



**INVITATION  
TO  
GLOSTRUP SVØMME KLUB'S**



**WHITSUN SWIM MEET**

Saturday May 30th and Sunday May 31st  
2009



Dear Swim friends,

It is with great pleasure we invite you to our sixth Whitsun Swim Meet in Glostrup during the weekend 30th to 31<sup>st</sup> of May 2009.

We hope you can join the game. There are medals in 8 age groups and of course trophies for the relays (3 groups). There will be a special award for the Glostrup Challenge.

We look forward to seeing you in GLOSTRUP (10 km outside Copenhagen Centre).

## Information:

**When:** Saturday the 30th of May and Sunday the 31st of May 2009

**Where:** Glostrup Fritidscenter  
Christiansvej 2  
DK-2600 Glostrup, Denmark

Indoor-Pool: 25m with 6 lanes, water temp. 26<sup>0</sup>C

<b>Time: Saturday</b>	<b>08.00</b>	Doors open and warm up.
	<b>08.30</b>	Team manager meeting (last minute changes)
	<b>09.00</b>	Jury meeting
	<b>10.00</b>	Start of part 1
<b>Sunday</b>	<b>08.00</b>	Doors open and warm up
	<b>08.30</b>	Team manager meeting (last minute changes)
	<b>09.00</b>	Jury meeting
	<b>10.00</b>	Start of part 2
	-	
	<b>21.00</b>	Whitsun-Get together Party and <i>Disco</i> - non alcoholic – end 01.00 hr - Free entry for swim meet participants

**Medals:** Medals for 1st, 2nd and 3rd place in each age group for individual events

**Trophy:** Trophies for 1st, 2nd and 3rd place in 9 relays.  
Special award for "Glostrup Challenge"  
Best individual performance, female and male  
"Top - Spirit Club" (Team-managers vote)

<b>Age-groups:</b>	Group	1	Born	91 and earlier
		- 2		- 92 and 93
		- 3		- 94
		- 4		- 95
		- 5		- 96
		- 6		- 97
		- 7		- 98
		- 8		- 99 and later

**Restrictions:** The restrictions in use of "new generation swim suits" laid out by the Danish Swimming Federation will apply for boys born '92 and earlier, and for girls born '94 and earlier.

- Whitsun-medley:** The 8x50m relay must have the following sequence:  
2 x Backstr. - 2 x Breast - 2 x Butterfly - 2 x Free  
Each team has a female and male for each style. The female must start in each style.
- Glostrup Challenge:** A 50 meter Freestyle elimination race over 5 heat with 3 minutes between each heat. Participants are the 6 best of events 3 and 4 regardless of age groups.
- Limitations:** We reserve the right to limit the no. of heats or make other adjustments. The age group 7-8 have limited participation - see program
- Officials:** Each team delivers a judge and a timekeeper.
- Entry-fee:** DKK 45 (EURO 6.00 ) per individual start  
DKK 75 (EURO 10.00) per relay (also WHITSUN-Relay)
- Registration:** We would prefer your registration on Excel, sent by email (download the registration form: [www.gskswim.dk](http://www.gskswim.dk) or request the Excel registration form by email). The Danish clubs should use GRODAN. The registration time for each event must be 25m pool times. Names of officials should also be included. Send registrations to: [whitsun@gskswim.dk](mailto:whitsun@gskswim.dk)  
**Registrations must be received no later than May 1st 2009.**
- Lodging and catering:** We offer Lodging at a local school from Friday to Monday, and meals (from Saturday morning to Monday morning).  
Lodging incl. Breakfast DKK 100 (EURO 13.60)  
Lunch DKK 75 (EURO 10.00)  
Dinner DKK 75 (EURO 8,65)  
Total package\* DKK 650 (EURO 88.00)  
\*) 3 lodging and breakfasts + 2 lunches + 2 dinners
- Payment:** The entry fee, lodging and catering must be transferred to our account no later than **May 15**. Banking details will be given upon registration.
- Addresses:** Contact persons:  
Gregers Jungersen Niels Thor Mikkelsen  
Tlf. +45 2224 0164 (Mobile) Tlf. +45 2510 7203 (Mobile)
- Mail address:** [whitsun@gskswim.dk](mailto:whitsun@gskswim.dk)
- see our web page for latest updates:** [www.gskswim.dk](http://www.gskswim.dk)

**Glostrup Svømme Klub**  
**"Whitsun Swim Meet"**  
**Christiansvej 2**  
**DK-2600 Glostrup**



Glostrup Swim Club cannot be held responsible for any costs in case of cancellation of the swim meet caused by circumstances beyond GSK's control, either technical or otherwise.

## Events

### Saturday 30th of May 2009, start 10:00 (pool opens 08:00)

Deadline for cancellations and relay cards: 09:00 (also welcome earlier)

Event 1	200 m Medley	women	age group 1-6
Event 2	200 m Medley	men	age group 1-6
Event 3	50 m Freestyle	women	age group 1-8
Event 4	50 m Freestyle	men	age group 1-8
Event 5	100 m Backstroke	women	age group 1-6
Event 6	100 m Backstroke	men	age group 1-6
Event 7	100 m Medley	women	age group 1-8
Event 8	100 m Medley	men	age group 1-8
Event 9	4 x 50 m Medley relay	women	relay group C
Event 10	4 x 50 m Medley relay	men	relay group C
Event 11	4 x 100 m Medley relay	women	relay group A + B
Event 12	4 x 100 m Medley relay	men	relay group A + B
Special Event	Glostrup Challenge	women	6 best of event 3
	Glostrup Challenge	men	6 best of event 4

### Sunday 31st of May 2009, start 10:00 (pool opens 08:00)

Deadline for cancellations and relay cards: 09:00 (also welcome earlier)

Event 13	50 m Breaststroke	women	age group 1-8
Event 14	50 m Breaststroke	men	age group 1-8
Event 15	100 m Freestyle	women	age group 1-6
Event 16	100 m Freestyle	men	age group 1-6
Event 17	50 m Backstroke	women	age group 1-8
Event 18	50 m Backstroke	men	age group 1-8
Event 19	100 m Butterfly	women	age group 1-6
Event 20	100 m Butterfly	men	age group 1-6
Event 21	4 x 50 m Freestyle relay	women	relay group C
Event 22	4 x 50 m Freestyle relay	men	relay group C
Event 23	4 x 100 m Freestyle relay	women	relay group A + B
Event 24	4 x 100 m Freestyle relay	men	relay group A + B
Event 25	100 m Breaststroke	women	age group 1-6
Event 26	100 m Breaststroke	men	age group 1-6
Event 27	50 m Butterfly	women	age group 1-8
Event 28	50 m Butterfly	men	age group 1-8
Event 29	8 x 50 m Whitsun relay	mix	open

Relay group A: Open

Relay group B: Born '94 and later (oldest participant born '94)

Relay group C: Born '97 and later (oldest participant born '97)

***All Events will have one start only, all false starts leads to disqualification.***