

## WELCOME

With the approval of NSF, and in compliance with NSF's rules and laws, all the swimming clubs in Bergen invite you to participate in BSF – Bergen Swim Festival 2010, a national competition with international participation, May 7<sup>th</sup> – 9<sup>th</sup> 2010.

## THE POOL - SENTRALBADET

25m long with 7 lanes and the temperature is 27°C. Electronic time recording with internet livetiming.

## CLASSES

**Seniors:** women and men born in 1990 or older

**Older juniors:** girls and boys born in 1991 – 1994

**Younger juniors:** girls and boys born in 1995 – 1997

**Disabled swimmers:** will compete according to the Australian model for multi disability based on relative proximity to the world record in the respective classes.

## EVENTS

See the following page.

## ENTRIES

Entries must be received by

**Monday April 19th 2010, 1200 at midnight**

Late entries will be accepted by double registration fee subject to heat availability. Entry time should be best times achieved during the period from April 19<sup>th</sup> 2009 until April 18<sup>th</sup> 2010.

If a swimmer has no registered time during this period, stipulated time is accepted. If there is a heat limitation the swimmer will be listed in the last heat.

Entries should preferably be sent in Word or Excel format, send to: [jech@medley.no](mailto:jech@medley.no)

## ENTRY FEE

NOK 75,- per individual entry, paid in one total amount from your club by April 19<sup>th</sup> to:

**Bergen Swim Festival**

**Account no.:** 3624.24.73269

**IBAN no.:** NO0236242473269

**SWIFT Code:** SPAVNOBB

**Bank:** Sparebanken Vest

P.o.Box 7999

N-5020 Bergen

Norway

## ACCOMMODATION

BSF has an agreement with Scandic Hotel Bergen City.

Ph.: + 47 55 33 49 02

E-mail: [bergencity@scandichotels.com](mailto:bergencity@scandichotels.com)

Website : [www.scandichotels.no/bergencity](http://www.scandichotels.no/bergencity)

Ref: BER060510

## MEALS

Lunch be booked in advance by April 19<sup>th</sup>. Booking form on [www.bsf.no](http://www.bsf.no)

## COACH and TEAMLEADER

**"GET TOGETHER":** Saturday evening.

Time and place will be announced.

## HEAT LISTINGS

Will be made as per best times, irrespective of class for the trials and Direct finals. Finals will be divided in classes, except 200m medley and 400m free which will take place as open class with Super finals.

**Disabled swimmers:** All the events will take place as Direct finals. 100 metres will take place in the finals, the other events in the trials sequence.

**The 50m sprints are organized as "knock-out" events. The 7 best in each event are qualified for a final.** After the first final heat 2 swimmers are eliminated. After the second heat 2 more swimmers are eliminated. Then the Grand final will decide the first, second and third place. The heats will run with 3 minutes intervals.

**NOTE:** *Heat limitations, see the events listings!*

## PRIZES

**Super-finals:**

1<sup>st</sup> place NOK 3.000, 2<sup>nd</sup> NOK 1.250, 3<sup>rd</sup> NOK 750 in cash

**Seniors:** 1<sup>st</sup> NOK 3.000, 2<sup>nd</sup> NOK 1.250, 3<sup>rd</sup> NOK 750 in cash

**Older juniors and disabled:**

1<sup>st</sup> NOK 300, 2<sup>nd</sup> NOK 200, 3<sup>rd</sup> NOK 100 in reward cards.

**Younger juniors:**

1<sup>st</sup> NOK 250, 2<sup>nd</sup> NOK 150, 3<sup>rd</sup> NOK 100 in reward cards.

**Best swimmers overall,** male and female, according to NSF's international table (only one prize per swimmer).

1<sup>st</sup> prize NOK 10.000,-

2<sup>nd</sup> prize NOK 5.000,-

3<sup>rd</sup> prize NOK 2.500,-

The prizes won in the trial events will be awarded after each event.

## TEAM LEADERS MEETING

Friday at 1300 hours in the gym at Sentralbadet (2nd floor)

## WARM UP PERIODS

Friday 1200-1445 hours

Saturday 0730-0845 and 1530-1630 hours

Sunday 0730-0845 and 1330-1445 hours

## OFFICIAL OPENING CEREMONY

Saturday 1630 hours

## COMPETITION START-UP TIMES

Friday 1500 hours

Saturday 0900 and 1700 hours

Sunday 0900 and 1500 hours

## INFO and COMPETITION OFFICE

The office will be open Friday through Sunday. Information and results will be on: [www.bsf.no](http://www.bsf.no)

## CONTACT PERSONS

**Event manager:** Rolf Godø, Mob: +47 900 23 045,

E-mail: [rogod@online.no](mailto:rogod@online.no)

**Registration manager:** John Erlend Christiansen,

Mob: +47 909 73 709, E-mail: [jech@medley.no](mailto:jech@medley.no)

**Welcome to Bergen and BSF 2010**