



The Nordic Junior Swimming Championships 2009
Girls born 1994-95 - Boys born 1992-93

Bergen - Norway



Nordic Junior Championships 2009

5th - 6th December - Bergen - Norway



The Norwegian Swimming Federation and Bergens Svømme- og Livredningsklubb are pleased to invite you to

The Nordic Junior Swimming Championships 2009 Girls born 1994-95 - Boys born 1992-93

Date and Place:

The championships will take place 5th - 6th December 2009 in Bergen.

The pool is 25 metres and has 7 lanes. There will be electronic timekeeping (Omega).

Invited Nations:

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

The Competition:

Session 1: Saturday 5 th	Starting time: 09.00.
Session 2: Saturday 5 th	Starting time: 17.00.
Session 3: Sunday 6 th	Starting time: 09.00.

Warm up 1½ hour before the start of the session. Training will be possible in the competition pool on Friday the 4th of December from 13.00 to 20.00. Please contact us if more training time is needed.

Technical meeting:

The technical meeting will be held Friday the 4th at 21.00 at the hotel.
Changes in the starting list can be made until 1 hour before each session.

Entries:

Each nation may enter with 2 swimmers in each individual event and one team in the relay events. Each nation may enter a maximum of 16 swimmers, a maximum of 8 of each gender. Attached you will find the preliminary and final entry forms for girls and boys.

The preliminary entry form must reach us no later than the **15th of October 2009**.

If the preliminary entry form is not received by this date, the federations will be responsible for their own accommodation.

The organiser must receive the final (individual) entries by the **1st of December 2009**.
The individual entries must include name, year of birth and best times.



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Scandic

www.lo.no



PÅ
DIN
SIDE



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Accommodation:

We have arranged accommodation at Scandic Bergen City Hotel:

<http://www.scandichotels.no/no/Hotels/Countries/Norge/Bergen/Hotels/Scandic-Bergen-City/>

Costs includes, full pension from Friday dinner to Sunday lunch

If any members of the team has some kind of food allergies, let us know so the hotel can prepare for alternative meals.

The price are NOK 2500.- pr person in dobbel/triple rom.

50 % of the amount must be paid in advance – deadline Thursday 15th of October when making your preliminary hotel reservation to:

IBAN: NO955134 0606 276

CURRENCY: NOK

BANK BIC: DNBANOKKXXX

All bank fees are paid by the sender.

Your final reservation is to be made by December 1st. The Norwegian Swimming Federation will send you the bill for the rest of the amount, after the end of competition. 15 days credit. Please send the preliminary rooming lists as soon as possible. You will be able to make changes to your lists up until December 1st but it will help the hotel a lot if you send your lists as soon as possible.

Transportation:

The local organizer (Bergens Svømme- og Livredningsklubb) will be responsible for the transport. There is no need for transportation between the hotel and swimming pool, walking distance 1 minute.

Please send your preliminary entry and travel information form before October 15th.

If you have further questions concerning the Nordic Junior Championships then do not hesitate to contact us for further information.

Norwegian Swimming Federation
entries

Tel: +47 9097 3709

E-mail: jech@medley.no

Contact person: John Erlend Christiansen

Bergens Svømme- og Livredningsklubb
accommodation and transport

Tel: +47 9050 3093

E-mail: asbjorn@bs-lk.no

Contact person: Asbjørn Hjelmaas

Please visit our homepage for more information:

www.svomming.no

We look forward to see you in Bergen!



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ACCOMMODATION/TRAVEL FORM

FEDERATION DATA

Federation name	
Contact person	
Fax no.	
E-mail	

ACCOMMODATION

Twin/triple rooms	

TRAVEL

Arrival destination	
Arrival date	
Arrival time	
Departure destination	
Departure date	
Departure time	

When we have got your arrival- and departure times we will give you the information about the transportation to the hotel.

Signature: _____ Date: _____

Please send this Accommodation/Travel Form no later than 9th of October to

Bergens Svømme- og Livredningsklubb
Asbjørn Hjelmaas, +47 9050 3093, asbjorn@bs-lk.no





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PRELIMINARY ENTRY FORM

FEDERATION DATA

Federation name	
Contact person	
Fax no.	
E-mail	

ESTIMATED SIZE OF TEAM

Male competitors	
Female competitors	
Team staff	
Total	

Signature : _____

Date : _____

Please send this Preliminary Entry Form no later than **15th of October 2009** to

The Norwegian Swimming Federation

E-mail: jech@medley.no

Contact person: John Erlend Christiansen

Tel: +47 9097 3709



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ORDER OF EVENTS

Saturday 5th at 09.00

#	Event	
1	800 freestyle	Girls
2	1500 freestyle	Boys
3	100 freestyle	Girls
4	100 freestyle	Boys
5	200 butterfly	Girls
6	200 butterfly	Boys
7	200 breaststroke	Girls
8	200 breaststroke	Boys
9	4x100 medley	Girls
10	4x100 medley	Boys

Saturday 5th at 17.00

#	Event	
11	400 ind. medley	Girls
12	400 ind. medley	Boys
13	200 freestyle	Girls
14	200 freestyle	Boys
15	100 backstroke	Girls
16	100 backstroke	Boys
17	50 freestyle	Girls
18	50 freestyle	Boys
19	100 butterfly	Girls
20	100 butterfly	Boys
21	4x100 freestyle	Girls
22	4x100 freestyle	Boys

Sunday 5th at 09.00

#	Event	
23	400 freestyle	Girls
24	400 freestyle	Boys
25	200 backstroke	Girls
26	200 backstroke	Boys
27	100 breaststroke	Girls
28	100 breaststroke	Boys
29	200 ind. medley	Girls
30	200 ind. medley	Boys
31	4x200 freestyle	Girls
32	4x200 freestyle	Boys



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FINAL ENTRY FORM

BOYS

First session, Saturday 5th at 09.00

#	Event	Name	YoB	Entry Time	Date	Place
2	1500 freestyle					
4	100 freestyle					
6	200 butterfly					
8	200 breaststroke					
10	4x100 medley					

Second session, Saturday 5th at 17.00

#	Event	Name	YoB	Entry Time	Date	Place
12	400 ind. medley					
14	200 freestyle					
16	100 backstroke					
18	50 freestyle					
20	100 butterfly					
22	4x100 freestyle					

Third session, Sunday 6th at 09.00

#	Event	Name	YoB	Entry Time	Date	Place
24	400 freestyle					
26	200 backstroke					
28	100 breaststroke					
30	200 ind. Medley					
32	4x200 freestyle					

Signature : _____

Date : _____



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FINAL ENTRY FORM

GIRLS

First session, Saturday 5th at 09.00

#	Event	Name	YoB	Entry Time	Date	Place
1	800 freestyle					
3	100 freestyle					
5	200 butterfly					
7	200 breaststroke					
9	4x100 medley					

Second session, Saturday 5th at 17.00

#	Event	Name	YoB	Entry Time	Date	Place
11	400 ind. medley					
13	200 freestyle					
15	100 backstroke					
17	50 freestyle					
19	100 butterfly					
21	4x100 freestyle					

Third session, Sunday 6th at 09.00

#	Event	Name	YoB	Entry Time	Date	Place
23	400 freestyle					
25	200 backstroke					
27	100 breaststroke					
29	200 ind. Medley					
31	4x200 freestyle					

Signature : _____

Date : _____