

Invitation



Reykjavík International

16. - 18. january 2009

Price money 2.400 euros



Landsbankinn



REYKJAVIK INTERNATIONAL Landsbankamot Ægis



Reykjavik International has been held every year since 1989 in the Laugardalur Swimming Pool. Many foreign swimmers have found their way to Iceland and participated in the meet during the years. Swimmers from Sweden, Czech Republic, Denmark, Germany, East Germany, Russia, Finland, Slovakia, USA and Faro Islands have visited Iceland and participated in Reykjavik International.

Reykjavik International is now held for the fifth time in the new 50x25m indoor pool which was opened in January 2005.

Internationally experienced referees have been invited to conduct the technical part of the competition. Participation in Reykjavik International gives you also a great opportunity to plan a training camp for your team before or after the competition. We can assist you getting training times and accommodation.

Therese Alshammar World Record holder competed in Reykjavik International 2005 and 2006. She has the following comments about the competition.

"Reykjavik international has for two years provided me with an excellent opportunity to swim fast early in the season in a top standard Olympic size pool, great arrangement in a professional setting. Everything a swimmer can ask for at an international event plus the luxury of bathing in Iceland's amazing hot waters after the competition and seeing the beautiful city is something for both body and soul."



Iceland – the land of Ice and Fire – has a lot to offer for its visitors. Among the popular tourist attractions is the Blue Lagoon, which is on the way to/from the International airport. Reykjavík City combines the qualities and comforts of modern urbanity and the intimate connection to amazingly beautiful nature. The city is both vibrant in cultural life and boasts short distances to natural surroundings. The world's northernmost capital is framed by the majestic Mt. Esja, which keeps a watchful eye on the city, and the blue waters of Faxaflói Bay. On a sunny day, the mystical Snæfellsjökull glacier appears crystal-like and baby-blue on the western horizon, while mountainous moonscapes spread to the southeast.

Contacts

For any further information about the meet, accommodation, travel information or other matters, please visit our website www.aegir.is or contact Ægir Swim club by e-mail rig@aegir.is.

REYKJAVIK INTERNATIONAL

January 16th – 18th 2009

REGULATIONS

1. Reykjavik International will be held according to FINA rules. The organizer is Ægir Swim Club in Reykjavik, Iceland.
2. The competition will take place in a new Olympic size indoor swimming pool (50 x 25 m, 10 lanes, depth 2 m and water temperature 27°C) in Reykjavik.
3. The competition is open to all swimmers and it will have the following age categories:

| Age categories | Junior | Senior |
|----------------|------------------|----------------|
| Male | 1995 and younger | 1994 and older |
| Female | 1995 and younger | 1994 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 only times faster than the standard time that is on the meet program. (see last page)
5. Heats and finals will be swum in all 50m, 100m and 200m events. 400m, 800m and 1500m events will be swum as direct finals. The 16 fastest swimmers (male and female) of each category from the heats will qualify for the finals in 50m and 100m events, in 200m events will only be one heat (8 swimmers). The competition office must be informed of withdrawals for the finals, no later than 30 minutes after completion of the heats.
6. Victory ceremonies will take place during heats for Junior swimmers and during the finals for Senior/Open. The 3 best swimmers of each category (male and female) will receive medals, 1st place gold, 2nd place silver and 3rd place bronze.
7. Prize money for the five best performances of the meet according to FINA point table.

| | |
|----------|-----------------------|
| 1. place | 1.000 € (120.000 ISL) |
| 2. place | 700 € (84.000 ISL) |
| 3. place | 400 € (48.000 ISL) |
| 4. place | 200 € (24.000 ISL) |
| 5. place | 100 € (12.000 ISL) |
8. Entries must be received by Sunday, December 30th 2008. Please use the attached entry forms or Hy-tek / Splash Team Manager for entering swimmers to the meet.

Entry forms are to be sent to: Aegir Swim Club or rig@aegir.is

9. Entry-fee amounts is €6 for each individual entry, no restitution will be made for absence.
Entry fees should be paid into our account, latest January 4th 2008.

Ægir swimmingclub, IBAN no: IS-51-0115-2600-8888-4203694929

Bank:
Landsbanki Íslands
Álfabakka 10
109 Reykjavík
Iceland

Swift: LAISISRE
Branch no. 0115
info@landsbanki.is

14. The organizer reserves the right to change the competition program if necessary.

ACCOMMODATION

Fosshotel Baron is a three star comfort Tourist Class Hotel. The Hotel offers our competitors a special price for two and three bedrooms, including breakfast. The hotel is approximately 5-7 min. drive from the pool and 20-30 min. walking.

For further information contact Eiður Örn Eiðsson, eidur@fosshotel.is .
The hotels homepage is: <http://www.fosshotel.is> .

Reykjavik City Hostel is located in Laugardalur and is about 5 min. walk from the pool. The rooms are new and comfortable 2-6 bedded rooms, all 2 and 4 bedded rooms have private facilities.

For further information see the webpage www.hostel.is or send an e-mail to info@hostel.is .

Lunch and dinner

Ægir Swim Club will provide eating at the pool for very favorable prices. Lunch costs 1000 ISL and dinner 1600 ISL.

Airlines

Three airlines fly to Iceland. The airport is about 45 min. drive from Reykjavik City. Regular bus service is available from the airport to Reykjavik.

Icelandair: www.icelandair.com

Icelandexpress: www.icelandexpress.com

British Airways: www.britishairways.com

For more information please contact us:

www.aegir.is / rig@aegir.is / +354 8453156 or +354 8203156.

COMPITITION RECORDS

| Men | Tíme | Name | Club | Year |
|-------------------|----------|--------------------------|---------|------|
| 50m freestyle | 0:23,37 | Örn Arnarson | SH | 2006 |
| 100m freestyle | 0:51,67 | Örn Arnarson | SH | 2006 |
| 200m freestyle | 1:56,56 | Pál Joensen | FAROE | 2008 |
| 400m freestyle | 4:08,33 | Pál Joensen | FAROE | 2008 |
| 1500m freestyle | 16:05,02 | Pál Joensen | FAROE | 2008 |
| 50m backstroke | 0:26,65 | Kim Torry Simmenes | NOR | 2008 |
| 100m backstroke | 0:58,14 | Kim Torry Simmenes | NOR | 2008 |
| 200m backstroke | 2:10,90 | Kim Torry Simmenes | NOR | 2008 |
| 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 | 0:25,12 | Örn Arnarson | SH | 2006 |
| 100m butterfly | 0:56,28 | Hjörtur Már Reynisson | KR | 2008 |
| 200m butterfly | 2:09,89 | Jørgen Møllerop | NOR | 2008 |
| 200m Int.medley | 2:10,47 | Davy Verreussel | NED | 2008 |
| 400m Int.medley | 4:36,70 | Davy Verreussel | NED | 2008 |
| Women | Tíme | Name | Club | Year |
| 50m freestyle | 0:25,12 | Therese Alshammer | SWE | 2005 |
| 100m freestyle | 0:55,48 | Martina Moravcova | SVK | 2007 |
| 200m freestyle | 2:07,65 | Sigrún Brá Sverrisdóttir | FJÖLNIR | 2008 |
| 400m freestyle | 4:20,39 | Rebecca Cooke | GLASGOW | 2007 |
| 800m freestyle | 8:47,59 | Rebecca Cooke | GLASGOW | 2007 |
| 50m backstroke | 0:30,85 | Anja Ríkey Jakobsdóttir | ÆGIR | 2005 |
| 100m backstroke | 1:02,88 | Therese Alshammer | SWE | 2005 |
| 200m backstroke | 2:25,48 | Anja Ríkey Jakobsdóttir | ÆGIR | 2005 |
| 50m breaststroke | 0:33,81 | Mari Ask Rasmussen | NOR | 2008 |
| 100m breaststroke | 1:12,96 | Rebecca Hillis | GLASGOW | 2007 |
| 200m breaststroke | 2:37,23 | Sara Nordenstam | NOR | 2008 |
| 50m butterfly | 0:26,72 | Therese Alshammer | SWE | 2005 |
| 100m butterfly | 1:00,88 | Martina Moravcova | SVK | 2007 |
| 200m butterfly | 2:18,35 | Sara Nordenstam | NOR | 2008 |
| 200m Int.medley | 2:21,53 | Erla Dögg Haraldsdóttir | ÍRB | 2007 |
| 400m Int.medley | 4:57,58 | Sara Nordenstam | NOR | 2008 |



Landsbankinn



| Reykjavik International 2009 – Meet program | | | | | | | | | | | |
|---|-------------------------|--------|-----------|--|--------------------------|--------|--------------|--|--------------------------|--------|--------------|
| Friday 16th January | | | | Saturday 17th January | | | | Sunday 18th January | | | |
| | | | | Session 2 - Warm-up 8:00 Start 9:15 | | | | Session 4 - Warm-up 8:00 Start 9:15 | | | |
| | | | | Standard | | | | Standard | | | |
| | | | | 13 | Mens 400m freestyle | Finals | 5.20.0 | 23 | Womens 400m freestyle | Heats | 5.30.0 |
| | | | | 14 | Womens 200m Int. Medley | Heats | 3.00.0 | 24 | Mens 200m Int. Medley | Heats | 2.50.0 |
| | | | | 15 | Mens 200m bacstroke | Heats | 2.50.0 | 25 | Womens 200m bacstroke | Heats | 3.00.0 |
| | | | | 16 | Womens 100m backstroke | Heats | 1.25.0 | 26 | Mens 100m backstroke | Heats | 1.20.0 |
| | | | | 17 | Mens 100m breaststroke | Heats | 1.28.0 | 27 | Womens 100m breaststroke | Heats | 1.32.0 |
| | | | | 18 | Womens 200m breaststroke | Heats | 3.20.0 | 28 | Mens 200m breaststroke | Heats | 3.10.0 |
| | | | | 19 | Mens 200m butterfly | Heats | 3.10.0 | 29 | Womens 200m butterfly | Heats | 3.15.0 |
| | | | | 20 | Womens 100m butterfly | Heats | 1.25.0 | 30 | Mens 100m butterfly | Heats | 1.20.0 |
| | | | | 21 | Mens 100m freestyle | Heats | 1.10.0 | 31 | Womens 100m freestyle | Heats | 1.12.0 |
| | | | | 22 | Womens 200m freestyle | Heats | 2.40.0 | 32 | Mens 200m freestyle | Heats | 2.35.0 |
| Session 1 - Warm-up 15:00 Start 16:30 | | | | Session 3 - Warm-up 15:00 Start 16:30 | | | | Session 5 - Warm-up 14:30 Start 16:00 | | | |
| Standard | | | | | | | | | | | |
| 1 | Mens 50m backstroke | Heats | 37.0 | 1 | Mens 50m backstroke | Finals | A + B | 2 | Womens 50m backstroke | Finals | A + B |
| 2 | Womens 50m bacstroke | Heats | 39.0 | 4 | Womens 50m breaststroke | Finals | A + B | 3 | Mens 50m breaststroke | Finals | A + B |
| 3 | Mens 50m breaststroke | Heats | 40.0 | 7 | Mens 50m butterfly | Finals | A + B | 8 | Womens 50m butterfly | Finals | A + B |
| 4 | Womens 50m breaststroke | Heats | 42.0 | 10 | Womens 50m freestyle | Finals | A + B | 9 | Mens 50m freestyle | Finals | A + B |
| 5 | Mens 400m Int. Medley | Finals | 5.50.0 | 13 | Mens 400m freestyle | Final | fastest heat | 23 | Womens 400m freestyle | Final | fastest heat |
| 6 | Womens 400m Int. Medley | Finals | 6.00.0 | 14 | Womens 200m Int. Medley | Final | A | 24 | Mens 200m Int. Medley | Final | A |
| 7 | Mens 50m butterfly | Heats | 34.0 | 15 | Mens 200m bacstroke | Final | A | 25 | Womens 200m bacstroke | Final | A |
| 8 | Womens 50m butterfly | Heats | 36.0 | 16 | Womens 100m backstroke | Finals | A + B | 26 | Mens 100m backstroke | Finals | A + B |
| 9 | Mens 50m freestyle | Heats | 32.0 | 17 | Mens 100m breaststroke | Finals | A + B | 27 | Womens 100m breaststroke | Finals | A + B |
| 10 | Womens 50m freestyle | Heats | 34.0 | 18 | Womens 200m breaststroke | Final | A | 28 | Mens 200m breaststroke | Final | A |
| 11 | Mens 1500m freestyle | Finals | (2 heats) | 19 | Mens 200m butterfly | Final | A | 29 | Womens 200m butterfly | Final | A |
| 12 | Womens 800m freestyle | Finals | (2 heats) | 20 | Womens 100m butterfly | Finals | A + B | 30 | Mens 100m butterfly | Finals | A + B |
| | | | | 21 | Mens 100m freestyle | Finals | A + B | 31 | Womens 100m freestyle | Finals | A + B |
| | | | | 22 | Womens 200m freestyle | Final | A | 32 | Mens 200m freestyle | Final | A |