

SKAGERRAK SWIM 2016

KRISTIANSAND 29TH - 31ST JANUARY



AQUARAMA



KRISTIANSAND

Kristiansand Svømmeallianse has the pleasure of inviting swimmers, coaches and team leaders to our international meet. Skagerrak Swim is on the FINA list of approved meets to qualify for the Olympic Games in Rio 2016.

The event is organized by the Norwegian Swimming Federation rules and regulations.

The pool is 50 meters long, has 10 lanes, and a temperature of 27 degrees.

The qualification period for the event is from 21st January 2015 to 20th January 2016. For anyone who has registered times in the qualification period, the best time from this period is used. If you have not been swimming an event in the period allowed, the use of a stipulated time is allowed (cf. GE22A6).

Registration form must be sent by e-mail to:
John Erlend Christiansen
E-mail: jech@medley.no

Entry fee:
NOK 100,- pr. individual start
NOK. 200,- pr. relay start

The entry fee, hotel and food must be paid to this account:

KRISTIANSAND SVØMMEALLIANSE
Høvågveien 67

4638 KRISTIANSAND S
IBAN: NO3531262765051
SWIFT: SPRONO22

Marked: (SW «team»)

Payment for meals and hotels is due within 19th of January 2016 and entry fee is due within 22nd of January 2016

Meet office will be open from Friday 29th of January, from 12.00AM, at Aquarama

Teamleader meeting on Friday 29th of January. 16:00PM at Aquarama

ACCOMMODATION AND FOOD

Kristiansand Swimming Alliance offers the following food and accommodation packages at Skagerrak Swim:

Scandic Hotel Bystranda (address: Østre Strandgate 74) and First Hotel Kristiansand (address: Dronningensgate 66):

Single room	NOK 970 per night per person including breakfast
Double room	NOK 690 per night per person including breakfast
Triple room	NOK 590 per night per person including breakfast
Four bed room	NOK 490 per night per person including breakfast

Lunch NOK 150 per person

Dinner NOK 200 per person

Menu:

Lunch: Cold and warm lunchbuffet.

Dinner Friday: Meat burgers with potatoes and vegetables

Lunch Saturday: Lasagne with salad, bread and dressing

Dinner Saturday: Mexican buffet

Lunch Sunday: Pasta and chicken meatballs with salad, bread and dressing.

Lunch and dinner are buffet so swimmers can eat as much as they please. We will serve nutritious and good food as well as keep meal times flexible so that every athlete can adjust their mealtime to their swimming schedule.

To order accommodations, use e-mail hjs@ksa.no within 15th December 2014. We have booked both hotels, and first come first served principle applies.

START OF COMPETITION

Friday	17.00PM	
Saturday: 1st session:	9:00AM	2nd session: app. 15.00PM
Sunday: 1st session:	9:00AM	

SCHEDULE

Time schedule will be published and followed through the meet. This gives swimmers and coaches the opportunity to plan the day at the best way.

PRIZES

The three best clubs/teams overall:

1st place	NOK 11.000,-
2nd place	NOK 6.000,-
3rd place	NOK 3.000,-

Best time per event:

1st prize	NOK 700,-
2nd prize	NOK 300,-

1/3 prizes for swimmers in the following classes: Senior, 97-98, 99-00, 01-02-03.
Prizes for teams on 1st, 2nd and 3rd place.
Only one class per relay. No prizes for other relays.

Overall best performance by FINA2015-points:

Best male swimmer: NOK 10,000,- Best female swimmer: NOK 10,000,-

HEATS

Heats will be set up according to entry time, regardless of age. Late entries are accepted in teamleader meeting in available heats, double entry fees will be demanded for late entries and must be paid in cash at the meet office. We reserve the right to limit participation in some events and if necessary alter start time Saturday and Sunday.

SUPERFINALS 50 FREESTYLE, 50 BREAST-STROKE, 50 BACKSTROKE AND 50 BUTTERFLY

The finals are for the 10 fastest swimmers in the following classes:

Senior, Boys	97/98,	Boys 99/00,	Boys 01/02/03
Senior, Girls	97/98,	Girls 99/00,	Girls 01/02/03

Handicap swimmers compete according to the Australian model for multi-handicap.

WARMUP PERIODS

Thursday	28th January	
Friday	29th January	1:30PM to 4:45PM
Saturday	30th January	7:00AM to 8:45AM
Sunday	31th January	7:00AM to 8:45AM

CONTACT

Food and Hotel:

Merete Lohne, mloh@broadpark.no, +47 924 46 702

Entry:

John Erlend Christiansen, jech@medley.no

Last entry date Wednesday January 20th 2016.

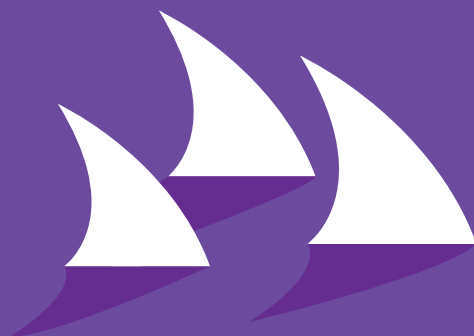
Information:

Hans Jacob Stoebner, hans.jacob.stoebner@linio.no, +47 452 08 929

EVENTS MEN		EVENTS WOMEN	
FRIDAY 29TH OF JANUARY 2016			
1	400 FREESTYLE	2	400 FREESTYLE
3	50 BREASTSTROKE	4	50 BREASTSTROKE
5	50 BUTTERFLY	6	50 BUTTERFLY
7	200 MEDLEY	8	200 MEDLEY
SATURDAY 30TH OF JANUARY 2016			
9	50 BACKSTROKE	10	50 BACKSTROKE
11	50 FREESTYLE	12	50 FREESTYLE
13	200 BREASTSTROKE	14	200 BREASTSTROKE
32*	150 MEDLEY*	33*	150 MEDLEY*
PAUSE			
15	100 BACKSTROKE	16	100 BACKSTROKE
17	200 BUTTERFLY	18	200 BUTTERFLY
19	100 FREESTYLE	20	100 FREESTYLE
SUPERFINALS			
21	8X50 FREE MIX	21	8X50 FREE MIX
SUNDAY 25TH OF JANUARY			
22	200 BACKSTROKE	23	200 BACKSTROKE
24	100 BREASTSTROKE	25	100 BREASTSTROKE
26	100 BUTTERFLY	27	100 BUTTERFLY
28	200 FREESTYLE	29	200 FREESTYLE
30	4X50 MEDLEY	31	4X50 MEDLEY

8x50 M FREESTYLE MIX = 4 MEN/4 WOMEN

*Handicap only



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