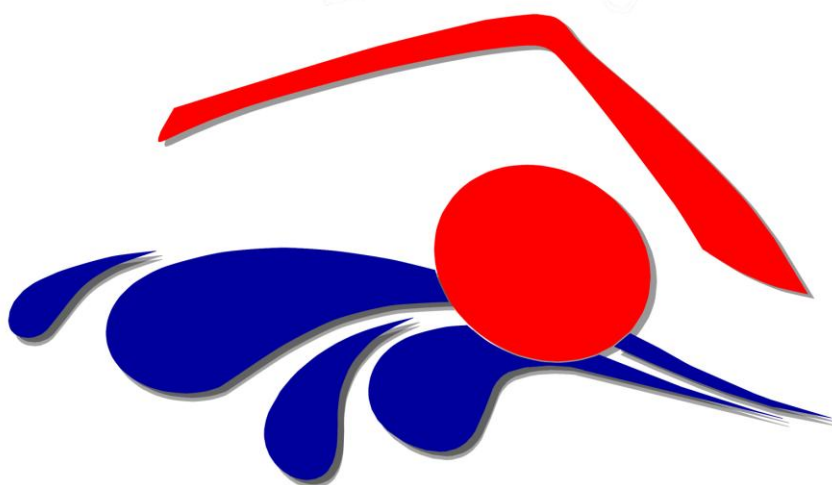


2009
IPC
Swimming



European
Championships

Reykjavík - Iceland

GENERAL INFORMATION

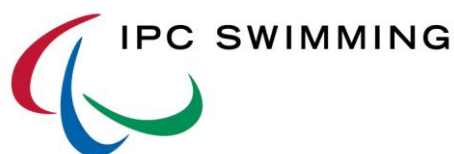
Host nation: Iceland

City: Reykjavík

Swimming complex: Laugardalslaug

Address: Laugardalur, 104 Reykjavík

www.ifsport.is/ec2009



The Icelandic Paralympic and Sports Association for Disabled in collaboration with IPC Swimming invites all European Nations to participate at

**2009 IPC Swimming European Championships
15 – 25 October 2009, Reykjavik, Iceland**

Dear sports friends,

I would like to welcome all athletes, coaches and staff who will participate in the 2009 IPC Swimming European Championships in Reykjavík, Iceland. It is the hard work of IPC, NPC of Iceland and the Icelandic authorities that allows us to welcome you to Iceland in October. We are thankful for our volunteers and sponsors that allow this event to happen. Good luck to everyone and enjoy your stay in Iceland.

Sveinn Áki Lúðvíksson, President of NPC Iceland

Enclosed you will find the First Entry form and other information regarding the event. Please note that this entry form must be returned no later than June 1st 2009.

Deadline for Second Entry is 23rd of August 2009. All the documents will be published on www.ifsport.is/ec2009 by June 1st 2009.

Please do not hesitate to contact us if you have any questions or you need further information at our e-mail if@isisport.is or telephone number +354 514 4080.

Organizing Committee EC Iceland 2009:

Sveinn Áki Lúðvíksson, President of NPC Iceland
Ólafur Magnússon, Secretary General of NPC Iceland
Jón Björn Ólafsson, Sports Director of NPC Iceland



Sanctioning

The competition is sanctioned by the International Paralympic Committee (IPC).

Competition schedule

Arrival date: 15 and 16 of October 2009

Classification: 16 and 17 of October 2009

Competition dates: 18 to 24 of October 2009

Departure date: 24 and 25 of October 2009

Events offered are as per the IPC Rulebook:

http://www.paralympic.org/release/Summer_Sports/Swimming/Rules/IPC_Swim_Rules_2007_07_27.pdf

Events might be combined based on the number of entries received.

Team Leaders' Meeting: 17 October 2009

Eligibility

- The participating country must be in good standing with IPC.
 - All athletes entered must be eligible in terms of IPC's policy.
 - All athletes entered has to have IPC Swimming license
- Eligibility criteria for athletes with an intellectual disability will be determined at a later stage.

Qualification

All athletes entered has to meet the MQS criteria with a result achieved at IPC Swimming approved LC competition between 01 September 2007 – 18 August 2009. The MQS can be found on the back of this document.

Rules

The latest version of IPC Swimming Rules and Regulations will apply.

Competition venue

The competition pool is a 50 m 10 lane pool with Omega timing system. In the swimming complex you can also find a 50m outdoor swimming pool.

Training venue

Participants will be able to train in the competition pool and will also have access to the outdoor pool.

Doping Control

Doping control will be conducted according to IPC Anti-Doping policy.

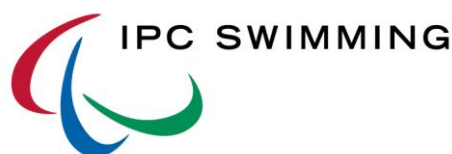
Awards

The first 3 ranked will be awarded gold, silver and bronze medals respectively. The minus one rule will apply.

All athletes participating will receive a diploma.

Competition fee

For the 2009 IPC Swimming European Championships the competition fee is **550 EUR per delegation member** and it will be collected by the IPC. It covers the duration of Championships services 15-25



October 2009 (arrival/departure, local transport, meals etc.). IPC will invoice the NPC according to the First Entry Form sent back to the Organizing Committee.

Meals

Please note that the first official meal covered by the Local Organizing Committee is the dinner of Oktober 15th 2009 and the last official meal will be the dinner of Oktober 25th 2009.

Insurance

Each National Federation and/or each National Paralympic Committee are responsible for the appropriate insurance for accidents, health, property and liability of their team.

Accreditation

All accreditation cards will be handed out in Laugardalur Swimming Complex. It is important that Chief Delegate of each nation arrives before or together with your first group of participants. Only the Team Leader of each country will be able to confirm accreditation of all the members of his delegation. Further information regarding accreditation will be circulated with the Second Entry Form.

Accommodation

Several hotels are designated for the competition, in walking distance from the swimming complex. Bookings have to be made directly to the hotels. Bookings will be accepted on **first come first serve** basis. We encourage NPCs to start with their booking immediately.

I. Grand Hotel

Tel: +354-514 8000 Fax: +354-514 8030

Single room: 83 EUR/room/night

Double room: 102 EUR/room/night

Triple room: 114 EUR/room/night

<http://www.reykjavikhoteles.is>

2. Hotel Cabin

Single room: 49 EUR/room/night

Double room: 56 EUR/room/night

Additional bed per night: 22 EUR

Tel: +354 511-6030

<http://www.hotelcabin.is>

3. Park Inn Island

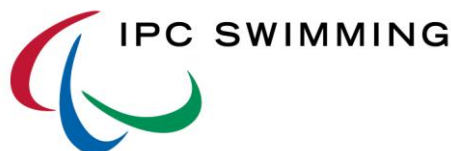
Single room: 70 EUR/room/night

Double room: 85 EUR/room/night

Triple room: 100 EUR/room/night

Tel: +354 595 7000 Fax: +354 595 7001

www.parkinn.is



4. Reykjavík City Hostel

4-6 person room with private facilities: IKR 4.150. (approx. 30 EUR)

Tel: + 354 553 8110 Fax + 354 588 9201

<http://hostel.is>

Traveling to and from Iceland

There are few airlines that fly to Iceland all year around. Look up web-pages for:

www.icelandair.com

www.icelandexpress.com

SAS, Atlantic Airways and some other airlines also flies to Iceland but usually not as frequently as the two Icelandic airlines.

Transportation

The Local Organizing Committee (LOC) will provide transportation between airport and official Championships hotels in Iceland. From the National Airport in Keflavík there is about 40 minutes drive to get to the hotels.

Guide dogs

Foreign Guide Dogs have permission to enter Iceland but the 28 days quarantine is applied. Icelandic authorities do not and will not make any exceptions on this.

Applications for Guide Dogs can be found on the website:

http://mast.is/Uploads/document/eydublod/Innflutningur/vottord_hundur.pdf

For further information please contact Björn Steinbjörnsson, veterinarian from The Icelandic Food and Veterinary (+354 530 4800) or check the website <http://www.sjavarutvegsraduneyti.is>.

Visa

NPCs are responsible to obtain visa if needed. For official invitation letter please contact the organizers.

Countries that do not need visa to enter Iceland: <http://www.utl.is/english/visas/no-visa/>

Other countries not on the list displayed in the URL above will need a visa to Iceland!

Further information about visa to Iceland: <http://www.utl.is/english/visas/apply/>

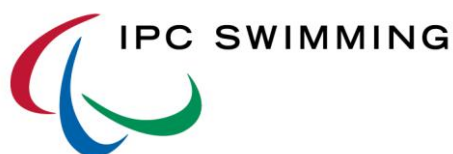
Insurance

NPCs should make their own travel and health insurance for their team members before travelling to Iceland.

From the 1st of March 2009 you will find the relevant information and the first entry form on our website:

www.ifsport.is/ec2009

Entry forms will also be sent by e-mail to each contact person identified on the Delegation Calculation Form.



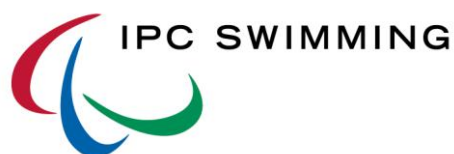
Contact:

Íþróttasamband Fatlaðra (NPC ICELAND)
 Íþróttamiðstöðinni Laugardal
 104 Reykjavík
 Tel: (+354) 514 4080 - Fax (+354) 514 4081
 e-mail: if@isisport.is

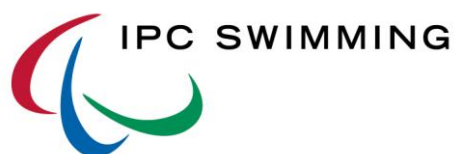
**Minimum Qualification Standards
 for the 2009 IPC Swimming European Championships**

Events and eligibility criteria for swimmers with an intellectual disability will be communicated later this year

Event	Class	Men	Women
50m Freestyle	S1	02:50.00	03:00.00
	S2	01:50.00	02:00.00
	S3	01:20.00	01:50.00
	S4	01:10.00	01:20.00
	S5	00:55.00	01:05.00
	S6	00:45.00	00:55.00
	S7	00:36.00	00:45.00
	S8	00:35.00	00:41.00
	S9	00:32.00	00:36.00
	S10	00:32.00	00:37.00
	S11	00:40.00	00:45.00
	S12	00:35.00	00:37.00
	S13	00:32.00	00:37.00
100m Freestyle	S1	05:00.00	Nil
	S2	03:50.00	04:00.00
	S3	03:00.00	03:40.00
	S4	02:30.00	02:50.00
	S5	02:00.00	02:30.00
	S6	01:35.00	01:50.00
	S7	01:25.00	01:35.00
	S8	01:20.00	01:30.00
	S9	01:10.00	01:20.00
	S10	01:06.00	01:20.00
	S11	01:20.00	01:40.00
	S12	01:15.00	01:30.00
	S13	01:10.00	01:30.00
200m Freestyle	S1	08:00.00	Nil
	S2	07:00.00	08:00.00
	S3	06:00.00	07:00.00
	S4	05:00.00	06:00.00
	S5	04:50.00	05:00.00
400m Freestyle	S6	07:00.00	08:20.00



	S7	06:40.00	07:40.00
	S8	06:30.00	07:20.00
	S9	06:20.00	06:30.00
	S10	06:00.00	06:20.00
	S11	07:00.00	08:00.00
	S12	06:40.00	07:40.00
	S13	06:20.00	06:30.00
50m Backstroke	S1	02:50.00	03:00.00
	S2	02:00.00	02:10.00
	S3	01:40.00	02:00.00
	S4	01:20.00	01:30.00
	S5	01:00.00	01:20.00
100m Backstroke	S6	01:50.00	02:10.00
	S7	01:35.00	02:00.00
	S8	01:35.00	01:50.00
	S9	01:20.00	01:40.00
	S10	01:20.00	01:40.00
	S11	01:50.00	02:00.00
	S12	01:40.00	01:50.00
	S13	01:30.00	01:40.00
50m Breaststroke	SB1	04:00.00	Nil
	SB2	02:20.00	Nil
	SB3	01:40.00	02:00.00
100m Breaststroke	SB4	02:20.00	03:00.00
	SB5	02:20.00	02:50.00
	SB6	02:10.00	02:50.00
	SB7	02:00.00	02:20.00
	SB8	01:35.00	02:00.00
	SB9	01:26.00	01:50.00
	SB11	02:00.00	02:20.00
	SB12	01:40.00	02:00.00
	SB13	01:40.00	02:00.00
50m Butterfly	S1	Nil	Nil
	S2	Nil	Nil
	S3	01:30.00	02:00.00
	S4	01:20.00	02:00.00
	S5	01:20.00	01:40.00
	S6	00:55.00	01:15.00
	S7	00:45.00	01:00.00
100m Butterfly	S8	01:35.00	02:20.00
	S9	01:20.00	01:50.00
	S10	01:15.00	01:40.00
	S11	01:40.00	02:00.00
	S12	01:25.00	01:50.00
	S13	01:20.00	01:50.00



150m Individual Medley	SM1	Nil	Nil
	SM2	Nil	Nil
	SM3	05:00.00	06:00.00
	SM4	04:00.00	05:20.00
200m Individual Medley	SM5	05:00.00	06:00.00
	SM6	04:00.00	05:00.00
	SM7	03:30.00	04:20.00
	SM8	03:20.00	04:00.00
	SM9	03:00.00	03:20.00
	SM10	02:50.00	03:20.00
	SM11	03:40.00	04:00.00
	SM12	03:20.00	04:00.00
	SM13	03:00.00	03:30.00