

# INVITATION



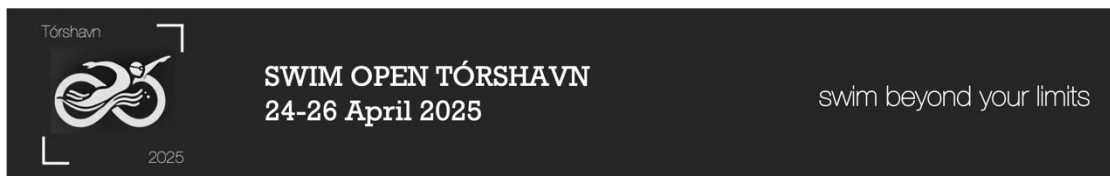
**Following the success of the inaugural Tórshavn Open in 2024, we are thrilled to announce its return!**

The Tórshavn Swim Club (Havnar Svímjifelag), in association with the Faroe Islands Aquatics Federation, warmly invites you to the Faroe Islands for Swim Open Tórshavn, a 3-day competition set to take place on April 24th, 25th, and 26th, 2025.

This exciting event will be hosted in our brand new state-of-the-art swimming complex, **Svímjihøllin í Gundadali**, located in the picturesque capital city of Tórshavn. The facility features an Olympic-standard competition pool (50m, 10 lanes), a separate 25m pool for warm-up and cool-down, and a luxurious wellness area.

The Swim Open Tórshavn is officiated by internationally recognized referees and approved by **World Aquatics**, **LEN**, and **IPC**, ensuring a world-class competitive experience. Additionally, we offer opportunities for training camps before and after the meet to enhance your visit.

For more information, please contact us at [hs@hs.fo](mailto:hs@hs.fo) or visit our website: <https://www.havnarsvimjifelag.com>



## Location

Svimjihøllin í Gundadali, Gundadalur 4, Tórshavn, Faroe Island

## Rules

The competition will be officiated by qualified referees and will be conducted in accordance with World Aquatics and IPC rules.

## Date

The competition will be conducted over three days from the 24th to 26th April  
Full competition program below.

## Competiton times

Warm-up 08:00-09:20 (morning session), 16:00 – 17:20 (evening session)

Morning session (prelims) scheduled start 09:30

Evening session (finals) scheduled start 17:30

## Entries

The closing date for on-time entries is 24th March 2025.

Late entries will be accepted until 10th April 2025 and subject to a late entry fee.

See Rules and Regulations for entry submission process.

## Entry fees

Standard entry fee is 8 Euros or 60 DKK for each individual event. Late entry fee is 20 euros or 150 DKK for each individual event.

## Qualifying period

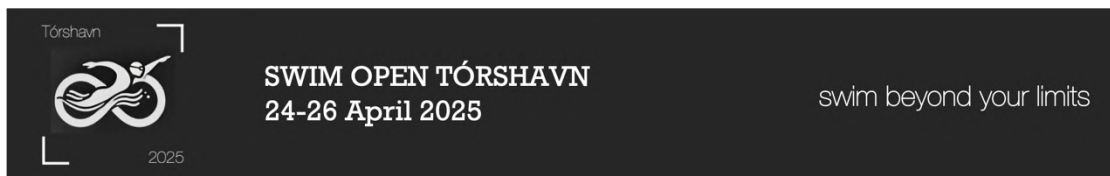
1st January 2024 to 10th April 2025.

Entry times must be from long course (50m) format or converted times from short course (25m).

## Qualification times

Qualification times for different events are listed below.

Swimmers that meet the qualification criteria for only a single event are permitted to participate three additional events.



## Competitors

The competition is open to swimmers of all ages meeting the qualification criteria. The following categories will be used during the competition:

- (i) Youth (Male 2010 and younger, female 2010 and younger)
- (ii) Open (Male 2009 and older, female 2010 and younger).
- (iii) Para swimmers

## Awards

First, second and third place medals will be awarded separately for the different categories.

## Technical meeting

A technical meeting will be held on Wednesday, April 22th 2025 at 17:00 GMT on Microsoft Teams. Any changes to the meet program and other important information will be announced there. Team contact persons will receive the invitation to the meeting.

## Warm-up and cool down

The 50m competition pool can be used for warm-up during the specified warm-up period and for cool down upon completion of the session. During the competition a separate 25m pool is available for warm up and cool down.

## Victory Ceremonies

Victory ceremonies will be held during the morning session for the youth category. Victory ceremonies for open category will be in the evening session and will be announced in the final meet program by the competition office.

## Doping control

All swim meets under the jurisdiction of Faroe Islands Aquatics Federation, are under the doping control of Anti Doping Danmark (ADD), as described in the anti doping regulation of the Faroese Sports Confederation.

<https://isf.fo/antidoping/dopingreglugerd/>.

## Accommodation and travel

Teams and / or individuals travelling to the Faroe Islands to compete in Swim Open Tórshavn can contact Havnar Swimjifelag ([hs@hs.fo](mailto:hs@hs.fo)) for advice and assistance with organizing accommodation and travel.



## Reminder of key dates

<b>20th December</b>	Formal Invitation Announcement
<b>24<sup>th</sup> March 2025</b>	On-time event entry deadline
<b>10<sup>th</sup> April 2025</b>	Late event entry deadline
<b>10<sup>th</sup> April 2025</b>	Official Lists deadline
<b>11<sup>th</sup> April 2025</b>	Clubs to be invoiced for entries
<b>18<sup>th</sup> April 2025</b>	Payment deadline for event entries.
<b>23<sup>rd</sup> April 2025</b>	Pre-competition deadline for withdrawal from events
<b>24<sup>th</sup> April 2025</b>	Day 1 of competition

## Payment details

Betri Banki P/F  
9181 – 0005297062  
IBAN: FO65 9181 00052970 62  
BIC: EIKBFOTF



SWIM OPEN TÓRSHAVN  
24-26 April 2025

swim beyond your limits

## Competition Program

### Day 1 (24th April 2025)

1st Session (prelims) and 2nd Session (Finals)

Warm up : 8.00-9.20 a.m. and 4.00-5.20 p.m.

Competition : 9.30 a.m. and 5.30 p.m.

1. 50 m. Freestyle (female / male)
2. 200 m. Backstroke (female / male)
3. 100 m. Butterfly (female / male)
4. 200 m. Freestyle (female / male)
5. 50 m. Breaststroke (female / male)
6. 400 m. Individual Medley (female / male)
7. 800 m. Freestyle (female) / 1500 m. (male) **Direct finals**
8. 4 x 200 Freestyle Relay (female / male)

### Day 2 (25th April 2025)

3rd Session (prelims) and 4th Session (Finals)

Warm up : 8.00-9.20 a.m. and 4.00-5.20 p.m.

Competition : 9.30 a.m. and 5.30 p.m.

1. 50 m. Butterfly (female / male)
2. 100 m. Breaststroke (female / male)
3. 400 m. Freestyle (female / male)
4. 50 m. Backstroke (female / male)
5. 200 m. Individual Medley (female / male)
6. 4x100 m. Freestyle Relay (female / male)

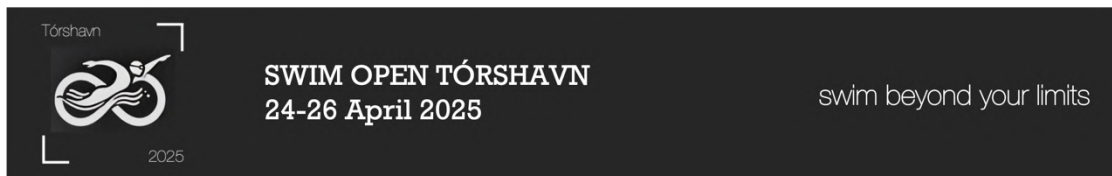
### Day 3 (26th April 2025)

5th Session (prelims) and 6th Session (Finals)

Warm up: 8.00-9.20 a.m. and 4.00-5.20 p.m.

Competition : 9.30 a.m. and 5.30 p.m.

1. 200 m. Butterfly (female / male)
2. 100 m. Backstroke (female / male)
3. 200 m. Breaststroke (female / male)
4. 100 m. Freestyle (female / male)
5. 1500 m. Free style(female) / 800 m. Free (male) **Direct finals**
6. 4x100 m. Individual Medley Relay (female/male).



## QUALIFICATION TIMES

		50m Qualification Times	
Distance	Stroke	Male	Female
50m	Freestyle	00:33.19	00:37.47
100m	Freestyle	01:14.8	01:22.08
200m	Freestyle	02:32.36	02:48.57
400m	Freestyle	05:28.74	05:51.61
800m	Freestyle	11:15.37	12:04.18
1500m	Freestyle	21:41.13	22:55.01
50m	Backstroke	00:37.38	00:42.63
100m	Backstroke	01:21.90	01:31.00
200m	Backstroke	02:47.18	03:03.94
50m	Butterfly	00:35.35	00:38.78
100m	Butterfly	01:18.49	01:28.06
200m	Butterfly	02:44.82	03:01.95
50m	Breastroke	00:41.19	00:46.28
100m	Breastroke	01:30.29	01:41.80
200m	Breastroke	03:07.44	03:25.47
200m	IM	03:00.96	03:20.20
400m	IM	06:24.94	07:02.04

We encourage Para swimmers to apply for participation. Currently the organisers impose no restrictions on entry times for Para swimmers (see Rules)

**The organiser reserves the rights to limit the number of heats in all events and age groups to maintain schedule timing.**

# RULES AND REGULATIONS

Swim Open Tórshavn will be conducted in accordance with World Aquatics rules.

## Competition Venue

- The event will take place in an Olympic-sized indoor pool (50m x 25m) with 8 competition lanes, a pool depth of 2m, and a water temperature of approximately 27°C.

## Age Categories

- Youth Category: Male and Female swimmers born in 2010 or later.
- Open Category: Male and Female swimmers born in 2009 or earlier.
- Para Swimmers

Para swimmers must be classified according to the World Para Swimming classification system (e.g., S1–S14, depending on the disability type).

Athletes must register in their respective classification and provide necessary documentation during event registration.

## Qualification criteria

- Qualification times must be obtained between 1<sup>st</sup> January 2024 and 10<sup>th</sup> April 2025.
- Qualification times must be certified times from long course (50m) or converted times from short course format.
- Currently the organisers impose no restrictions on entry times for Para swimmers.
- Converted times will be calculated by following the guidelines of Swim Denmark (Conversion tables can be found at the end of this invitation)
- Swimmers that meet the qualification criteria for a only a single event are permitted to register for three additional events of their choice.
- The organiser reserves the rights to limit the number of heats in all events and age groups to maintain schedule timing.
- The competition will adhere to World Aquatics “Policy and eligibility for the men’s and women’s competition categories”. Further information can be requested from the competition organisers ([hs@hs.fo](mailto:hs@hs.fo))

## Heats and Finals

- Seeding: Heats will be seeded based on entry times, regardless of age. Only long course (50m) times or converted short course (25m) times are accepted. Short course times must be converted by adding 2% to the original time.
- Qualification: The top 8 swimmers (male and female) in each category from the heats will qualify for the finals.
- Direct Finals:
  - Events for 800m and 1500m freestyle will have direct finals.
  - The fastest heat, based on entry times, will swim during the final session.

## Awards

- Medals:
  - Open Category: Awarded during the finals session to the top 3 male and female swimmers.
  - Youth Category: Awarded during prelims sessions to the top 3 boys and girls.
  - Para Swimmers: Awarded during prelims sessions to the top 3 male and female swimmers.
- Special Prizes:
  - The five best performances of the meet (based on the average of three individual events) will be awarded, calculated using the latest World Aquatics point table.
  - Special prizes will be awarded for:
    - Best male and female para swimmer performance of the meet.
    - Best boy and girl performances in the youth category.

## Entries and Fees

- Deadlines:
  - Preliminary entries: March 24th, 2024.
  - Final confirmation: April 10th, 2025.
- Submission: Entries must be submitted via WinGrodan entry forms (Swimrankings or email). If unavailable, Excel forms may be used but are subject to higher entry fees (see below). Entry forms are available on our website <https://www.havnarsvimjifelag.com>
- Fees:
  - Standard entry fee: EUR 8 / DKK 60 per individual event and EUR 12 / DKK 90 for relay events.
  - Excel-form entries: EUR 10 / DKK 75 per individual event and EUR 16 / 120 DKK for team relay events.



- Late entries: EUR 20 / DKK 150 per individual event.
- Fees must be paid no later than April 18th, 2025.
- Payment: Invoice will be sent on the 11<sup>th</sup> April. Bank details are provided in the meet program and will be included in the invoice.

Completed entry forms should be sent to: [hs@hs.fo](mailto:hs@hs.fo)

### Withdrawals Policy

- Withdrawals must be submitted in writing:
  - Before April 23rd: Email [hs@hs.fo](mailto:hs@hs.fo).
  - From preliminary heats: Submit by 19:00 the day before via the Swimify Coach app or in writing.
  - From finals: Submit within 30 minutes of the official heat results being announced.
- All withdrawals must be handed to an official at the competition office.

Penalty for DNS (Did Not Start): Failure to withdraw within the deadlines will incur a penalty fee of EUR 30 / DKK 225, invoiced to the swimmer's club.

### Final Call Room Procedures

- Reporting:
  - Competitors must report to the first call room 15 minutes before their race and to the final call room 10 minutes before the start.
- Location: Call rooms are adjacent to the starting blocks. Swimmers must remain in the area until instructed by officials.
- Access: Only competitors and officials are permitted entry to the final call room.

### Victory Ceremony

- Timing:
  - Youth and para swimmer ceremonies: Prelims sessions.
  - Open category ceremonies: Afternoon finals sessions (announced in the meet program).
- Reporting: Swimmers must report to the final call room prior to the ceremony.
- Penalty: No-shows will incur a fine of EUR 8 / DKK 60, invoiced to the club.

### Timing System

An electronic timing system (Swiss Timing) will record times for all events.

## **Certification of Pool Length**

The pool measurement will be conducted by a certified surveyor or qualified official 24 to 48 hours before the competition starts to ensure compliance with World Aquatics standards. The signed certificate will be submitted to World Aquatics within 48 hours after the competition concludes.

## **Officials**

The list of officials will be submitted to World Aquatics no later than 14 days before the competition. Confirmed officials include:

- Head Referee: Katja Lervig
- Starter: Erling Eidesgaard

## **Certified Results**

Official results will be submitted to World Aquatics within 48 hours after the competition.

## **Exceptional Circumstances**

In the event of exceptional circumstances (e.g., delays, venue changes), a detailed report will be sent to World Aquatics within 24 hours of the incident.

## **Doping control**

All swim meets under the jurisdiction of Faroe Islands Aquatics Federation, are under the doping control of Anti Doping Danmark (ADD), as described in the anti doping regulation of our Sports Confederation:

<https://isf.fo/antidoping/dopingreglugerd/>.

### Short-course conversion constants

The Faroe Islands National Aquatics Federation adheres to the same guidelines as swim Denmark for converting short course times to long course. Conversion is performed using the constants in the table below. To convert short course times to long course times, add the constant to the achieved short course time.

<https://www.svoem.org/Discipliner/Svoemning/Nationale-events/Omregningskonstanter/>

<b>Discipline</b>	<b>Female</b>	<b>Male</b>
50 m freestyle	0:00.80	0:00.90
100 m freestyle	0:01.50	0:01.70
200 m freestyle	0:02.90	0:03.20
400 m freestyle	0:05.50	0:06.10
800 m freestyle	0:11.10	0:12.00
1500 m freestyle	0:20.60	0:22.50
50 m backstroke	0:00.70	0:00.80
100 m backstroke	0:01.30	0:01.40
200 m backstroke	0:02.50	0:02.70
50 m breaststroke	0:01.00	0:01.10
100 m breaststroke	0:01.80	0:02.10
200 m breaststroke	0:03.60	0:04.00
50 m butterfly	0:00.70	0:00.80
100 m butterfly	0:01.30	0:01.40
200 m butterfly	0:02.40	0:02.70
200 m IM	0:02.90	0:03.30
400 m IM	0:06.00	0:06.80