

# Sunddeild KR

Stofnuð 1923

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

27.10.2011

## Invitation to KR Goldmeet 10-12. february 2012 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 there 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 light show, entertainment and great swimming. 1, price 100 euros

### Entries

Entries should be sent not later than 4. February kl 24.00. The entries should be sent to: [gullmot@gmail.com](mailto:gullmot@gmail.com).

Price for entries is 400 iskr for individual events and 700 for relays

The entry list will be public online Friday February 10. and it will be possible to comment on mistakes until wednesday. 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-tekLtd.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

Session 1 Friday: 10

Warm up: kl 15.30



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**Meet: kl 16.30**

**Event # Event Name**

- 1 Women 50 Butterfly
- 2 Men 50 Butterfly
- 3 Women 50 Backstroke
- 4 Men 50 Backstroke
- 5 Women 400 IM
- 6 Men 400 IM
- 7 Women 50 Breaststroke
- 8 Men 50 Breaststroke
- 9 Women 50 Freestyle
- 10 Men 50 Freestyle
- 11 Women 800 Freestyle
- 12 Men 1500 Freestyle

**Session 2 Saturday: 12**

**Warm up: kl 7.30**

**Meet: kl 8.30**

- 13 Women 13 & Over 400 Freestyle
- 14 Men 13 & Over 400 Freestyle
- 15 Women 13-14 100 Breaststroke
- 16 Men 13-14 100 Breaststroke

**Event # Event Name**

- 17 Women 15 & Over 100 Breaststroke
- 18 Men 15 & Over 100 Breaststroke
- 19 Women 13-14 100 Butterfly
- 20 Men 13-14 100 Butterfly
- 21 Women 15 & Over 100 Butterfly
- 22 Men 15 & Over 100 Butterfly
- 23 Women 400 Medley Relay
- 24 Men 400 Medley Relay

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## Session 3 Saturday: 12

Warm up: kl 12.00

Meet: kl 13.00

- 25 Girls 12 & Under 200 Freestyle
- 26 Boys 12 & Under 200 Freestyle
- 27 Girls 12 & Under 100 Backstroke
- 28 Boys 12 & Under 100 Backstroke
- 29 Girls 12 & Under 100 Breaststroke
- 30 Boys 12 & Under 100 Breaststroke
- 31 Girls 12 & Under 200 Butterfly
- 32 Boys 12 & Under 200 Butterfly
- 33 Girls 12 & Under 200 Medley Relay
- 34 Boys 12 & Under 200 Medley Relay

## Session 4 Saturday: 12

Warm up: kl 15.00

Meet: kl 16.15

- 35 Women 13-14 200 Backstroke
- 36 Men 13-14 200 Backstroke
- 37 Women 15 & Over 200 Backstroke
- 38 Men 15 & Over 200 Backstroke
- 39 Women 13-14 100 Freestyle
- 40 Men 13-14 100 Freestyle

### Event # Event Name

- 41 Women 15 & Over 100 Freestyle
- 42 Men 15 & Over 100 Freestyle
- 43 Women 13-14 200 Butterfly
- 44 Men 13-14 200 Butterfly
- 45 Women 15 & Over 200 Butterfly
- 46 Men 15 & Over 200 Butterfly

## Session 5 Sunday: 12

Warm kl 8.00up:

Sundlaug Vesturbæjar  
107 Reykjavík

Veffang: [sund.kr.is](http://sund.kr.is)  
Netfang: [gullmot@gmail.com](mailto:gullmot@gmail.com)

Tel: Chairman: 6906500  
Tel: trainer: 7704107

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## Meet: kl 9.00

- 47 Women 13-14 200 IM
- 48 Men 13-14 200 IM
- 49 Women 15 & Over 200 IM
- 50 Men 15 & Over 200 IM
- 51 Women 13-14 100 Backstroke
- 52 Men 13-14 100 Backstroke
- 53 Women 15 & Over 100 Backstroke
- 54 Men 15 & Over 100 Backstroke
- 55 Women 13-14 200 Freestyle
- 56 Men 13-14 200 Freestyle
- 57 Women 15 & Over 200 Freestyle
- 58 Men 15 & Over 200 Freestyle
- 59 Women 13-14 200 Breaststroke
- 60 Men 13-14 200 Breaststroke
- 61 Women 15 & Over 200 Breaststroke
- 62 Men 15 & Over 200 Breaststroke
- 63 Women 400 Freestyle Relay
- 64 Men 400 Freestyle Relay

## Session 6 Sunday: 12

Warm up: kl 13.00

Meet: kl 14.00

### Event # Event Name

- 65 Girls 10 & Under 50 Freestyle
- 66 Boys 10 & Under 50 Freestyle
- 67 Girls 12 & Under 400 Freestyle
- 68 Boys 12 & Under 400 Freestyle
- 69 Girls 10 & Under 50 Backstroke
- 70 Boys 10 & Under 50 Backstroke
- 71 Girls 12 & Under 200 Backstroke

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72 Boys 12 & Under 200 Backstroke

73 Girls 12 & Under 100 Butterfly

74 Boys 12 & Under 100 Butterfly

75 Girls 10 & Under 50 Breaststroke

76 Boys 10 & Under 50 Breaststroke

77 Girls 12 & Under 200 Breaststroke

78 Boys 12 & Under 200 Breaststroke

79 Girls 12 & Under 100 Freestyle

80 Boys 12 & Under 100 Freestyle

81 Girls 12 & Under 200 IM

82 Boys 12 & Under 200 IM

83 Girls 12 & Under 200 Freestyle Relay

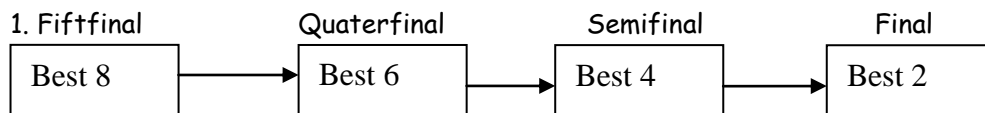
84 Boys 12 & Under 200 Freestyle Relay

## 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 folowing order:

- fiftfinals women
- fiftfinals men

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- qatarfinals women
- qatarfinals men
- semifinals women
- semifinals men
- final women
- final men