



January 20th - 22nd, 2017

Are you looking for a long course swim meet to start off the new year, **Arena Lyngby Open** is a great opportunity to swim fast and get some international experience.

Arena Lyngby Open is a three days swim meet with events for all age groups. In the finals, there will be an opportunity to win cash prizes.

As something new this year, we offer an Open Sprint Class in all the 50m events, where juniors and seniors are competing in the same group.

Accommodation and meals are offered all three days.

Arena Lyngby Open is held the weekend of January 20th-22nd, 2017.

The preliminary heats will be held at two different locations; Trongårdens svømmehal and Lyngby svømmehal. All finals will be held at Lyngby Svømmehal.

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 swim down facility

Age groups	Men	Women
Group 1	1998 and older	1999 and older
Group 2	1999 -2000- 2001	2000 - 2001-2002
Group 3	2002 - 2003	2003- 2004
Group 4	2004 and younger	2005 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.

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 1/8 finals in Saturday qualifications. The 6 fastest swimmers in the 1/8 finals swim quarterfinals Saturday evening. 4 fastest swimmers from the quarterfinals will swim semifinals Sunday morning . The 2 fastest in the semifinals, will swim final in the end of Sundays finals.

100 m IM (only for groups 3 and 4) and all 200 and 400 m. races are settled by direct finals. In the 50 m. events there are group finals in group 3+4.

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
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	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 in all finals, except the 50 m. races for group 1 + 2.



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

Cash Prizes

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).

- 1. Place 700 €
- 2. Place 500 €
- 3. Place 300 €

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

- 1. Place 300 €
- 2. Place 100 €



Officials

No officials required from foreign swim clubs

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 20th, 2016 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 8th. 2017.

Withdrawals must be sent to tilmelding@lyngbyopen.dk.

Payment

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

If pre-registration and payment of entry fees has been completed by November 20th 2016, the price is 60 DKK (8€)

Entry fees must be transferred to

Danske Bank, 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 13th 2016.

Event order:

Friday January 20. 2017			
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)

Saturday January 21. 2017			
Race 1 - 2	50 m	Butterfly	1/8 final – open class (gr. 1 + 2)
Race 3 - 4	50 m	Backstroke	1/8 final – open class (gr. 1 + 2)
Race 5 - 6	50 m	Breaststroke	1/8 final – open class (gr. 1 + 2)
Race 7 - 8	50 m	Freestyle	1/8 final – open class (gr. 1 + 2)
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)
	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 5 pm			
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	Finaler (gr. 3 - 4)
	50 m	Breaststroke	1/4 final – open class (gr. 1 + 2)
Race 7 - 8	50 m	Freestyle	Finals (gr. 3 - 4)
	50 m	Freestyle	1/4 final – open class (gr. 1 + 2)
Race 11-12	100 m	Backstroke	Finals
Race 13-14	100 m	Butterfly	Finals

HANDELSKOLEN
HANDELSGYMNASIET
LYNGBY GYMNASIUM
KØBENHAVN

NORD



Scandic
EREMITAGE

Lynqby
Open



Sunday January 22. 2017			
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	Medley	Direct finals
Break until 4 pm			
Race 1 - 2	50 m	Butterfly	Semifinals – open class (gr. 1 + 2)
Race 3 - 4	50 m	Backstroke	Semifinals – open class (gr. 1 + 2)
Race 5 - 6	50 m	Breaststroke	Semifinals – open class (gr. 1 + 2)
Race 7 - 8	50 m	Freestyle	Semifinals – open class (gr. 1 + 2)
Race 23-24	100 m	Breaststroke	Finals
Race 21-22	100 m	Freestyle	Finals
Race 1 - 2	50 m	Butterfly	Finals - (gr. 3 - 4 and open class)
Race 3 - 4	50 m	Backstroke	Finals - (gr. 3 - 4 and open class)
Race 5 - 6	50 m	Breaststroke	Finals – open class (gr. 1 + 2)
Race 7 - 8	50 m	Freestyle	Finals – open class (gr. 1 + 2)

