



OPEN NM MASTERS 2025 TRONDHEIM

On behalf of the Norwegian Swimming Federation (NSF) and Trondhjems Svømme & Livredningsklub, we would like to welcome you to the Open Norwegian Championship in Swimming for masters at Pirbadet in Trondheim on 28. - 30. March 2025.

The championship will be conducted in accordance with the rules and regulations set down by the Norwegian Swimming Federation.

The pool is 25 m with 8 lanes, and the pool maintains a temperature of approximately 27,5°C. There will be a pool available for warm-up and cool-down for the duration of the competition.

Timings

The following start times are approximate and may be adjusted depending on the number of participants.

Friday:	Warm-up starts at 10:30 am	Session 1. at 12:00 (noon)
Friday:	Warm-up starts at 02:30 pm	Session 2. at 04:00 pm (Opening ceremony begins at 03:45 pm)
Saturday:	Warm-up starts at 07:30 am	Session 3. at 09:00 am
Saturday:	Warm-up starts at 01:00 pm	Session 4. at 02:00 pm
Sunday:	Warm-up starts at 10:30 am	Session 5. at 12:00 (noon)

Registration

The registration must be sent electronically and club wise in the NSF standard form (Victoria, uni_p-file) by email to the email address pamelding@tslk.no with the subject «Registration NM Masters and Banquet <club name>», no later than 11:59 pm on the Friday 28. February 2025. Notice that you also have to include a name-list of participants to register for the banquet on Saturday (more information on this event is written further down in the document).

Remember to notify any allergies and food intolerances to each individual registration for the banquet. Please give the name and email address to the point of contact in each group/club in the registration email.

The entry fee and the registration fee for the banquet should be paid to account number 4202.20.49040. The payment must be marked with the club's name.

International payment information

All payment to account 4202.20.49040.

SWIFT: SPTRNO22

IBAN: NO9742022049040

Bank: SMN1, Norway

The event list can be downloaded from www.medley.no.

Note: *No late entries will be accepted.*

A confirmation will be sent to the club when an entry has been received.

Entry Fee

The entry fee will be NOK 100 for an individual start and NOK 200 per team for a relay start

Team Leader Meeting

The team leader meeting will take place Friday at 02:00 pm. Cancellation of registrations can be done electronically in advance. The clubs will receive an entry code to do the cancellations when the registrations are confirmed.

Prizes

A medal for the first, second and third place will be awarded in all events/classes.

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

Age Group / Classes

Class	Age	Class	Age	Class	Age
0, Pre masters	20-24				
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 age of the athlete as of 2025-12-31 determines their class.

Relay Classes

Class	Age	Class	Age	Class	Age
0, Pre masters	80-99				
A	100-119	B	120-159	C	160-199
D	200-239	E	240-279	F	280-319
G	320-359				

Note: Pre-masters are not allowed to participate in the other classes for the relay events.

Para Swimmers

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

License and Club Affiliation

NSF would like to remind all participants that they must have paid and registered their license for 2025 to the NSF at the start of the competitions. A penalty fee of NOK 1000 will be given to competitors without a registered license.

If a competitor is representing a club that he or she is not eligible for, the club is liable to pay a penalty fee of NOK 1000.

In addition to the penalty fees, the results obtained by the competitor during the competitions will be cancelled, and any prizes received must be returned.

Drug Control

Drug control and blood sampling may be conducted during the competitions.

Swimwear Sales

Swimwear from ARENA will be available for purchase during the event.

General Information

For additional information please contact:

Event Coordinator: Not decided yet. Contact Rune Larsen

Registrations: Håkon Strandenes, pamelding@tslk.no +47 482 39 565

Umpires: Andreas Møllerløkken, andreas.mollerlokken@ntnu.no +47 976 84 036

Other business: Rune Larsen, rune.larsen@tslk.no +47 950 27 357

Facebook

The event can be found on Facebook as [NMMaster2025Trondheim](#)

Some information can also be found in the Facebook-group: [Norske Masters svømmere.](#)

Event Program NM Masters 2025

Friday 28. March at 12 (noon) (Warm-up starts at 10:30 am)	Friday 28. March at 4 pm (Warm-up starts at 2:30 pm)
Event 1. 1500 m freestyle Women Event 2. 800 m freestyle Men	Event 3. 100 m freestyle Women Event 4. 100 m freestyle Men Event 5. 200 m butterfly Women Event 6. 200 m butterfly Men Event 7. 50 m breaststroke Women Event 8. 50 m breaststroke Men Event 9. 400 m individual medley Women Event 10. 400 m individual medley Men Event 11. 4x50 m medley relay Women Event 12. 4x50 m medley relay Men
Saturday 29. March at 9 am (Warm-up starts at 07:30 am)	Saturday 29. March at 2 pm (Warm-up starts at 1 pm)
Event 13. 400 m feestyle Women Event 14. 400 m freestyle Men Event 15. 200 m individual medley Women Event 16. 200 m individual medley Men Event 17. 100 m breaststroke Women Event 18. 100 m breaststroke Men Event 19. 50 m butterfly Women Event 20. 50 m butterfly Men Event 21. 200 m backstroke Women Event 22. 200 m backstroke Men Event 23. 4x50 m freestyle relay Women Event 24. 4x50 m freestyle relay Men	Event 25. 200 m freestyle Women Event 26. 200 m freestyle Men Event 27. 100 m backstroke Women Event 28. 100 m backstroke Men Event 29. 200 m breaststroke Women Event 30. 200 m breaststroke Men Event 31. 100 m butterfly Women Event 32. 100 m butterfly Men Event 33. 4x50 m medley relay Mix
Sunday 30. March at 12 (noon) (Warm-up starts at 10:30 am)	
Event 34. 50 m freestyle Women Event 35. 50 m freestyle Men Event 36. 50 m backstroke Women Event 37. 50 m backstroke Men Event 38. 100 m individual medley Women Event 39. 100 m individual medley Men Event 40. 4x50 m freestyle relay Mix	

The organizer has the right to make changes to the program. Any changes will be published online and can be found on the competition page on livetiming.medley.no

Hotel offers

The following hotel agreements have been made in connection with the event. Hotel accommodation is paid directly to the hotel by the individual.

CLARION HOTELL BRATTØRA (wall to wall with Pirbadet) 28-30. March (not available Thursday to Friday)

Bookingkode: <https://app.mews.com/distributor/27739c62-36df-4360-af5d-b0ca00a81641?mewsAvailabilityBlockId=dd85d140-5aea-4d55-a3cc-b15900adebe3&mewsStart=2025-03-28&mewsEnd=2025-03-31>

When booking of more than 9 rooms, send an email to groups.cl.trondheim@strawberry.no.

Deadline 31 January

Single room NOK 1550 per night

Double room NOK 1800 per night

SCANDIC NIDELVEN (10 min walk from Pirbadet)

Bookingkode: BNMM270325

When booking a triple room, send an email to meeting@scandichotels.com

Deadline 5 February

Single room NOK 1390 per night

Double room NOK 1690 per night

Triple room NOK 1890 per night

THON HOTEL TRONDHEIM (located in the middle of the city, 15-20 min walk from Pirbadet)

Booking via <https://www.thonhotels.no/thon-sport/>

Single room NOK 996 per night

Double room NOK 1236 per night

Parking

There are paid parking options throughout Trondheim city, and in the basement of Clarion.

«Get-together» Friday

Friday evening there will be an informal "get-together" in the Livingroom at Clarion Hotel Brattøra at 7:30 pm for those who wish. Here you can order whatever food and drink you want. The event is not closed, and the venue will be open to other guests.

The banquet Saturday

The banquet on Saturday is at Clarion Hotel Brattøra. Registration for the banquet takes place together with registration for the exercises. The banquet offers a buffet dinner, musical entertainment with DJ CHARLIE. Price for the banquet is NOK 790 per person. Drinks of all kinds are available for sale and are added to the price of the banquet. The banquet has binding registration, which is paid by the associated swimming club together with the registration fees.

The banquet starts at 7:30 pm. The doors open at 7:00 pm. Ends at 01:00 am.

TS&LK

Welcome all Master`s friends to Trondheim og Pirbadet.

