



Invitation

International Swim meet Speedo Cup 2008 in Oslo, Norway

May 30th - June 1th 2008

With the approval of the Norwegian Swimming Federation, Varg Swim Club hereby invites you to Speedo Cup in Oslo, Norway, May 30th - June 1th, 2008.

The outdoor pool *Frognerbadet* has 8, 50m lanes, fresh water and the temperature is approximately 26° C. The meet will be conducted using electronic timing with live coverage over the internet www.livetimesing.no

	Friday 30 th	Saturday 31 th		Sunday 1 th	
		Heats	Finales	Heats	Finales
Warm-up	4:30-5:45pm	7:30-8:45am	3:30-4:45pm	7:30-08:45am	1:30-2:45pm
Start of the Meet	6:00pm	9:00am	5:00pm	9:00am	3:00pm

General meeting Friday 30th 4:30 pm

(Saturday and Sunday 8:00am or 4:00 - if needed (information will be given))



Age-groups

SENIOR women and men born 1988 and earlier.

JUNIOR girls and boys: 89-90 one class, 91-92 one class, 93-95 one class

Handicapped swimmers will be ranked according to the Australian model for multi disability meets.

Entries:

Entries must be received by **Sunday May 18th 2008 12:00 midnight**.

E-mail entries are encouraged. E-mail: jech@medley.no

Mail entries to: John Erlend Christiansen, Varderingen 10, N-2054 Mogreina, Norway

All entries will be confirmed at receipt. Times must be achieved in the qualifying periode May 19th 2007 to May 18th 2008. For 800 og 1500 freestye will stipulated times be allowed. 800 and 1500 freestyle have heat limits and stipulated times will be placed after achieved times in the qualifying periode.

Late entries at double entry fee will be accepted latest at general meeting before the start of the meet if there are vacant places. The arranger reserves the right to limit the number of heats and to include extra heats in order to ensure participation of qualified swimmers especially invitet to the meet

Entry fee:

NOK 75,- per start og NOK 150,- per relay.

Entries are to be payed at same time as the entries are mailed. Please bring a stamped receipt to the meet.

Payable to bank account: 7085.05.12467 adressed to ; IL VARG, Box 121 Furuset, N-1001 OSLO

Awards:

1/3 awarding for all events and age-groups: Speedo-coupons are awarded to 1st place NOK 100,- 2nd place 75,- 3rd place 50,- 4th place and on 30,-

All finals: 1st place NOK 600,- 2nd place 300,- and 3rd place 150,-

All relays: 1st-3rd place (gift awards)

High point awards to the best females and males NOK 10000,- (each)

High point awards to the best junior females and males: NOK 2500,- (each)

NSF points will be used.

Information/registration

Meet Office: Frognerbadet Middelthunsgt 28 0368 Oslo, Open May 25th fram 3:00pm

Inquiries: Chairman Tor Saghaug, tlf. +47 90688316 email: tors@romeiendom.no
Entries John Erlend Christiansen tlf +47 90973709 epost jech@medley.no

Oslo: <http://www.kultur-og-idrettsetaten.oslo.kommune.no/oslobadene/frognerbadet>

Hotels: See info on Vargs web-site for recomanded hotels www.varg-svomming.no

Food: We are serving various food and drinks in a cafè on site
Lunch and dinner can be ordered, see info on our web-site



Events and Qualifying Times 2008

No	Event	Men				Women			
		Senior	89/90	91/92	93/95	Senior	89/90	91/92	93/95
	Friday 30th								
1	400 Medley					5.42.00	5.45.00	6.00.00	6.15.00
2	400 Medley	5.18.00	5.20.00	5.40.00	6.00.00				
3	200 Back					2.42.00	2.44.00	2.56.00	3.10.00
4	200 Back	2.28.00	2.30.00	2.44.00	3.00.00				
5	100 Breast					1.25.00	1.25.00	1.28.00	1.34.00
6	100 Breast	1.14.00	1.16.00	1.21.00	1.30.00				
7	100 Free					1.06.00	1.08.00	1.12.00	1.18.00
8	100 Free	1.00.00	1.02.00	1.06.00	1.12.00				
9	100 Butterfly					1.16.00	1.16.00	1.20.00	1.28.00
10	100 Butterfly	1.06.00	1.08.00	1.16.00	1.26.00				
11	800 Free					-	-	-	-
12	800 Free	-	-	-	-				
	Saturday 31th								
13	200 Free					2.22.00	2.24.00	2.30.00	2.46.00
14	200 Free	2.08.00	2.10.00	2.16.00	2.32.00				
15	50 Breast					40.00	41.00	42.00	45.00
16	50 Breast	35.00	37.00	40.00	43.50				
17	50 Back					36.50	37.50	39.50	42.00
18	50 Back	31.00	33.00	36.00	39.50				
19	50 Free					31.00	31.50	33.00	36.00
20	50 Free	27.00	28.00	30.00	33.50				
21	200 Medley					2.46.00	2.49.00	2.56.00	3.10.00
22	200 Medley	2.26.00	2.30.00	2.44.00	3.00.00				
23	1500 Free					-	-	-	-
24	1500 Free	-	-	-	-				
	Sunday 1th								
25	400 Free					5.00.00	5.20.00	5.40.00	6.10.00
26	400 Free	4.30.00	4.50.00	5.10.00	5.30.00				
27	50 Butterfly					35.00	36.00	38.00	42.00
28	50 Butterfly	31.00	32.00	35.00	39.00				
29	200 Breast					3.00.00	3.02.00	3.10.00	3.24.00
30	200 Breast	2.44.00	2.46.00	2.56.00	3.14.00				
31	100 Back					1.18.00	1.19.00	1.23.00	1.30.00
32	100 Back	1.08.00	1.10.00	1.18.00	1.26.00				
33	200 Butterfly					2.40.00	2.42.00	2.52.00	3.02.00
34	200 Butterfly	2.28.00	2.30.00	2.40.00	2.54.00				

Handicapped swimmers: Qualifying for 50m and 100m events, and 200 Medley are 150% of the World Record long course.

Finals

Finals in the following events, based on one heat in each event irrespective of age group. I event 7/8: 400 Medley, 11 /12 : 800 Free (3 heats), 23 /24 : 1500 Free (3 heats) and 25 /26 : 400 Free are direct finals in the attempt session . All relay events are direct finals in the final-session.

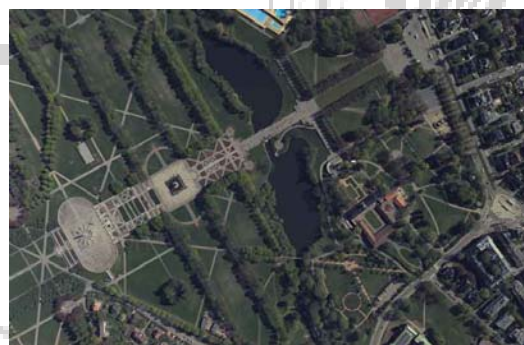
No	Finals event	Women		No	Finals event	Men	
		Sen	Jun			Sen	Jun
	Saturday 31th						
35	100 Butterfly	x		36	100 Butterfly	x	
37	200 Back	x		38	200 Back	x	
39	50 Free	x		40	50 Free	x	
41	100 Breast	x		42	100 Breast	x	
43	50 Back	x		44	50 Back	x	
45	200 Medley	x		46	200 Medley	x	
47	100 Free	x		48	100 Free	x	
49	4X100 Medley	x	x	50	4X100 Medley	x	x
	Sunday 1th						
51	50 Breast	x		52	50 Breast	x	
53	200 Free	x		54	200 Free	x	
55	50 Butterfly	x		56	50 Butterfly	x	
57	100 Back	x		58	100 Back	x	
59	200 Breast	x		60	200 Breast	x	
61	200 Butterfly	x		62	200 Butterfly	x	
63	8X50 Free	x					x

4 men + 4 women



IL Varg welcomes you to Norway, Oslo and Frognerbadet

Frognerbadet is located inside Frognerparken with all the statues of Gustav Vigeland



Frognerbadet

speedo 