

NORDIC OPEN MASTERS 2008

3.-4. OCTOBER 2008
HAFNARFJÖRÐUR, ICELAND

Information will be presented on www.sundsamband.is under the link Nordic Open Masters

Sundfélag Hafnarfjörður and the Icelandic Swimming Association have the pleasure to invite you to participate in the Nordic Open Masters in swimming 3.-4. October 2008 in Hafnarfjörður, Iceland.

DATE: 3.-4. October 2008

PLACE: Hafnarfjörður Swimming Hall

POOL SIZE: 25 meters, 8 lanes

SECONDARY POOL: 25metres x 8 lanes

PROGRAM (TIME OF COMPETITION):

Session 1: 15:00, Friday 3. October

Session 2: 09:00, Saturday 4. October

Session 3: 15:00, Saturday 4. October

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: (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 and payment is 8. September 2008.

Entries should be sent to the Icelandic Swimming Association either to: Icelandic Swimming Association, Engjavegi 6, 104 Reykjavík, Iceland or by e-mail to sundsamband@sundsamband.is.

Please use the entry forms which will be available at the end of May.

REGISTRATION FEE: The registration fee is 8 Euro per individual start and 16 Euro per relay start.

The total amount should be transferred to Icelandic Swimming Association
Account number 525-14-604435 at Glitnir Bank
SWIFT Code ISBAISRE
IBAN number IS54 0525 1460 4435 6402 6923 59

LATE REGISTRATION: Late entries can be done at double registration fee up until 18. September 2008

CANCELLATION OF ENTRY: Cancellations must be made no later than 20:00 Thursday 2. October regarding events on Friday 3. October. Regarding events on Saturday 4. October cancellation must be made no later than 30 minutes after the session preceding the session the cancellation refers to. Late cancellations or participants failing to arrive for start, will be charged an amount of 32 Euro. **Relay participants:** Name of the relay participants, shall be submitted to the competition secretariat no later than one hour prior to the session on the appropriate forms. If a relay team needs to change age group, it is regarded as a cancellation and a 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.

DOCTOR OR MEDICAL STAFF: Will be in place during all sessions.

EVENTS

Session 1

15:00 Friday 3. October

1. 400 m Freestyle Men
2. 400 m Freestyle Women
3. 50 m Butterfly Men
4. 50 m Butterfly Women
5. 100 m Breaststroke Men
6. 100 m Breaststroke Women
7. 100 m Backstroke Men
8. 100 m Backstroke Women
9. 200 m Butterfly Men
10. 200 m Butterfly Women
11. 4x50 m Freestyle Relay Men
12. 4x50 m Freestyle Relay Women

Session 2

09:00 Saturday 4. October

13. 1500 m Freestyle Men
14. 100 m Freestyle Men
15. 100 m Freestyle Women
16. 100 m Butterfly Men
17. 100 m Butterfly Women
18. 50 m Breaststroke Men
19. 50 m Breaststroke Women
20. 100 m Individual Medley Men
21. 100 m Individual Medley Women
22. 200 m Breaststroke Men
23. 200 m Breaststroke Women
24. 4x50 m Medley Relay Men
25. 4x50 m Medley Relay Women

Session 3

15:00 Saturday 4. October

26. 800 m Freestyle Women
27. 4x50 m Medley Relay Mix
(2 men + 2 women)
28. 400 m Individual Medley Men
29. 400 m Individual Medley Women
30. 50 m Backstroke Men
31. 50 m Backstroke Women
32. 50 m Freestyle Men
33. 50 m Freestyle Women
34. 4x50 m Freestyle Relay Mix
(2 men + 2 women)

The Nordic Open Masters is open to all registered masters swimmers within the Nordic countries and the world.

Swimmers must represent a club within a national swimming federation and be registered as a masters swimmer.

Participants outside the Nordic countries compete unofficially.

FORMS

All registration and entry forms will be available on the website www.sundsamband.is and will be sent along with further information at the end of May

Please note the following

The entry forms should include name of the participant, year of birth, age group, event number, distance, discipline, qualifying time, club and country.

The entry form should also include name, phone number and e-mail address to one contact person at the participants club.

Details regarding the method of payment should be noted on the payment forms and sent to the Icelandic Swimming Association. The payment should include information that the Icelandic Swimming Association can connect with the sender. Registrations that are not completely filled out can not be accepted.

ACCOMMODATION, MEALS AND PARTY

At the end of May information regarding special accommodation prices, meals and the "get together party" will be sent out and displayed on the website www.sundsamband.is under Nordic Open Masters 2008

TOURS / TRANSFERS IN ICELAND

Transfers to and from Keflavik airport

Arrivals

Operated all year daily from Keflavik Airport to Reykjavik in connection with all arriving flights. The flybus brings passengers to Reykjavik / the Flybus terminal. From there passengers are brought to some of the major hotels and guesthouses in Reykjavik.

Duration: 40 - 50 minutes

Flybus departure

Operated all year daily from the Reykjavik Bus Terminal to Keflavik Airport in connection with all departing flights.

Several tours that combine the experience of the Blue Lagoon with the arrival or departure transfers are also on offer.

For more information on the Blue Lagoon, please visit <http://www.bluelagoon.com>

For further information regarding transfers please see www.re.is and book directly.

For tours please see www.re.is or <http://www.grayline.is>

INFORMATION:

Questions will be answered by

The Icelandic Swimming Association

e-mail: Sundsamband@sundsamband.is