



**NORGES
SVØMMEFORBUND**
Norwegian Swimming Federation



Invitation 2015 Nordic Swimming Championships

Bergen
Friday 11th - Sunday 13th
December 2015



On behalf of The Nordic Swimming Federation, the Norwegian Swimming Federation and the swimming clubs in Bergen we have the pleasure to welcome to the 2015 Nordic Swimming Championships.

DATE AND PLACE

Friday 11th to Sunday 13th of December 2015 in Bergen, Norway
Competition Venue: AdO Arena

AGE GROUPS

Juniors:

Boys who reach the age of 14 to 17 during the calendar year
Girls who reach the age of 13 or 16 during the calendar year

Seniors:

Boys 18 years and older during the calendar year
Girls 17 years and older during the calendar year

INVITED NATIONS

Denmark, Estonia, Faroe Islands, Finland, Iceland, Latvia, Lithuania, Norway and Sweden

POOL

25 m, 10 lanes, the competition will be in 8 lanes (with anti-turbulence lane ropes)
Water temperature: 27°C. Electronic timing manufacturer is Omega quantum aquatics.

COMPETITION

Session	Warm up	Start
Friday 11/12	07:45-09:15	09:30
Friday 11/12	15:40-17:10	17:30
Saturday 12/12	07:45-09:15	09:30
Saturday 12/12	15:45-17:15	17:30
Sunday 13/12	07:45-09:15	09:30
Sunday 13/12	14:45-16:15	16:30

There will also be a warm up session on Thursday.

MEDICAL STAFF

Medical personnel will be available at the competition office during the championships.

DOPING CONTROL

All swimmers must be prepared for doping control during the Championships.

CLINIC

There will be a coaches clinic Saturday evening.



ENTRIES

Each participating nation may one team per age group in team events. A maximum of two swimmers per age group and country may swim the finals. In the mixed relay, one team may enter per nation, juniors and seniors combined.

The individual entry-times should be the swimmers best result achieved between December 2nd 2014 and December 1st 2015.

Use the attached forms for the preliminary entry, final entry and rooming list.

For the sport entries, the following formats are preferred:

Jechsoft Victoria, Grodan, SB file (prima format), Lenex.

If you cannot submit in any of these formats, list the entries in a word or pdf-document.

Make sure to include the following information: Federation, First name, Last name, Year of birth, Event, Entry time.

The Sport entries must be sent electronically by e-mail to:

John Erlend Christiansen

E-mail: jech@medley.no

Phone: +47 9097 3709

Deadlines:

- Preliminary Entry by October 9th
- Final Entry and rooming list by November 20th
- Sport entries by December 1st

RELAY SETUP

The final setup of the team in a relay must be presented in writing within one hour of competition-start on the day of the relay. Forms for relay setup are available at the competition office from Thursday December 11th.

Please enclose the Team leader's cell phone number with the entries.

See www.livetiming.no for ranking lists, livetiming, video streaming and results.

Follow the championships on Facebook -> "Nordic Swimming Championships 2015".

TEAM LEADERS MEETING

Place: AdO Arena

Time: Thursday 11th December at 19:00.

Withdrawals can be made 30 min after the each morning session.

CONTACT PERSONS

- | | | |
|--------------------------------|--------------------------|---------------|
| • Head of the Championships: | Janne Gro Rasmussen | +47 9885 5083 |
| • Accommodation/press officer: | Ingrid Haslev Anmarkrud | +47 9971 0661 |
| • Competition Office: | Chairmaine Pettersen | +47 9880 5126 |
| • Entries: | John Erlend Christiansen | +47 9097 3709 |

OPENING CEREMONY:

Opening ceremony will be Friday December 12th 17:10.



AWARDS

The winner of the junior final is the Nordic Junior Champion and the winner of the senior final is the Nordic Champion. Medals are awarded to swimmers who finish first, second and third in each age group and discipline, and the same for teams in team events.

Trophy for overall best performances according to FINA-2014 points in boys and girls, juniors and seniors.

Points are calculated so that an official international competition can be held between the countries. Points for individual events: 9 – 7 – 6 – 5 – 4 – 3 – 2 – 1

Double points for relay-events. Only points achieved in finals can be counted.

“Best nation” will be awarded in both the junior- and senior age group.

COMPETITION OFFICE:

Competition office in AdO opens on Thursday December 11th at 16:00.

On Friday, Saturday and Sunday the office will be open from 7.30 AM until 30 minutes after the finals.

ORDER OF EVENTS

Friday	Saturday	Sunday
1. 200m freestyle girls	15. 50m breaststroke girls (senior, open)	27. 50m freestyle girls (senior, open)
2. 200m freestyle boys	16. 50m breaststroke boys (senior, open)	28. 50m freestyle boys (senior, open)
3. 100m breaststroke girls	17. 100m freestyle girls	29. 200m backstroke girls
4. 100m breaststroke boys	18. 100m freestyle boys	30. 200m backstroke boys
5. 100m backstroke girls	19. 100m butterfly girls	31. 200m breaststroke girls
6. 100m backstroke boys	20. 100m butterfly boys	32. 200m breaststroke boys
7. 50m butterfly girls (senior, open)	21. 400m medley girls	33. 400m freestyle girls
8. 50m butterfly boys (senior, open)	22. 400m medley boys	34. 400m freestyle boys
9. 200m medley girls	23. 50m backstroke girls (senior, open)	35. 200m butterfly girls
10. 200m medley boys	24. 50m backstroke boys (senior, open)	36. 200m butterfly boys
11. 800m freestyle girls	15 minute break	15 minute break
12. 1,500m freestyle boys	25. 4x200m freestyle girls	37. 4x100m medley girls
15 min break	26. 4x200m freestyle boys	38. 4x100m medley boys
13. 4x100m freestyle girls		39. 8x50m Mixed Freestyle
14. 4x100m freestyle boys		

The disciplines in the championships are swum in heats and a final. The age groups swim joint heats in each discipline but separate finals.

- 800 and 1,500 m freestyle are swum as direct finals. 800m/1500 meters the slowest heats will be swum in the morning session and the fastest in the evening.
- 50 m disciplines are swum as open.
- The mixed 8x50m relay is swum so that all swimmers can be juniors but with a maximum 50% from the senior team (points not counted).
- The team events are swum in the finals session



ACCOMMODATION

Accommodation with breakfast will be arranged at Scandic Ørnen Hotel, Lars Hilles gate 18, 5008 Bergen. Lunch and dinner will be served at the cafeteria at AdO Arena.

Prices per person per night: (full board)

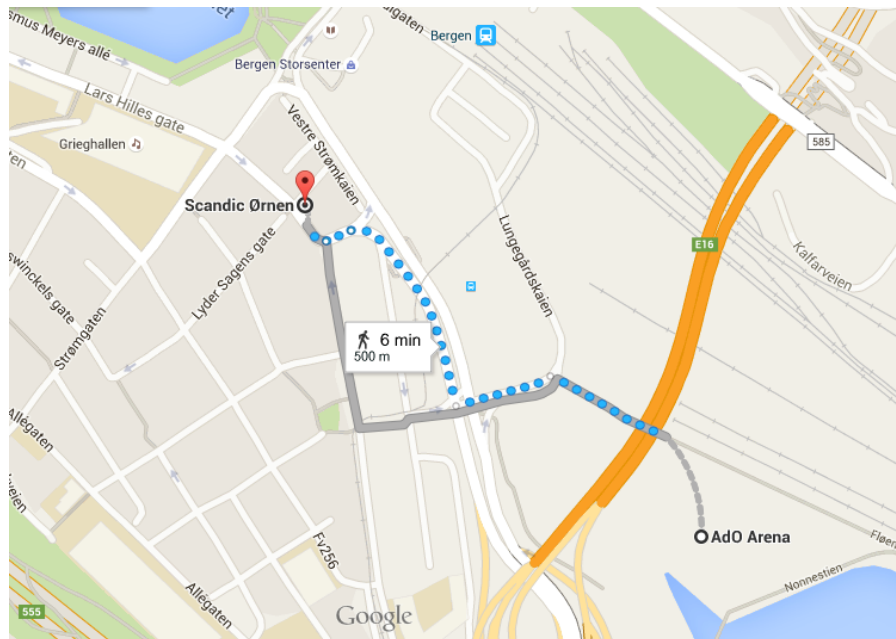
- Single room: 1150,- NOK
- Double room: 1000,- NOK
- Triple room: 850,- NOK
- Four-bed room: 700,- NOK

National Federations will receive a pro forma invoice for 50% of the total amount after the preliminary entry. After the final entry the NFs will receive an invoice for the remaining amount.

TRANSPORTATION

Flesland Airport is the airport closest to Bergen city.

Since the Airport bus leaves from the airport every 15 minutes between 08:00 – 24:00 and takes you to Bergen city in 25 min (costs 90,- NOK pr. person) the organizer will not arrange any transportation from the airport. The teams should get off the bus at Bergen Bus station, which is 100m from the hotel. The walking distance between the hotel and the pool is 500m, so there is no need for a shuttle bus there either.



Welcome to Bergen and AdO Arena!



2015 Nordic Swimming Championships

PRELIMINARY ENTRY FORM

Please return this form to the Norwegian Swimming Federation no later than 9th of October 2015. E-mail: Ingrid@svomming.no

Contact info to NF:

Federation	
Address	
Contact person	
Phone	
E-mail	

Number of participants:

Junior girls	
Junior boys	
Senior girls	
Senior boys	
Team staff	
TOTAL	

Preliminary Hotel booking (Scandic Ørnen, Bergen):

Date of arrival	
Date of departure	
Single rooms	
Double rooms	
Triple rooms	
Four-bed rooms	

Full board=one breakfast, one lunch and one dinner per booked night.

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FINAL ENTRY FORM

Please return this form to the Norwegian Swimming Federation no later than 20th of November 2015. E-mail: Ingrid@svomming.no

Contact info to NF:

Federation	
Address	
Contact person	
Phone	
E-mail	

Number of participants:

Junior girls	
Junior boys	
Senior girls	
Senior boys	
Team staff	
TOTAL	

Final Hotel booking (Scandic Ørnen, Bergen):

Date of arrival	
Date of departure	
Single rooms	
Double rooms	
Triple rooms	
Four-bed rooms	

Full board=one breakfast, one lunch and one dinner per booked night.

Travel info:

	Date	Time	Flight	From/To
Arrival				
Departure				

Flesland Airport is the airport in Bergen. Public Airport Bus will take you to Bergen in 25 min.

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2015 Nordic Swimming Championships

ROOMING LIST

Please return this form to the Norwegian Swimming Federation no later than 20th of November 2015. E-mail: Ingrid@svomming.no

Single rooms:

1	
2	
3	
4	
5	
6	

Double rooms:

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Triple rooms:

1			
2			
3			
4			
5			
6			

Four-bed rooms:

1		
2		

Head of delegation: _____ mob: _____

Welcome to Bergen and AdO Arena!