

Sunddeild KR

Stofnuð 1923

Sund er fyrir alla
-konur og karla frá vöggju til grafar

17.1.2011

Invitation to KR Goldmeet 11-13. february 2011 Iceland

This meet has the past 20 years been the largest on Iceland. A competition for all ages where all the best swimmers come to test their form before the long course championships 4 weeks later. 700 swimmers from 30 clubs

The past couple of years there have also been swimmers from Sweden, Croatia and Denmark visiting the meet.

The meet is swum in 50 m pool with direct finals in all events except from 50 m butterfly.

IPC Swimming Rules and Regulation are going to be adhered.



The pool - Laugardalslaug:

Gold meet KR will be swum in the new indoor 50 m pool in Laugardalur, Reykjavik. The pool opened January 1. 2005 and has already shown itself to be a good competition pool. There is an outdoor 50 m heated pool that can be used for warm up and swim down during the meet.

KR SUPER CHALLENGE

Saturday night the 8 fastest swimmers from 50 fly Friday will be competing in a special super challenge. At this event there will be a light show, entertainment and great swimming.

Vinner of KR SC 2010

Bryndis Rún Hansen
Davíð Hildiberg Aðalsteinsson

Entries

Entries should be sent not later than 5. February kl 24.00. The entries should be sent to: gullmot@gmail.com.

Price for entries is 350 iskr for individual events and 700 for relays

The entry list will be public online Friday February 11. and it will be possible to comment on mistakes until Saturday ?? Kl 24. After that there can only be made scratches.

We ask that you send the entries in Hy-tek format.

A copy of the software needed can be downloaded on following site:

<http://www.hy-tek ltd.com/downloads.html#swimdemo>

Entries not sent in hy-tek will be charged 50 iskr extra per entry

Team competition:

There will be a team competition after placement points with following points:
12-10-8-7-6-5-4-3-2-1

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Friday: 11

Warm up: kl 15.30

Meet: kl 16.30

		Sex	Age
1	50 fly	Women	Open
2	50 fly	Men	Open
3	50 back	Women	Open
4	50 back	Men	Open
5	400 medley	Women	Open
6	400 medley	Men	Open
7	50 breast	Women	Open
8	50 breast	Men	Open
9	50 free	Women	Open
10	50 free	Men	Open
	Medal ceremony		
11	800 free	Women	Open
12	1500 free	Men	open

Saturday: 12

Warm up: kl 7.30

Meet: kl 8.30

13	400 free	Woman	Open
14	400 free	Men	Open
15	100 breast	Boys	'98-'99
16	100 breast	Boys	'98-'99
17	100 breast	Woman	'96 & older
18	100 breast	Men	'96 & older
19	100 fly	Boys	'98-'99
20	100 fly	Boys	'98-'99
21	100 fly	Woman	'96 & older
22	100 fly	Men	'96 & older
	Victory ceremony		
23	4*100 medley	Woman	'96 & older
24	4*100 medley	Men	'96 & older

Saturday: 12

Warm up: kl 12.00

Meet: kl 13.00

25	200 free	Girls	'99 & younger
26	200 free	Boys	'99 & younger
27	100 back	Girls	'99 & younger
28	100 back	Boys	'99 & younger
29	100 breast	Girls	'99 & younger
30	100 breast	Boys	'99 & younger
31	200 fly	Girls	'99 & younger
32	200 fly	Boys	'99 & younger
	Victory ceremony		
33	4*50 medley	Girls	'99 & younger
34	4*50 medley	Boys	'99 & younger

Saturday: 12

Warm up: kl 15.00

Meet: kl 16.15

35	200 back	Boys	'98-'99
36	200 back	Boys	'98-'99
37	200 back	Woman	'96 & older
38	200 back	Men	'96 & older
39	100 free	Boys	'98-'99
40	100 free	Boys	'98-'99
41	100 free	Woman	'96 & older
42	100 free	Men	'96 & older
	Victory ceremony		
43	200 fly	Boys	'98-'99
44	200 fly	Boys	'98-'99
45	200 fly	Woman	'96 & older
46	200 fly	Men	'96 & older

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Sunday: 13

Warm up: kl 8.00

Meet: kl 9.00

47	200 medley	Boys	'98-'99
48	200 medley	Boys	'98-'99
49	200 medley	Woman	'96 & older
50	200 medley	Men	'96 & older
51	100 back	Boys	'98-'99
52	100 back	Boys	'98-'99
53	100 back	Woman	'96 & older
54	100 back	Men	'96 & older
	Victory ceremony		
55	200 free	Boys	'96 & older
56	200 free	Boys	'96 & older
57	200 free	Woman	'96 & older
58	200 free	Men	'96 & older
59	200 breast	Boys	'98-'99
60	200 breast	Boys	'98-'99
61	200 breast	Woman	'96 & older
62	200 breast	Men	'96 & older
	Victory ceremony		
63	4*100 free	Woman	'96 & older
64	4*100 free	Men	'96 & older

Sunday: 13

Warm up: kl 13.00

Meet: kl 14.00

65	50 free	Girls	'01 & younger
66	50 free	Boys	'01 & younger
67	400 free	Girls	'99 & younger
68	400 free	Boys	'99 & younger
69	50 back	Girls	'01 & younger
70	50 back	Boys	'01 & younger
71	200 back	Girls	'99 & younger
72	200 back	Boys	'99 & younger
73	100 fly	Girls	'99 & younger
74	100 fly	Boys	'99 & younger
75	50 breast	Girls	'01 & younger
76	50 breast	Boys	'01 & younger
	Victory ceremony		
77	200 breast	Girls	'99 & younger
78	200 breast	Boys	'99 & younger
79	100 free	Girls	'99 & younger
80	100 free	Boys	'99 & younger
81	200 medley	Girls	'99 & younger
82	200 medley	Boys	'99 & younger
	Victory ceremony		
83	4*50 free	Girls	'99 & younger
84	4*50 free	Boys	'99 & younger

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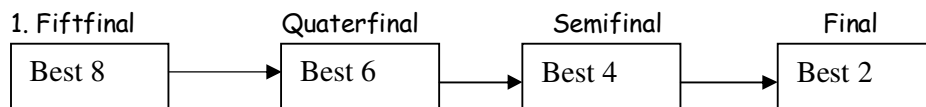
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KR Super Challenge!

The main Idea of “KR Super Challenge” (KR-SC) is to create an event where we have swimming in a form that is fun and exiting for everybody to watch.

KR-SC should be made with a lot of music and music to make it a cool event – make Laugardalslaug the place for an exiting experience.

The basic of the event is to have 8 swimmers competing in 50 butterfly in a final system. Always focusing on winning their heat.



This will be run in the following order:

- fiftfinals women
- fiftfinals men
- quatarfinals women
- quatarfinals men
- semifinals women
- semifinals men
- final women
- final men