



OPEN NM MASTERS 2020 STAVANGER

On behalf of the Norwegian Swimming Federation (NSF) and Master Team Svømmeklubb (ROMA) it is a pleasure to invite you to the Open Norwegian Championship in Swimming for Masters in Stavanger svømmehall March 20th -22nd 2020.

The championship will be conducted in accordance to the rules and regulations of the Norwegian Swimming Federation.

The pool is 25 meters with 6 lanes and water temperature is approximately 26°C. Electronic timing will be used. There will be a possibility of warm up and swim down in the 12,5 meters children's pool.

Starting time of each session is indicative only. The schedule and heats may be adjusted if the number of participants is higher than expected.

Friday:	warm up starts at 10.00	Start 1. session at 12.00
Friday:	warm up starts at 14.30	Start 2. session at 16.00 (Opening ceremony at 15.45)
Saturday:	warm up starts at 07.30	Start 3. session at 09.00
Saturday:	warm up starts at 13.00	Start 4. session at 14.00
Sunday:	warm up starts at 10.30	Start 5. session at 12.00

Registration

Registration must be sent electronically in NSF standard form (Victoria or similar forms Uni_p file) by email to: pamelding@rogsk.no by February 28th 2020 (by midnight). "Påmelding NM Masters 2020 <club name>" must be written in the subject. No late entries will be accepted. The schedule can be downloaded from www.medley.no. The entry fees must be paid in full when the registration form is sent. The payment must be marked with the name of the club.

Payment: IBAN: NO81 1202 6509 147 and Swift: DNBANOKKXXX

Entry Fee

NOK 100 per individual start

NOK 200 per relay start

Team Leader Meeting

Team leader meeting will be held Friday at 14.00. Withdrawals are to be delivered in writing at the team leader meeting. The teams will also be able to conduct withdrawals online, using a code that will be provided during registration. Deadline is one hour prior to start of the event section.

Awards

Medals for 1st – 3rd place for all events in all classes.

Pre-masters are not included in calculating points towards the Best Club, nor given any prizes.



Age Groups/Classes

0 (zero): 20-24 Pre-masters

A: 25-29

B: 30-34

C: 35-39

D: 40-44

E: 45-49

F: 50-54

G: 55-59

H: 60-64

I: 65-69

J: 70-74

K: 75-79

L: 80-84

M: 85-89

N: 90-94

O: 95-99

The class depends on the age of the swimmer as of 31.12.2020.

Relay Classes

0 (zero): 80-99 Pre-masters

A: 100-119

B: 120-159

C: 160-199

D: 200-239

E: 240-279

F: 280-319

G: 320-359

Note: Pre-masters can only participate in class 0 (80-99) in the relay events.

Disabled / Handicapped Swimmers

The championship will use the Australian model for each individual class (A-G and 0). The ranking will be within each class respectively where the completed time in percentage is measured against the world record (per January 1st) for each class.

Licence and Club Affiliation

NSF wants to remind everyone that all participants must, at the championship, have paid the license fee for 2020. If the license fee is not paid, the participant/club will be liable to pay a penalty fee of NOK 1,000. If a participant is representing a club that she/he is not eligible for, the club is liable for a penalty fee of NOK 1,000. If the license is not paid or one represents a club she/he is not eligible for, the results for this athlete will be deleted, and the prizes the athlete may have received must be returned.

Drug Control

Drug controls may be conducted during the competition.

Sale of Swimwear

Swimwear and accessories from Arena will be sold during the championship.

Banquet

Atlantic Hall at the Radisson Blu Atlantic Hotel.

Saturday at 19.00.

Three course dinner, DJ and dancing.

Price: NOK 650 per person

Booking must be done by February 28th 2020 by email to ggrips2@gmail.com. The payments must be completed in full for the entire swimming team, please mark the payment with club name and number of people.

Payment: IBAN: NO81 1202 6509 147 and Swift: DNBANOKKXXX

For any dietary needs, please notify upon booking.

Information

For further information, please contact:

Meet Leader: May Karin Gismervik maykaringismervik@gmail.com +47 93667760

Chairman of ROMA: Ingrid Møllerop ingrimo@frisurf.no +47 46942233

Banquet responsible: Gøril Gripsgård ggrips2@gmail.com +47 40852205

Facebook event: NM Masters 2020 – Stavanger

The organizer reserves the right to make changes in the program. Any changes will be made public on the website during the championship <http://livetiming.medley.no>

Friday Night

Get together for NM Masters will be announced later. For further information, please follow the Facebook event.



Program Open Norwegian Masters in swimming 2020

Friday March 20th at 12.00 (Warm up 10.00)

- Event 1. 1500 m Freestyle Men
- Event 2. 800 m Freestyle Women

Friday March 20th at 16.00 (Warm up 14.30)

- Event 3. 100 m Freestyle Men
- Event 4. 100 m Freestyle Women
- Event 5. 200 m Butterfly Men
- Event 6. 200 m Butterfly Women
- Event 7. 50 m Breaststroke Men
- Event 8. 50 m Breaststroke Women
- Event 9. 400 m Medley Men
- Event 10. 400 m Medley Women
- Event 11. 4x50 m relay Medley Men
- Event 12. 4x50 m relay Medley Women

Saturday March 21st at 09.00 (Warm up 07.30)

- Event 13. 400 m Freestyle Men
- Event 14. 400 m Freestyle Women
- Event 15. 200 m Medley Men
- Event 16. 200 m Medley Women
- Event 17. 100 m Breaststroke Men
- Event 18. 100 m Breaststroke Women
- Event 19. 50 m Butterfly Men
- Event 20. 50 m Butterfly Women
- Event 21. 200 m Backstroke Men
- Event 22. 200 m Backstroke Women
- Event 23. 4x50 m relay Freestyle Men
- Event 24. 4x50 m relay Freestyle Women

Saturday March 21st at 14.00 (Warm up 13.00)

- Event 25. 200 m Freestyle Men
- Event 26. 200 m Freestyle Women
- Event 27. 100 m Backstroke Men
- Event 28. 100 m Backstroke Women
- Event 29. 200 m Breaststroke Men
- Event 30. 200 m Breaststroke Women
- Event 31. 100 m Butterfly Men
- Event 32. 100 m Butterfly Women
- Event 33. 4x50 m relay Medley Mix

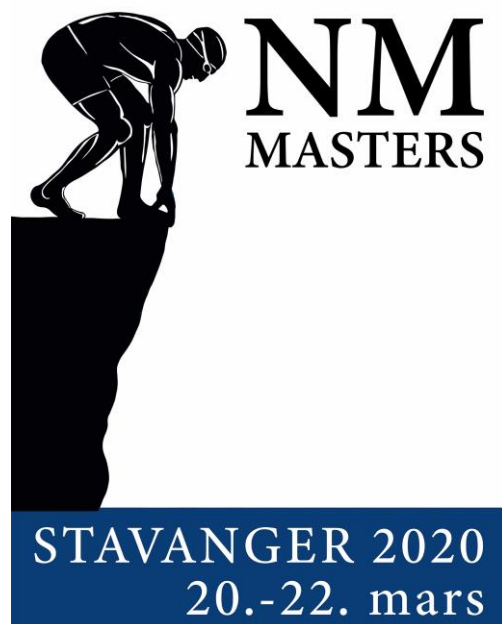
10 minutes pause

Saturday March 21st - Unofficial events

- Event 34. 25m Freestyle Women
- Event 35. 25m Freestyle Men

Sunday March 22nd at 12.00 (Warm up 10.30)

- Event 36. 50 m Freestyle Men
- Event 37. 50 m Freestyle Women
- Event 38. 50 m Backstroke Men
- Event 39. 50 m Backstroke Women
- Event 40. 100 m Medley Men
- Event 41. 100 m Medley Women
- Event 42. 4x50 m relay Freestyle Mix



Hotel offers Masters NM 2020

[Radisson Blu Atlantic Hotel](#)

NOK 1,095 per single room

NOK 1,195 per double room

NOK 1,495 per triple room

Prices are per room, per night, and includes breakfast.

Booking: Booking is done in the link (click on the Hotel name above). Or by phone +47 51 76 10 00 or email

info.atlantic.stavanger@radissonblu.com

Booking code: NM

Thon Hotel Stavanger

Thon Sports prices:

- Standard single room at NOK 996 per night per room.
- Standard double room at NOK 1,076 per night per room.
- Superior triple room at NOK 1,396 per night per room

Breakfast is included.

Regular prices:

- Standard single room at NOK 1,245 per night per room.
- Standard double room at NOK 1,345 per night per room.
- Superior triple room at NOK 1,745 per night per room.

Breakfast and evening meal included.

Booking: phone +47 51 59 95 00, email stavanger@olavthon.no or online www.thonhotels.no

Booking code: 28690870

Welcome to Stavanger!

