



2021-10-08

The Nordic Swimming Federation and the Swedish Swimming Federation is pleased to invite you to take part in

Nordic Swimming Championships 2021

- Date and place:** 3 – 5 December 2021 in Upplands Väsby, Sweden
- Venue:** Vilundabadet, Upplands Väsby, 25m pool, 8 lanes
- Age Groups:** Juniors – girls born 2005 – 2008, boys born 2004 – 2007
Seniors – women born 2004 and earlier, men born 2003 and earlier
Para Open Women (2 swimmers/event/country)
Para Open Men (2 swimmers/event/country)
- Invited Nations:** Denmark, Estonia, Faroe Islands, Finland, Iceland, Latvia, Lithuania, Norway and Sweden
- Competition:**
- | Session | Warm-up | Start |
|---------------|---------------|-------|
| Friday 3/12 | 07:30 – 08:45 | 09:00 |
| Friday 3/12 | 15:30 – 16:45 | 17:00 |
| Saturday 4/12 | 07:30 – 08:45 | 09:00 |
| Saturday 4/12 | 15:30 – 16:45 | 17:00 |
| Sunday 5/12 | 07:30 – 08:45 | 09:00 |
| Sunday 5/12 | 14:30 – 15:45 | 16:00 |

There will also be a warm-up session on Thursday 15.00 – 17.30.

- Entries:** Please note entry rules further in the NSF rules at 1.4, 1.5 and 1.6. The individual entry times should be the swimmers' best times achieved between 1st December 2020 and 17th November 2021. Please enter sport entries by using provided Lenex file.

Please return the attached forms to Svenska Simförbundet, Heliosgatan 3, SE-120 30 Stockholm. E-mail: kenneth.magnusson@svensksimidrott.se, phone +46 104765309.

Preliminary Entry	15 October
50% payment day	22 October
Final Entry	17 November
50% payment day	19 November
Entry by Name (Lenex)	23 November

National federations will receive invoice for 50% of the total amount after preliminary entries. After final entries the federations will receive invoice for the balance payment.

Accommodation: Accommodation, full board, will be arranged at Scandic Hotel Upplands Väsby, Hotellvägen 1, SE-194 70 Upplands Väsby, Sweden.

Prices per room and night

Single room 1 250 SEK

Twin room 1 700 SEK

Triple room 2 250 SEK

Quad room 2 750 SEK



Transfer Upplands Väsby is situated north of Stockholm, 18 km/12 min by car/bus from Stockholm Arlanda Airport, 24 km/~25 min from Stockholm Bromma Airport and 128 km/>90 min from Stockholm Skavsta Airport. Transfers will be arranged from Stockholm Arlanda and Stockholm Bromma Airports.

The distance between the hotel and the pool is 350 m so there is no need for a shuttle bus.

Team Leaders

Meeting: The team leaders meeting will take place on Thursday at 19:00. Withdrawals and substitutions can be made until 90 min before each session.



Order of Events

Friday	Saturday	Sunday
1. 400 Freestyle W S6-14	20. 400 Ind. Medley W	42. 400 Ind. Medley M
2. 400 Freestyle W	21. 1500 Freestyle M**	43. 800 Freestyle W**
3. 400 Freestyle M S6-14	22. 50 Backstroke M S1-5	44. 100 Butterfly W S8-14
4. 400 Freestyle M	23. 50 Backstroke M*	45. 100 Butterfly W
5. 50 Backstroke W S1-5	24. 200 Freestyle W S1-5, S14	46. 50 Butterfly M S2-7
6. 50 Backstroke W*	25. 200 Freestyle W	47. 50 Butterfly M*
7. 200 Backstroke M	26. 150 Ind. Medley M SM1-4	48. 200 Backstroke W
8. 200 Butterfly W	27. 200 Ind. Medley M SM5-14	49. 100 Backstroke M S1-2, S6-14
9. 100 Butterfly M S8-14	28. 200 Ind. Medley M	50. 100 Backstroke M
10. 100 Butterfly M	29. 100 Backstroke W S1-2, S6-14	51. 50 Breaststroke W SB 1-3
11. 200 Breaststroke W	30. 100 Backstroke W	52. 50 Breaststroke W*
12. 100 Breaststroke M SB4-14	31. 50 Breaststroke M SB1-3	53. 200 Breaststroke M
13. 100 Breaststroke M	32. 50 Breaststroke M*	54. 100 Freestyle W S1-14
14. 50 Freestyle W S1-13	33. 50 Butterfly W S2-7	55. 100 Freestyle W
15. 50 Freestyle W	34. 50 Butterfly W*	56. 200 Freestyle M S1-5, S14
16. 50 Freestyle M S1-13	35. 100 Freestyle M S1-14	57. 200 Freestyle M
17. 50 Freestyle M	36. 100 Freestyle M	58. 150 Ind. Medley W SM1-4
18. 4x200 Freestyle W***	37. 100 Breaststroke W SB4-14	59. 200 Ind. Medley W SM5-14
19. 4x200 Freestyle M***	38. 100 Breaststroke W	60. 200 Ind. Medley W
	39. 200 Butterfly M	61. 4x100 Freestyle W***
	40. 4x100 Medley W***	62. 4x100 Freestyle M***
	41. 4x100 Medley M***	63. 8x50 Freestyle Mixed***

* Open class

** Timed finals, fastest heat in evening session

*** Timed finals in the evening session