



Warm up NSSM 2026

The warm up before prelims will be done in the competition pool in Stavanger swimming arena for age group 2009 and older, and para classes. For competitors age group 2010 or younger warm up before prelims will be in the Kannik pool. The competition pool will be open for cool down/warm up after prelims up to 15 minutes before finals. After the finals the arena will be available for 30 minutes.

The swimming arena has a limitation on the maximum number of allowed swimmers in the pool at the same time, hence different sections have been set up to provide all clubs sufficient warm up facilities. We kindly ask all swimmers to respect the dedicated time intervals to provide good conditions and adequate space for everyone.

Planning version 14 October 2026. Verified age-group counts: 464 swimmers. Birth years for 11 additional participants must be confirmed before the group totals are final.

Stavanger Swimming Arena

Group	Age groups	Clubs and verified swimmer counts
Group A 82 swimmers	Born 2009 or older + para	Asker SK (2); Bergen Vest SK (8); Bergens SC (20*); Bergensvømmerne (3); Bodø SK (5); Bærumsvømmerne (13); Bømlo SK (1); Ealing SC (3); Egersund SK (3); Farsund SK (1); Frisinn SK (1*); Førde IL Symjing (3); Glitre SK (2); Glitre SK/NESK (3); Glitre SK/MSK (1*); Grimstad SK (1); Harstad SK (2); Horten SK (5); IL Solid (1); Kongstensvømmerne (4); Kristiansand SA (0*)
Group B 82 swimmers	Born 2009 or older + para	Aalesunds SLK (1); Edinburgh University (9); Haldens SK (2); Kristiansund SK (3); Larvik SK (2); Lørenskog/Rælingen (2); Mandal SK (2*); NEC Sweden (8); Nedre Eiker SK (1*); Ol Svømming (1); Pilot Aquatic Club (1); Poseidon (1); Randaberg IL (2); ROMA (2); Schwimmklub Bern (2); SK Speed (2); Sk Team Sør /VSK (5); SK Team Sør/ GSK (1); SK Team Sør/ VSLK (5); SK Team Sør/FFSK (1); SK Team Sør/FSK (1); Ski SK (1); Skien SK (1); Stavanger Vannpoloklubb (0*); Svolvær IL (1); Svømmeklubben Kvik Kastrup (15); Swimming club Ogre (1); Tromsø SK (3*); Trondhjems SLK (1); Tønsberg SK (2); Varodd SK (1); Øvre Eiker SK (1); Øyane SK (1)

Numbers in brackets refer to this age group only. * Birth years for additional club participants are unconfirmed; these participants are not included in the counts.

Swimming Arena	Friday 23 Oct	Saturday 24 Oct	Sunday 25 Oct
07:00–07:50	A	B	A
07:50–08:45	B	A	B

Kannik

Group	Age groups	Clubs and verified swimmer counts
Group C 36 swimmers	Born 2009 or older + para	Bryne SK (5); Haugesund SK (1); Riska SK (2); Sandnes SLK (6); Sola SK (4*); Stavanger SK (18)
Group E 66 swimmers	Born 2010 or younger	Alta SK (3); Bergen Vest SK (17); Bergensvømmerne (1); Drammen SK (4); Egersund SK (3); Flekkefjord SK (1); Glitre SK/MSK (2*); Haldens SK (2); Harstad SK (1); Håbrann SK (8); Lørenskog/Rælingen (3); Misvær IL (1); Moss SK (2); Riska SK (5); Stjørdals-Blink IL (1); Tromsø SK (5*); Tønsberg SK (6); ZPC Amersfoort (1)
Group F 66 swimmers	Born 2010 or younger	Arna SLK (2); Bergens SC (10*); Drag SK (4); Frisinn SK (3*); Glitre SK (1); Haugesund SK (5); Horten SK (2); IL Solid (1); Larvik SK (3); Randaberg IL (1); Sandefjord SK (7); Sarpsborg IL (3); Ski SK (2); Sola SK (6*); Stord IL Symjing (4); Vardø SK (1); Varodd SK (11)
Group G 66 swimmers	Born 2010 or younger	Aalesunds SLK (6); Bergkameratene (5); Farsund SK (1); Fauske SK (3); Glitre SK/ØESK (4); Grimstad SK (1); Hamar IL (2); Kolbotn IL (1); Kristiansund SK (8); Mandal SK (2*); Nedre Eiker SK (4*); Poseidon (2); Sandnes SLK (19); Sk Team Sør /VSK (1); SK Team Sør/ VSLK (3); Verdal SK (1); Øyane SK (3)
Group H 66 swimmers	Born 2010 or younger	Bodø SK (5); Bryne SK (6); Bømlo SK (4); Førde IL Symjing (2); Glitre SK/ NESK (1); Hammerfest SLK (3); Karasjok SK (1); Kongstensvømmerne (2); Kristiansand SA (3*); Molde SLK (1); Rana SK (4); Skien SK (8); Stavanger SK (20); Stavanger Vannpoloklubb (3*); Tana SK (1); Øvre Eiker SK (2)

Group C uses Kannik before prelims, following the local-club arrangement in the 2025 model. Numbers and * are explained on page 1.

Kannik Friday

Kannik	Friday 23 October
07:00–08:00	C
08:00–08:45	E
08:45–09:30	F
09:30–10:15	G
10:15–11:00	H

Kannik Saturday and Sunday

Kannik	Saturday 24 October	Sunday 25 October
07:00–08:00	C	C
08:00–08:40	F	G
08:40–09:15	G	H
09:15–09:55	H	E
09:55–10:30	E	F

Kannik: St. Svithuns gate 40