



22 - 24 January 2016

Kick start the long course season at the Arena Lyngby Open swim meet. Over three days there will be events in all age categories with a chance of cash prizes in the finals and Challenge.

A super event - including offers of accommodation and meals.





Arena Lyngby Open is held in the weekend January 22-24. 2016.
Qualifications for the finals are held in two locations.

Trongårdens Svømmehal, Trongårdsvej 44, 2800 Kgs. Lyngby.
(Qualifications for age groups 3+4). The pool is 25 m with 5 lanes.

Lyngby Svømmehal, Gl. Lundtoftevej 53, 2800 Kgs. Lyngby
(Qualifications for group 1+2 and finals)
The pool is 50 m with 6 lanes and swimdown facility

Age groups	Men	Women
Group 1	1997 and older	1998 and older
Group 2	1998 - 2000	1999 - 2001
Group 3	2001 - 2002	2002 - 2003
Group 4	2003 and younger	2004 and younger

Heats and finals

Preliminary heats in the 50m and 100m events are held Friday afternoon and Saturday and Sunday morning in Lyngby Svømmehal for group 1 and 2, while the preliminary heats for Group 3 and 4 take place at Trongårdens Svømmehal.

The finals for these events are being held Saturday and Sunday afternoon in Lyngby Svømmehal.

The final in 50 m. free for group 1 (seniors) for men and women are held as a Challenge, where 2 swimmers are eliminated in the first heat and 1 swimmer in the following heats. The men and women will swim by turn with a 2 minute starting time between every heat, meaning that there will be 4 minutes between every women's and men's heat respectively.

100 m IM (only for groups 3 and 4) and all 200 and 400 m. races are settled by direct finals. In the remaining events there are group finals in all age groups. Swimmers in the preliminary heats are seeded accordingly to their entry times.

There will be electronic timing with electronic display in both pools.

Finals:

Joined entry for the finals for all groups. Competitors are responsible for presenting themselves to the stewards, located in "the lower end" of the pool, one event prior to the race in which they are competing.

Swimmers, who don't wish to participate in the finals, must be unsubscribed ½ hour after the preliminary results are announced by the speaker.

PRELIMINARY	FRIDAY	SATURDAY	SUNDAY
Warm up	15.30	07.30	07.30
Teamleader meeting	16.00		
Steward meeting	16.30	08.00	08.00
Event start	17.30	09.00	09.00
Expected Event ending Stadion/ Trongården	21.00	13.00/14.00	13.00/14.00
Final section			
Warm up			
Steward meeting		16.00	15.00
Event start		17.00	16.00
Expected ending of the Finals		19.00	18.00

Prizes:



There will be gift cards to the first 3 swimmers i all finals

1. Prize Value 300 DKK.
2. Prize Value 200 DKK.
3. Prize Value 100 DKK.



Prizes can be redeemed at the store at Lyngby Svømmehal or Trongården.

Cash Prizes

Are given to the 5 men and 5 women with the highest score of FINA points. Points scored will be an accumulation of the swimmer's points obtained in the best 50, 100 and 200/400 m event (3 events in total). In 50 m freestyle for age group 1 the points will be calculated from the results in the preliminary heats.

1. Place 700 €
2. Place 500 €
3. Place 300 €
4. Place 200 €
5. Place 100 €

Challenge prizes are for both men and women

1. Place 300 €
2. Place 100 €

Special event ! Challenge in 50 m Freestyle



Limitations

NOTE: Swimmers enrolled without entry times will be rejected.

LSK reserves the right to restrict the number of entries in order to meet the restriction in pool time.

Pre-registration

Pre-registration must be submitted no later than November 26th, 2015 via a form that can be downloaded from Lyngby Svømmeklubs website: www.lsk.dk.

A completed form must be sent to tilmelding@lyngbyopen.dk. Pre-registration will be confirmed by mail within 48 hours. The registration fee for reserved participation must be paid to the following account.

For further information contact Torben Hansen: tilmelding@lyngbyopen.dk or Lyngby Svømmeklub kontor@lsk.dk

Start lists are published at www.lsk.dk from January 11. 2016.

Withdrawals must be sent to tilmelding@lyngbyopen.dk.

Payment

Price per individual start 70 DKK (9,5€).

If pre-registration and payment of entry fees has been completed by November 26th 2015, the price is 60 DKK (8€)

Entry fees must be transferred to

Danske Bank, Lyngby Hovedgade 39, DK – 2800 Lyngby

Reg.nr	4260
Kontonr.	9458085
IBAN:	DK8030000009458085
SWIFT:	DABADKKK

An invoice will be sent electronically when the complete registration is received and the event program is finalized.

Accommodation and meals.

Accommodation and meals are available. Further information will be announced on the website www.lsk.dk November 15th 2015.

HANDELSKOLEN
HANDELSGYMNASIET
LYNGBY GYMNASIUM
KØBENHAVN **NORD**



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Event order:

Friday January 22. 2016				
Race	1-2	50 m	Freestyle	Preliminary
Race	3-4	50 m	Butterfly	Preliminary
Race	5-6	50 m	Backstroke	Preliminary
Race	7-8	50 m	Breaststroke	Preliminary
Race	9-10	400 m	Freestyle	Direct Finals (only gr. 1+2)

Saturday January 23. 2016				
Race	11-12	100 m	Backstroke	Preliminary
Race	13-14	100 m	Butterfly	Preliminary
Race	15-16	400 m	Indiv. Medley	Direct Finals (gr. 1-2)
Race		100 m	Indiv. Medley	Direct Finals (gr. 3-4)
Race	17-18	200 m	Freestyle	Direct Finals
Race	19-20	200 m	Breaststroke	Direct Finals
Break until 17.00				
Race	11-12	100 m	Backstroke	Finals
Race	13-14	100 m	Butterfly	Finals
Race	7-8	50 m	Breaststroke	Finals
Race	1-2	50 m	Freestyle	Finals, (gr. 1 as Challenge)

Sunday January 24. 2016				
Race	21-22	100 m	Freestyle	Preliminary
Race	23-24	100 m	Breaststroke	Preliminary
Race	25-26	200 m	Butterfly	Direct Finals (gr. 1-2)
Race	27-28	200 m	Backstroke	Direct Finals
Race	29-30	200 m	Indiv. Medley	Direct Finals
Break until 16.00				
Race	21-22	100 m	Freestyle	Finals
Race	23-24	100 m	Breaststroke	Finals
Race	5-6	50 m	Backstroke	Finals
Race	3-4	50 m	Butterfly	Finals