



## OPEN NM MASTERS 20–22 MARCH 2026 STAVANGER

On behalf of the Norwegian Swimming Federation (NSF), Rogaland Masters Swimming Club (ROMA) invites you to the Open Norwegian Swimming Championships for Masters, to be held in the Stavanger swimming pool.

The championships will be conducted in accordance with the rules and regulations of the Norwegian Swimming Federation.

The pool is 25 meters long with chlorinated fresh water, has 6 lanes with wave-breaking lane dividers, and has a temperature of 27–28° C.

### Schedule

The opening ceremony will be on Friday at 15:45. The following start times are approximate and may be adjusted depending on the number of participants.

Friday	10:30 Warm-up	12:00 Session 1
Friday	14:30 Warm-up	16:00 Session 2
Saturday	07:30 Warm-up	09:00 Session 3
Saturday	13:00 Warm-up	14:00 Session 4
Sunday	10:30 Warm-up	12:00 Session 5

### Registration

Registration for each club should be sent in the NSF standard registration format (Victoria, uni\_p file) attached to an email addressed to [romasvømmeklubb@gmail.com](mailto:romasvømmeklubb@gmail.com) with "Registration NM Masters and banquet 2026 <club name>" in the subject field, **by Tuesday 17 February 2026 at 23:59**. Alternatively, registration can be done by sending the complete entry details in the body of the e-mail.

The number of club members attending the banquet should also be included in the same email. Remember to mention any allergies or food intolerances and provide the name and email address of the club's contact person when registering.

All entry fees, participation fees and banquet tickets should be paid upon registration to account 1202.65.09147 (see below for international payment information). Mark the payment with the name of your club.

The event list can be downloaded from [medley.no](http://medley.no)

Note: No late registrations. The club will be notified that registration has been received.

## International payment information

All payments to account number: 1202.65.09147  
Account name: MASTER TEAM SVØMMEKLUBB  
IBAN: NO8112026509147  
BIC/SWIFT: DNBANOKK

## Entry fees

The entry fee is 150 NOK per individual event, and 200 NOK per team for a relay start.  
A participation fee (new this year) of 100 NOK per participant is in addition to the regular entry fee, and must be paid together with registration.

## Team leader meeting

The team leader meeting is on Friday at 14:00. Withdrawals can be done electronically in advance. The clubs will receive an entry code to do the cancellations after the registrations are confirmed.

## Age group classes

Class	Age	Class	Age	Class	Age
0, Pre-masters	20–24				
A	25–29	F	50–54	K	75–79
B	30–34	G	55–59	L	80–84
C	35–39	H	60–64	M	85–89
D	40–44	I	65–69	N	90–94
E	45–49	J	70–74	O	95–99

The age of the athlete as of 31 December 2026 determines their class.

## Relay classes

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

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

## Prizes

A medal for the first, second and third place will be awarded in all events/classes. Pre-masters are not included when calculating points for the Best Club, nor any award prizes given.

## Para swimmers

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

## License and club affiliation

NSF reminds all participants that they must have registered and paid for their license for 2026 before the start of the championships. If the license has not been paid, the club will be charged a penalty fee of 1000 NOK. If a participant represents a club for which they are not entitled to represent, the club will be fined 1000 NOK. If the license has not been paid or the wrong club is represented, the results for this athlete will be deleted, and any prizes must be returned.

## Drug tests

Drug testing and blood sampling may be conducted during the championships.

## Swimwear sales

There will be swimwear sales from Arena during the championships.

## General information

For further information, please contact:

Event coordinator: Ingebjørg Berge, +47-95871897, [ingebjorg.berge@gmail.com](mailto:ingebjorg.berge@gmail.com)

Registration: Tim Tipple, [romasvømmeklubb@gmail.com](mailto:romasvømmeklubb@gmail.com)

Umpire: Ståle Olsen, +47-92699302

## Facebook

A Facebook group will be created for the championships.

There will also be some information on the Facebook group: [Norwegian Masters swimmers](#).

## Event program NM Masters 2026

<b>Friday 20 March at 12:00</b> Warm-up from 10:30  Event 1. 1500 m freestyle Men Event 2. 800 m freestyle Women	<b>Friday 20 March at 16:00</b> Warm-up from 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 medley relay Men Event 12. 4x50 m medley relay Women
<b>Saturday 21 March at 09:00</b> Warm-up from 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 freestyle relay Men Event 24. 4x50 m freestyle relay Women	<b>Saturday 21 March at 14:00</b> Warm-up from 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 medley relay Mix
<b>Sunday 22 March at 12:00</b> Warm-up from 10:30  Event 34. 50 m freestyle Men Event 35. 50 m freestyle Women Event 36. 50 m backstroke Men Event 37. 50 m backstroke Women	
Event 38. 100 m medley Men Event 39. 100 m medley Women Event 40. 4x50 m freestyle relay Mix	

The organiser reserves the right to make changes to the program. Any changes will be published on the internet and announced during the championship at Livetiming.

## Hotel offers

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

### Clarion Hotel Stavanger

19–22 March 2026

- 1440 NOK single room
- 1640 NOK double room
- 1840 NOK triple room
- 2040 NOK quadruple room

Booking link: <https://app.mews.com/distributor/9454c43d-a905-46b0-82bf-b08500802fe6?mewsAvailabilityBlockId=837f6a4d-5772-497a-8388-b2ba00ab6fcd&mewsStart=2026-03-20&mewsEnd=2026-03-22>

Deadline 1 February 2026

### Comfort Hotel Square

19–22 March 2026

- 1340 NOK single room
- 1590 NOK double room
- 1740 NOK triple room
- 1940 NOK quadruple room

Booking link: <https://app.mews.com/distributor/da37d884-3d82-45a5-b0b1-afee0085e00d?mewsAvailabilityBlockId=428adf7e-6e3d-425e-a12c-b35c007daf1f&mewsStart=2026-03-20&mewsEnd=2026-03-22>

Deadline 1 February 2026

### Radisson Blu Atlantic Hotel Stavanger

19–22 March 2026

- 1395 NOK single room
- 1595 NOK double room
- 1895 NOK double room with extra bed (limited availability)

Booking: It is only possible to make reservations collectively per club. Send an email with the number of rooms and dates to [conference.atlantic.stavanger@radissonblu.com](mailto:conference.atlantic.stavanger@radissonblu.com). Include the reference MB1009619.

Deadline 21 January 2026

### Thon Hotel Stavanger

19–22 March 2026

- 1349 NOK single room
- 1649 NOK double room

Booking link: <https://www.thonhotels.no/event/norges-svømmeforbund-20-22-mars/>

Deadline 2 February 2026

### Thon Hotel Maritim

19–22 March 2026

- 1349 NOK single room
- 1649 NOK double room

Booking link: <https://www.thonhotels.no/event/norges-svømmeforbund-20-22-mars/>

Deadline 2 February 2026

## Parking

There are paid parking options throughout the city of Stavanger.

## “Get-together” Friday

More info will be available on Facebook as the National Championships approach.

## The Banquet Saturday

The banquet on Saturday is at **Clarion Hotel Stavanger**, [Arne Rettedals gate 14, 4008 Stavanger](#). Telephone: +47-51502500.

The banquet offers a buffet dinner and musical entertainment with a DJ. The price for the banquet is 795 NOK per person. Drinks are in addition to the price of the banquet.

**There are limited seats at the banquet, max 400 people - it is first come, first served.**

Doors open at 19:00, food served from 19:30

# ROMA

**Welcomes all our masters friends to  
Stavanger and Stavanger swimming pool**