:55,97	S19