



# **Arena Lyngby Open**

## **22 - 24 January 2021**

Start the long course season at the international swim meet at  
**Arena Lyngby Open 2021**

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**

**Arena Lyngby Open** is held 22 - 24 January 2021.

**Virum Svømmehal**, Askevænget 10, 2830 Virum (preliminary heats and direct finals for age groups 3+4). The pool is 25 m with 5 lanes.

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

## Age groups

	Men	Women
<b>Group 1</b>	2002 and older	2003 and older
<b>Group 2</b>	2003 - 2005	2004 - 2006
<b>Group 3</b>	2006 - 2007	2007 - 2008
<b>Group 4</b>	2008 and younger	2009 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 places at Virum 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 Virum Svømmehal - 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


<b>PRELIMINARY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
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/ Virum Svømmehal	21.00	14.00	13.30
<b>Final section</b>			
Warm up		15.30	15.00
Steward meeting		16.00	15.30
Event start		17.00	16.30
Expected ending of the finals		19.00	18.30

## Prizes



gift cards to the first 3 swimmers in 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 be redeemed 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 2020 via a form that can be downloaded from [www.svømmetider.dk](http://www.svømmetider.dk).

The completed form must be sent to [tilmelding@lyngbyopen.dk](mailto:tilmelding@lyngbyopen.dk). The registration fee for reserved participation must be paid to the below account.

For further information please contact [tilmelding@lyngbyopen.dk](mailto:tilmelding@lyngbyopen.dk) or Lyngby Svømmeklub [kontor@lsk.dk](mailto:kontor@lsk.dk)

## Registration

Deadline for final registration is 17 December 2020. NOTE: Swimmers without entry times will be rejected.

File for registration will be available per request from 1 November 2020.

Final registration must be sent to [tilmelding@lyngbyopen.dk](mailto:tilmelding@lyngbyopen.dk).

Start lists will be published from 8 January 2021.

Withdrawals must be sent to [tilmelding@lyngbyopen.dk](mailto: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 2020, the price is DKK 60 (~€8). Price per relay is DKK 120 (DKK 110 with pre-registration and payment completed by 1 October 2020).

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](http://www.lsk.dk) 12 November 2020.

## Event order

Friday 22 January 2021			
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 Virum Svømmehal)

Saturday 23 January 2021			
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 Virum Svømmehal)

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	1/2 final – open class (gr. 1 + 2)
Race 13-14	100 m	Backstroke	Finals
Race 14-15	100 m	Butterfly	Finals



Sunday 24 January 2021			
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 4.30 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

