



FRIDAY, SATURDAY & SUNDAY // 14TH TO 16TH APRIL 2023

GENTOFTE OPEN 2023

LONG COURSE (LCM)

- + LONG COURSE (50M) MEET FOR ALL AGE GROUPS + FROM CHILDREN TO YOUNG ADULTS/SENIORS
- + PERFECT TIMING FOR OBTAINING QUALIFICATION FOR DANISH REGIONAL AND NATIONAL CHAMPIONSHIP FOR SENIORS, JUNIORS AND AGE GROUP
- + GREAT PRIZES
- + PRELIMS AND FINALS FOR AGE GROUP, JUNIOR & SENIOR
- + WE PROVIDE ALL OFFICIALS
- + DAILY LIVE-STREAM DIRECTLY ON YOUTUBE

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GENTOFTE OPEN LONG COURSE MEET 2023 in Kildeskovshallen in Gentofte is a great opportunity to test your form before this summer's (Danish) championships. Gentofte is a town north of Copenhagen, located only 8 km from the center of Copenhagen.

Gentofte Swimming Club is looking forward to welcoming swim-loving children and young adults to 2-3 days of fast swimming and loads of fun. The meet is for everyone: from aspirants/young children to young adults/seniors, and we have a lot of exciting prizes up for grabs.

Gentofte Open Long Course 2023 is also perfect timing for obtaining requirement times for the Spring season's big Long Course meets – Danish Championships for Age Group swimmers (DÅM), Juniors (DJM) and Seniors (DM).

GENTOFTE SWIMMING CLUB PROVIDES ALL TECHNICAL SWIMMING OFFICIALS!

GENERAL INFORMATION

- Hosted by Gentofte Swimming Club
- Location: Kildeskovshallen, Adolfsvej 25, 2820 Gentofte, Denmark
- Format: Long Course – Direct final access, Preliminaries & Finals
- Facility: 6 lane 50 m indoor competition pool, lane width 2 meters, water temperature 26°C.
- Dates: 14th – 16th April 2023
- [Meet information page](#) (in Danish, but with invitation in English)
- Foreign teams are welcome to attend
- There is unfortunately no option of swim-offs after the races.

MEET MANAGER / MEET INQUERIES

- Christian Toft
- klubchef@gentofteswim.dk / +45 40 14 71 07

LIVE-STREAM

- Friday: https://youtu.be/_XOYqz0tvUY
- Saturday: <https://youtu.be/g4haMXUPACY>
- Sunday: <https://youtu.be/epaR7uiH-vw>

TECHNICAL SWIM OFFICIALS & TEAM

Gentofte Swimming Club supply the full staffing at the Gentofte Open Meet. Thus participating clubs should not be fielding officials. However, it is expected that each club will provide a team leader/manager/coach for the Team Leader meeting on Friday 14th April at 3.45 pm in Gentofte Swimming Club's Clubhouse, "The Black Diamond".

REFEREES

- Jens-Christian Iversen (World Aquatics /LEN Technical Swimming Committee)
- Henrik Lauritzen

COMPETITION GROUPS

	Girls	Boys	Relays *
Group 1	Seniors (2005 -> older)	Seniors (2004 -> older)	Competition group for groups 1 + 2 + 3 (younger swimmers can be used)
Group 2	Juniors (2006 - 2008)	Juniors (2005 - 2007)	
Group 3	Age group (2009 - 2010)	Age group (2008 - 2009)	
Group 4	Children 2 (2011)	Children 2 (2010)	Competition group for groups 4 + 5 + 6
Group 5	Children 1 (2012)	Children 1 (2011)	
Group 6	Aspirant (2013 -> younger)	Aspirant (2012 -> younger)	

* A team can only compete in one competition group.

TIME SCHEDULE

	Friday 14 th April	Saturday 15 th April	Sunday 16 th April
Groups 1-3	Session 1 (direct)	Session 2 (prelims)	Afsnit 5 (prelims)
Access to changing rooms	3:45 pm	7:45 am	7:45 am
Warm up	4:00 pm – 4:45 pm	8:00 am – 8:45 am	8:00 am – 8:45 am
Start	5:00 pm	9:00 am	9:00 am
Expected end time *	9:00 pm	12:00 pm	12:00 pm
Groups 4-8		Session 3 (direct**)	Session 6 (direct**)
Access to changing rooms		11:45 am	11:45 am
Warm up		12:00 pm – 12:45 pm	12:00 pm – 12:45 pm
Start		1:00 pm	1:00 pm
Expected end time *		4:00 pm	4:00 pm
Gruppe 1-3 (finaler)		Session 4 (finals)	Session 7 (finals)
Access to changing rooms		3:30 pm	3:30 pm
Warm up		4:00 pm – 4:50 pm	4:00 pm – 4:50 pm
Start		5:00 pm	5:00 pm
Expected end time *		8:00 pm	8:00 pm
Left the building		8:30 pm	8:30 pm

* End times are indicative, but the event does not end later than the time specified.

** "Direct" means Direct Finals Access.

There is flexibility so it is possible for a swimmer to swim in a different section. Please contact the Meet Manager.

EXECUTION AND STARTING PROCEDURES

- The Meet follows FINA's regulation, and takes place with "flying starts" in preliminary sessions as well as races with direct finals access.
- Senior, junior and year group swimmers have direct finals access in Session 1 (Friday evening) and preliminary sessions on Saturday and Sunday mornings (Sessions 2 and 5) with finals in 50 m and 100 m races in the evening (Session 4 and 7).
- On Saturday and Sunday a section is dedicated to younger swimmers with direct finals access. The sessions (3 and 6) are scheduled in the early afternoon.
- Starts will be conducted from Starting Platforms (blocks) and backstroke ledges will be available for use.
- There will be electronic timing, Live Timing and Swimify. The meet will also be live streamed on YouTube.
- There will be a call room/assembly area in the starting end of the pool to facilitate the execution of the meet.
- Adherence to the meet schedule will be of high priority, which is why heat restrictions may occur. The affected swimmers will be offered a place in other races with available spaces, should it become relevant.
- We reserve the right to expel swimmers who do not shower properly before jumping into the pool.
- Cancellations/scratches must be made 1.5 hours before each of the seven sessions and team relay cards can only be changed up to 1.5 hours before each session.
- **PLEASE NOTE** that the Secretariat does not see emails from Thursday 13th April and during the weekend. All inquiries must then be made through Wingrodan sync or directly in the Secretariat during the meet.

MEDALS

There are medals for the three fastest in each age group in each race.

The three best performances measured in FINA points for both girls and boys (open class) are awarded DKK 1,000, DKK 750 and DKK 500 respectively.

The point giving races has to be swum in the finals.

In addition the following are awarded in Group 1-3:

- An individual prize for the best performance (Group 3): There will be a great prize for the best girl and the best boy Age Group swimmer, swum in the finals and measured by FINA points.
- Club prize*: There is a prize for the best club (Groups 1-3) - points are swum home to the club in the same way as for the championships**, and the best club will be awarded a Club Prize.
- The prizes will be awarded after the end of Session 7, on Sunday evening***.

In addition, the following are awarded in Group 4-6:

- An individual prize for the best performance (across groups 4-6): There will be a great prize for the best girl and the best boy young swimmer (girls from 2011 or younger and boys from 2010 and younger), measured by FINA points.
- Club prize *: There is a prize for the best club (Groups 4-6) - points are swum home to the club in same way as for the championships**, and the best club will be awarded a Club Prize.
- The prizes will be awarded after the end of Session 6, Sunday afternoon***.

* The Club prize is for respectively the oldest group (Group 1-3) and the youngest group (Group 4-6).

** The Club prizes are decided by awarding points to the top 16 (50,45,40,35,30,27,24,21,18,16,14,12,10,8,6,4 points); double up in team relays.

*** Winners of **Best Performance** prizes and **Club prizes** must be present at the awards ceremony, which takes place after Session 7 and Session 6 - this requirement is not waived. The schedules are indicative, so it is the swimmer's own responsibility to be present at the awards ceremony.

Please ask if you have any questions.

REGISTRATION

Registrations are made on svømmetider.dk or by emailing GO@gentofteswim.dk. Using another registration form other than the above is added 25 DKK extra per start.

The deadline for timely registration is Monday the 23rd March 2023.

Pre-registration

We recommend that clubs use pre-registrations. This is done through svømmetider.dk (please write how many starts are expected in the various sessions). Pre-registrations must be registered at svømmetider.dk or sent to GO@gentofteswim.dk no later than 1st February 2023.

For the sake of meet planning, please indicate the number of starts as accurately as possible. If the number of pre-registered starts differ by more than 10 %, we then reserve the right to charge a starting fee for the difference, on top of the registration fee.

Pre-registered clubs will be given priority to the meet, however we reserve the right to close pre-registrations if the event is sold out. First priority is given to clubs that have signed up for all three days.

ENTRY FEES

Individual races:	80,00 DKK
Team relays:	150,00 DKK

The entry fee must be paid at the same time as the registrations, to Gentofte Swimming Club's account in Nykredit:

Reg. no.:	5478
Account number:	0001502572

Please enter club name + GOL23 as a reference.

The entry fees are not refunded in case of cancellations.

Post-registrations are only possible in races with available spaces. The prices for post-registrations are DKK 150.00 per individual race and DKK 250.00 per team relay.

Start lists will be available on svømmetider.dk no later than Monday 10th April 2023.

CATERING, TRANSPORTATION AND ACCOMMODATION

Catering:

In Ronaldo's Cafe in Kildeskovshallen, swimmers, coaches and spectators can buy sandwiches etc. Brought food may not be consumed in the café, but can be enjoyed in the different rooms in the Kildeskovshal or on the lawn outdoors, if weather permitting.

There will be a table by the 50 m pool with bread, cake, water, coffee and tea for the coaches.

Transportation:

- Bernstorffsvej Station (S-train line B) is 800 m from Kildeskovshallen.
- Hellerup Station (S and regional trains) is 2.3 km from Kildeskovshallen.

Accommodation:

- **Gentofte Hotel** is within walking distance, 1.2 km. from Kildeskovshallen, www.gentoftehotel.dk.
- **Danhostel** has branches in Rådved, Bellahøj, Copenhagen K, W and S etc., from 7 km to 25 km from Kildeskovshallen, www.danhostel.dk.
- **Zleep Hotels** at Lyngbyvej, 5 km from Kildeskovshallen, bookings can be made on +45 70 23 56 35 or booking@zleep.com, www.zleep.com. Take advantage booking code CINZL69 and get 15% discount.

RACE SEQUENCE

The girls swim the odd races and the boys the even.

SESSION 1: FRIDAY 14TH APRIL (DIRECT FINALS)

Race	Discipline – Group 1-3	Race	Discipline – Group 1-3
1	1.500 freestyle women (1 heat)	5	400 medley women (4 heats)
2	400 freestyle men (4 heats)	6	800 freestyle men (2 heats)
3	800 freestyle women (2 heats)	7	400 freestyle women (4 heats)
4	400 medley men (4 heats)	8	1.500 freestyle men (1 heat)
<i>Medals for races 1-8 (all medalists from one race are called up at the same time, gets awarded their medals and on to the next race).</i>			

SESSION 2: SATURDAY 15TH APRIL – MORNING

Race	Discipline – Group 1-3
9 + 10	50 freestyle (prelims)
11 + 12	200 breast (direct finals)
13 + 14	100 butterfly (prelims)
15 + 16	200 medley (direct finals)
17 + 18	50 breast (prelims)
19 + 20	200 butterfly (direct finals)
21 + 22	100 backstroke (prelims)
<i>Medals for races in Session 2 are awarded during the warm up to Session 3.</i>	

SESSION 3: SATURDAY 15TH APRIL – AFTERNOON

Race	Discipline – Group 4-6
23 + 24	50 freestyle (direct finals)
25 + 26	200 breast (direct finals)
27 + 28	100 butterfly (direct finals)
29 + 30	200 medley (direct finals)
31 + 32	50 breast (direct finals)
33 + 34	200 butterfly (direct finals)
35 + 36	100 backstroke (direct finals)
37 + 38	4 x 50 freestyle relay
<i>Medals for races in Session 3 are awarded during the warm up to Session 4.</i>	

SESSION 4: SATURDAY 15TH APRIL – EVENING

Race	Discipline – Group 1-3
9 + 10	50 freestyle (finals)
13 + 14	100 butterfly (finals)
17 + 18	50 breast (finals)
21 + 22	100 backstroke (finals)
39 + 40	4 x 50 freestyle relay
<i>Medals for races in Session 4 are awarded after every other race.</i>	

SESSION 5: SUNDAY 16TH APRIL – MORNING

Race	Discipline – Group 1-3
41 + 42	100 freestyle (prelim)
43 + 44	200 backstroke (direct finals)
45 + 46	50 butterfly (prelim)
47 + 48	200 freestyle (direct finals)
49 + 50	100 breast (prelim)
51 + 52	50 backstroke (prelim)
<i>Medals for races in Session 5 are awarded during the warm up to Session 6.</i>	

RACE SEQUENCE

The girls swim the odd races and the boys the even.

SESSION 6: SUNDAY 16TH APRIL - AFTERNOON

Race	Discipline – Group 4-6
53 + 54	100 freestyle (direct finals)
55 + 56	200 backstroke (direct finals)
57 + 58	50 butterfly (direct finals)
59 + 60	200 freestyle (direct finals)
61 + 62	100 breast (direct finals)
63 + 64	50 backstroke (direct finals)
65 + 66	4 x 50 medley relay
	<i>Præmieoverrækkelse under indsvømning til afsnit 7 + præmie til bedste præstation på tværs af gruppe 4-6 (præmie til én dreng og én pige).</i>

SESSION 7: SUNDAY 16TH APRIL - EVENING

Race	Discipline – Group 1-3
41 + 42	100 freestyle (finals)
45 + 46	50 butterfly (finals)
49 + 50	100 breast (finals)
51 + 52	50 backstroke (finals)
67 + 68	4 x 50 medley relay
	<i>Medals for races in Session 7 are awarded after every other race.</i>
	<i>Last medals + prizes for the 3 best performances measured in FINA points (swum in the finals) for both girls and boys (open class) + the individual prizes for the best performances in group 3 (one girl and one boy will each receive a prize) are also rewarded.</i>