



**NORGES  
SVØMMEFORBUND**  
*Norwegian Swimming Federation*



**Invitation**  
**Nordic Championships**  
**Swimming - long course**  
**2015**  
**for disabled**

**Bergen**  
**Saturday 3<sup>rd</sup> - Sunday 4<sup>th</sup> October 2015**



**On behalf of the Norwegian Swimming Federation, the swimming clubs in Bergen have the pleasure to welcome to the Open Nordic Championships in swimming for disabled.**

**Competition Venue: AdO Arena, Bergen**

**Electronic timing manufacturer: Omega quantum aquatics**

**Dates: Saturday 3<sup>rd</sup> October and Sunday 4<sup>th</sup> October.**

### **POOL**

50m, 10 lanes, the competition will be in 8 lanes (with anti-turbulence lane ropes)

Water temperature: 27°C.

The swimmers clothes will be placed in baskets next to each lane and will be carried to a defined collection place.

### **CALL ROOM**

All swimmers must present themselves in the call room at the poolside at a given time prior to each event.

### **SPORT CLASSES AND ELIGIBILITY**

The Championships are open for all swimmers in Sports Classes S/SB/SM1-S/SB/SM 14. Swimmers in Senior classes, born 1995 or earlier and Junior class for swimmers born 1996 – 2002.

All swimmers must have a valid national or international classification.

The championship will be arranged according to IPC Rules and Regulation, the start lists are seeded and result lists are ranked by classification classes and events.

The ranking is made by the time achieved compared to the world record published by IPC by September 1<sup>st</sup> 2015 on long course in each class.

### **IPC APPROVAL**

There will be an IPC-application for Competition Approval.

### **CLASSIFICATION**

There will not be any classification at the Championships.

### **CHANGING ROOMS**

The changing rooms are designed for wheelchair users. There are lockers in the changing rooms, these can be locked without coins.

### **PHYSIOTHERAPI**

There will be a separate massage area provided for teams in the sports hall, next to the swimming pool.



## MEDICAL STAFF

A nurse will be available during the championships at the information desk.

## DOPING CONTROL

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

## ENTRIES

These formats are preferred: Jechsoft Victoria, Grodan, SB file (prima format), Lenex. If you cannot submit these formats, list the entries in a word or pdf-document. Make sure to include the following information: Federation, Firstname, Lastname, Year of birth, Event, Entry time, Class.

The entry time should be the swimmers best time in the qualification period. The qualification period is from August 26<sup>th</sup> 2014 to August 25<sup>th</sup> 2015.

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

John Erlend Christiansen

E-mail: [jech@medley.no](mailto:jech@medley.no)

Phone: +47 9097 3709

## 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 Friday October 2<sup>nd</sup>.

These formats are preferred: Jechsoft Victoria, Grodan, SB file (prima format). If you cannot submit these formats, contact John Erlend for a special excel sheet.

All entries to be e-mailed by August 25<sup>th</sup> 2015 midnight.

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

See [www.livetiming.no](http://www.livetiming.no) for ranking lists.

## TEAM LEADERS MEETING

Place: AdO auditorium

Time: Friday October 2<sup>nd</sup> at 19.00



## CONTACT PERSONS

- |                       |                          |               |
|-----------------------|--------------------------|---------------|
| • Head of Meeting:    | Linda Farestvedt         | +47 9926 0925 |
| • Accommodation:      | Jan Kenneth Anthun,      | +47 9328 5185 |
| • Competition Office: | Charmain Pettersen,      | +47 9880 5126 |
| • Press Officer:      | Line Møllerop,           | +47 9061 8306 |
| • Entries:            | John Erlend Christiansen | +47 9097 3709 |

## ENTRY FEE

Individual: NOK. 100, - / event

Relay: NOK. 200, - / event

*Please make sure the entry fee payment is paid along with the entrees by August 25<sup>th</sup>.*

Banking account: 9521.34.91378 Swift: HANDNOKK and IBAN: NO9295213491378

Please mark with: Entry Fee Nordic Championships, disabled 2015

## Withdrawals

You can withdraw your entries within one hour prior to the start of the session. You can withdraw from a final within 30 minutes after the end of the preliminaries.

The withdrawal must be in writing Entry fees will not be refunded.

## OPENING CEREMONY:

Opening ceremony will be Saturday October 3<sup>rd</sup> at 16.40.

## AWARDS:

- Medals will be awarded for three best swimmers in each event, junior and senior, compared to the world record published by IPC by September 1<sup>st</sup> 2015.
- Awards for the best male and female swimmer overall, junior and senior, compared to the world record published by IPC by September 1<sup>st</sup> 2015.

Equal points will rank the swimmers after the second best result.

## COMPETITION OFFICE:

Competition office in AdO opens on Friday October 2<sup>nd</sup> at 16:00.

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

## WARM UP AND COMPETITION PROGRAM



### Session 1 Saturday morning

**Warm-up 07:30-08:45**

**Competition starts 09:00**

|      |        |                  |            |
|------|--------|------------------|------------|
| 1. M | 200 m  | freestyle        | S1-S5, S14 |
| 2. W | 200 m  | freestyle        | S1-S5, S14 |
| 3. M | 400 m  | freestyle        | S6-S13     |
| 4. W | 400 m  | freestyle        | S6-S13     |
| 5. M | 50 m   | backstroke       | S1-14      |
| 6. W | 50 m   | backstroke       | S1-14      |
| 7. M | 100 m  | butterfly        | S8-14      |
| 8. W | 100 m  | butterfly        | S8-14      |
| 9.   | 4X50 m | freestyle, mixed | 20 points  |

### Session 2 Saturday afternoon

**Warm-up 15:30- 16:25**

**Opening Ceremony 16:40**

**Competition starts 17:00**

|       |         |                 |           |
|-------|---------|-----------------|-----------|
| 10. M | 100 m   | freestyle       | S1-14     |
| 11. W | 100 m   | freestyle       | S1-14     |
| 12. M | 50 m    | breaststroke    | SB1-14    |
| 13. W | 50 m    | breaststroke    | SB1-14    |
| 14. M | 100 m   | backstroke      | S1-14     |
| 15. W | 100 m   | backstroke      | S1-14     |
| 16. M | 50 m    | butterfly       | S1-14     |
| 17. W | 50 m    | butterfly       | S1-14     |
| 18. M | 4x100 m | freestyle relay | 34 points |
| 19. W | 4x100 m | freestyle relay | 34 points |

### Session 3 Sunday morning

**Warm-up 07:30**

**Competition starts 09:00**

|       |           |                   |           |
|-------|-----------|-------------------|-----------|
| 20. M | 50 m      | freestyle         | S1-14     |
| 21. W | 50 m      | freestyle         | S1-14     |
| 22. M | 200/150 m | Individual Medley | SM1-14    |
| 23. W | 200/150 m | Individual Medley | SM1-14    |
| 24. M | 100 m     | breaststroke      | SB4-14    |
| 25. W | 100 m     | breaststroke      | SB4-14    |
| 26. M | 4x100 m   | medley relay      | 34 points |
| 27. W | 4x100 m   | medley relay      | 34 points |

### WARM UP AND SWIM DOWN

Warm-up in the morning: the 50 m pool.

Swim down and warm-up in the afternoon: 4 lanes in the competition-pool, and 2 lanes in the 25 m pool.

## ACCOMMODATION

All the teams will stay two nights at Scandic Hotel Ørnen, Friday to Sunday. This hotel is in walking distance to AdO arena. Breakfast is served at the hotel. We offer dinner and lunch at AdO Arena, dinner Friday, lunch and dinner Saturday and lunch Sunday, for prices see Alternative 2 this page.

**There will be a choice between alternatives regarding food and rooms.**

### Alternative 1

Two nights, Friday to Sunday at Scandic Hotel Ørnen, breakfast included

Each person in single room NOK 1880,-

Each person in double room NOK 1090,-

### Alternative 2

Two nights, Friday to Sunday at Scandic Hotel Ørnen, breakfast included.

Dinner and lunch is served at AdO Arena, meals include are dinner Friday, lunch and dinner Saturday and lunch Sunday

Each person in single room NOK 2280,-

Each person in double room NOK 1490,-

We have 38 handicap rooms available, please give us information if you need a handicap room

If you like to order accommodation, please notify us in an email within august 25<sup>th</sup>. E-mail: [jken-ant@online.no](mailto:jken-ant@online.no)

*Please make sure the accommodation is paid along with the entrees by August 25<sup>th</sup>.*

Banking account: 9521.34.91378 Swift: HANDNOKK and IBAN: NO9295213491378

Please mark with: Accommodation Nordic Championships, disabled 2015

## TRANSPORTATION

**Coach Rental:** As one of Norways largest coach companies, Tide will be happy to cater for all transport needs. For booking, please send request a week in advance to e-mail: [tur@tide.no](mailto:tur@tide.no)

Public airport shuttle bus (not suitable for wheelchairs) NOK: 90.

# Welcome to AdO Arena, Bergen!

