



Arena Lyngby Open

18 - 20 January 2019

Start the long course season at the international swim meet at
Arena Lyngby Open 2019

Three days swim meet with events for all age groups
Cash prizes in the finals

Open Sprint Class in all the 50m events for juniors and seniors

New: Relays at Trongården

Arena Lyngby Open is held 18 - 20 January 2019.

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

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

Age groups

	Men	Women
Group 1	2000 and older	2001 and older
Group 2	2001 - 2003	2002 -2004
Group 3	2004 - 2005	2005 - 2006
Group 4	2006 and younger	2007 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.

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

100 m IM (only for groups 3 and 4) and all 200 m and 400 m races are direct finals.
Group finals for other races except 50 m races for group 1 and 2 (see below).
Swimmers are seeded accordingly to their entry times in the preliminary heats.

Relays (only for age groups 3 and 4) are held at Trongården - direct finals, no groups.

All 50m races for juniors and seniors runs as "Open Sprint Class"

After preliminary heats Friday evening, the 12 fastest in group 1 and 2, swim 1/4 finals in Saturday qualifications.

The 6 fastest swimmers in the 1/ 4 finals swim semi-finals Saturday evening.

The 3 fastest in the semi-finals, will swim final in the end of Sundays finals.

Finals

Joined entry for the finals for all groups.

Swimmers who don't wish to participate in the finals (including quarter finals for group 1 and 2) must be deregister ½ hour after the preliminary results are announced by the speaker.

Timetable


PRELIMINARY	FRIDAY	SATURDAY	SUNDAY
Warm up	15.30	07.30	07.30
Team leader 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	14.00	13.30
Final section			
Warm up		15.30	14.30
Steward meeting		16.00	15.00
Event start		17.00	16.00
Expected ending of the finals		19.00	18.00

Prizes



gift cards to the first 3 swimmers i all finals, except the 50 m races for group 1 + 2.

1st place	DKK 250
2nd place	DKK 150
3rd place	DKK 75

Prizes can only redeems at the  store at Lyngby Svømmehal, which will be open Saturday and Sunday afternoon/evening.

Cash prizes are given to the 3 men and 3 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).

1st place	DKK 3,000
2nd place	DKK 2,000
3rd place	DKK 1,000

Prizes in "Sprint Open Class" are for both men and women

1st place	DKK 1,500
2nd place	DKK 750
3rd place	Gift card

Officials

No officials required from foreign swim clubs

Limitations

Lyngby Svømmeklub 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 1 October 2018 via a form that can be downloaded from Lyngby Svømmeklubs website: www.lsk.dk.

The completed form must be sent to tilmelding@lyngbyopen.dk. The registration fee for reserved participation must be paid to the below account.

For further information please contact tilmelding@lyngbyopen.dk or Lyngby Svømmeklub kontor@lsk.dk

Registration

Deadline for final registration is 17 December 2018. NOTE: Swimmers without entry times will be rejected.

File for registration will be available from 1 November 2018 at lsk.dk and svoem.org (activities)

Final registration must be sent to tilmelding@lyngbyopen.dk.

Start lists will be published from 7 January 2019.

Withdrawals must be sent to tilmelding@lyngbyopen.dk.

Payment

Price per individual start DKK 70 (~€9.50). If pre-registration and payment of entry fees has been completed by 1 October 2018, the price is DKK 60 (~€8). Price per relay is DKK 120 (DKK 110 with pre-registration and payment completed by 1 October 2018).

Entry fees must be paid to Spar Nord, Lyngby

Reg.nr.: 8125

Kontonr.: 1250036422

IBAN: DK4681251250036422

SWIFT: SPNODK22

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

Accommodation and meals

Meals are available during the event. There will be offers with the hostel and Scandic hotel. Further information will be announced on the website www.lsk.dk 12 November 2018.

Event order

Friday 18 January 2019			
Race 1 - 2	50 m	Butterfly	Preliminary
Race 3 - 4	50 m	Backstroke	Preliminary
Race 5 - 6	50 m	Breaststroke	Preliminary
Race 7 - 8	50 m	Freestyle	Preliminary
Race 9-10	400 m	Freestyle	Direct finals (only gr. 1+2)
Race 11-12	4x50	HM	Direct finals (only gr. 3 and 4 Trongården)

Saturday 19 January 2019			
Race 1 - 2	50 m	Butterfly	1/4 final – open class (gr. 1 + 2)
Race 3 - 4	50 m	Backstroke	1/4 final – open class (gr. 1 + 2)
Race 5 - 6	50 m	Breaststroke	1/4 final – open class (gr. 1 + 2)
Race 7 - 8	50 m	Freestyle	1/4 final – open class (gr. 1 + 2)
Race 13-14	100 m	Backstroke	Preliminary
Race 15 - 16	100 m	Butterfly	Preliminary
Race 17 - 18	400 m	Indiv. Medley	Direct finals (gr. 1 - 2)
	100 m	Indiv. Medley	Direct finals (gr. 3 - 4)
Race 19 - 20	200 m	Freestyle	Direct finals
Race 21 - 22	200 m	Breaststroke	Direct finals
Race 23 - 24	4x50 m	Freestyle	Direct finals (only gr. 3 and 4 Trongården)

Break until 5 pm			
Race 1 - 2	50 m	Butterfly	1/2 final – open class (gr. 1 + 2)
Race 3 - 4	50 m	Backstroke	1/2 final – open class (gr. 1 + 2)
Race 105-106	50 m	Breaststroke	Finals- gr. 3 and 4
Race 5 - 6	50 m	Breaststroke	1/2 final – open class (gr. 1 + 2)
Race 107 -108	50 m	Freestyle	Finals (gr. 3 - 4)
Race 7 - 8	50 m	Freestyle	1/4 final – open class (gr. 1 + 2)
Race 13-14	100 m	Backstroke	Finals
Race 14-15	100 m	Butterfly	Finals



Sunday 20 January 2019			
Race 25-26	100 m	Freestyle	Preliminary
Race 27-28	100 m	Breaststroke	Preliminary
Race 29-30	200 m	Butterfly	Direct finals (gr. 1-2)
Race 31-32	200 m	Backstroke	Direct finals
Race 33-34	200 m	Medley	Direct finals
Race 35	4x50 m	Medley mix	Direct finals (only gr. 3 and 4 Trongården)
Break until 4 pm			
Race 27-28	100 m	Breaststroke	Finals
Race 25-26	100 m	Freestyle	Finals
Race 101 - 102	50 m	Butterfly	Finals – gr.3 -4
Race 1 - 2	50 m	Butterfly	Finals open class
Race 5 - 6	50 m	Breaststroke	Finals – open class (gr. 1 + 2)
Race 103 -104	50 m	Backstroke	Finals - gr. 3 - 4
Race 3 - 4	50 m	Backstroke	Finals - open class
Race 7 - 8	50 m	Freestyle	Finals – open class (gr. 1 + 2)

Sponsors

