



**LAMBERTSETER SVØMMEKLUBB**  
www.lsvk.no - sammen mot toppen



# Welcome to Lambertseter Open

11th to 13th September 2026

Oslo, Norway

In compliance with NSF's rules and regulations, Lambertseter Svømmeklubb invites you to a great swimming weekend at Lambertseter bad in Oslo. The pool is 25 m long and has 6 lanes. The pool has chlorinated water, and the water temperature is around 27°C. We use electronic time recording and livetiming on internet via [Stevner \(medley.no\)](http://Stevner.medley.no).

#### TEAM LEADERS INFORMATION

Information will be published on [Stevner \(medley.no\)](http://Stevner.medley.no).

#### COMPETITION OFFICE

The Competition Office will open Friday September 11th at 4:00 p.m. (16:00) and will be open throughout the meet.

#### CLASSES

##### Classes for men and women:

- Class A = born 2008 and older
- Class B = born 2009-2010
- Class C = born 2011-2013
- PARA = one class women, and one for men, ranked according to the Australian model for PARA-swimmers based on relative proximity to the World Record Long Course per January 1st 2026 in the respective classes.

#### ENTRY TIMES AND HEAT LIMITATIONS

Entry times should be best times achieved during the period from September 1<sup>th</sup> 2025 until September 30<sup>th</sup> 2026. A stipulated time is allowed if the swimmer has no registered time in the period. Stipulated times will sort last in the heat limitation and first in the heat setup. Heat limitations are performed on entry time only. See event setup for heat limitations.

PARA athletes are not subject to heat limitations. Information about heat limitation will be published at [Stevner \(medley.no\)](http://Stevner.medley.no).

#### ENTRIES

Entries must be received by Monday August 31<sup>th</sup> 12:00 p.m. (24:00).

Entries, preferably in one of these methods: Stevnebørsen, Prima-format or on Lenex, should be sent electronically to: [jan@oi-svomming.no](mailto:jan@oi-svomming.no).

Late entries will be accepted for a double entry fee subject to heat availability, at the latest one hour before competition start each competition day.

Questions about the entries:

*Jan Gulbrandsen*

*Cellular: + 47 99 023 023*

*E-mail: [jan@oi-svomming.no](mailto:jan@oi-svomming.no)*

#### ENTRY FEES

NOK 100 per individual entry.

Total entry fee will be billed after the meet. Entry must contain billing address.



## FINALS

The swimmers ranked 1-6 in each class on selected events on Friday and Saturday qualify for the A final on Sunday, and swimmers ranked 7-12 qualify for a separate B final (only 50 meters). See overview in the exercise schedule.

At least three para swimmers must participate in each event in order to realise a final. It will be finals in the 50 meters events.

## WITHDRAWALS

Withdrawals for preliminary heats Friday and Saturday must be made one hour before session start.

Withdrawal to finals no later than 30 minutes after the end of prelims on Saturday.

## AWARDS FINALS AND DIRECT FINALS

Prelims: 1/3 awards

Finals and direct finals: Awards are value checks from Lambada Swimwear ([www.lambadaswimwear.no](http://www.lambadaswimwear.no)) with the following values:

- 1st place award, for each age group final or direct final NOK 300
- 2<sup>nd</sup> place award, for each age group final or direct final NOK 200
- 3rd place award, for each age group final or direct final NOK 100

**ENTRY LISTS, HEAT LIST AND RESULTS:** [Stevner \(medley.no\)](http://Stevner (medley.no)).

## LAMBADA SWIMWEAR

Swimming equipment will be sold throughout the meet in the Lambada Swimwear store. Among other things, we have good offers from Arena and Funkita.

## CAFETERIA

Our cafeteria at Lambertseter bad is open during the entire meet with sales of baguettes, fruits, sausages, waffles, coffee, etc.

## TRANSPORT TO LAMBERTSETER BAD

There are good transport facilities by metro from the Oslo centrum. See: [Ruter | Ruter](#)

## PARKING

It is forbidden to park in the school yard until 5:00 p.m. (17:00) on Friday. The rest of the weekend, parking is free in the school yard and in the streets nearby.

## CONTACT PERSONS

*Meet leader: Kaja Hermansen Hagen*

*Cellular: + 47 930 05 957*

*E-mail: [kaja@lsvk.no](mailto:kaja@lsvk.no)*

*Questions about the entries: Jan Gulbrandsen*

*Cellular: + 47 990 23 023*

*E-mail: [jan@oi-svomming.no](mailto:jan@oi-svomming.no)*



<b>Friday</b>	<b>Prelims</b>
	<b>All age groups</b>
<b>Warm up</b>	<b>16:00-17:15</b>
<b>Session start</b>	<b>17:30</b>
<b>Event number</b>	<b>Event</b>
1	100m freestyle women**
2	100m freestyle men**
3	400m ind. medley women*
4	400m ind. medley men*
5	100m breaststroke women**
6	100m breaststroke men**
7	50m butterfly women
8	50m butterfly men
	* = <i>direct finals</i>
	** = <i>A-finals only</i>

<b>Saturday</b>	<b>Prelims part 1</b>
	<b>Class C (2011-2013)</b>
<b>Warm up</b>	<b>08:00-09:15</b>
<b>Session start</b>	<b>09:30</b>
<b>Event number</b>	<b>Event</b>
9	50m backstroke women
10	50m backstroke men
11	200m butterfly women*
12	200m butterfly men*
13	50m breaststroke women
14	50m breaststroke men
15	100m ind. medley women**
16	100m ind. medley men**
17	200m freestyle women*
18	200m freestyle men*
19	100m backstroke women**
20	100m backstroke men**
21	50m freestyle women
22	50m freestyle men
23	100m butterfly women**
24	100m butterfly men**
	* = <i>direct finals</i>
	** = <i>A-finals only</i>



<b>Saturday</b>	<b>Prelims part 2</b>
	<b>Class A and B (2008 or earlier and 2009-2010)</b>
<b>Warm up</b>	<b>13:30-14:15***</b>
<b>Session start</b>	<b>14:30*</b>
<b>Event number</b>	<b>Event</b>
25	50m backstroke women
26	50m backstroke men
27	200m butterfly women*
28	200m butterfly men*
29	50m breaststroke women
30	50m breaststroke men
31	100m ind. medley women**
32	100m ind. medley men**
33	200m freestyle women*
34	200m freestyle men*
35	100m backstroke women**
36	100m backstroke men**
37	50m freestyle women
38	50m freestyle men
39	100m butterfly women**
40	100m butterfly men**
	<i>* = direct finals</i>
	<i>** = A-finals only</i>

\*\*\* Warm up will start as soon as prelims part 1 is finished.  
 Session start will be announced as soon as the time schedule is ready

<b>Sunday</b>	<b>Finals</b>
	<b>All age groups</b>
<b>Warm up</b>	<b>07:30-08:45</b>
<b>Session start</b>	<b>09:00</b>
<b>Event number</b>	<b>Event</b>
41	800m freestyle women*
42	800m freestyle men*
	<i>* = Direct finals</i>



Sunday	Finals	
	All age groups	
Warm up	11:00-11:45****	
Session start	12:00	
Event number	Event	
101	100m freestyle women Class C	A Final
102	100m freestyle women Class B	A Final
103	100m freestyle women Class A	A Final
104	100m freestyle men Class C	A Final
105	100m freestyle men Class B	A Final
106	100m freestyle men Class A	A Final
107	100m backstroke women Class C	A Final
108	100m backstroke women Class B	A Final
109	100m backstroke women Class A	A Final
110	100m backstroke men Class C	A Final
111	100m backstroke men Class B	A Final
112	100m backstroke men Class A	A Final
113	50m butterfly women Class C	B Final
114	50m butterfly women Class C	A Final
115	50m butterfly women Class B	B Final
116	50m butterfly women Class B	A Final
117	50m butterfly women Class A	B Final
118	50m butterfly women Class A	A Final
119	50m butterfly men Class C	B Final
120	50m butterfly men Class C	A Final
121	50m butterfly men Class B	B Final
122	50m butterfly men Class B	A Final
123	50m butterfly men Class A	B Final
124	50m butterfly men Class A	A Final
125	100m ind. medley women Class C	A Final
126	100m ind. medley women Class B	A Final
127	100m ind. medley women Class A	A Final
128	100m ind. medley men Class C	A Final
129	100m ind. medley men Class B	A Final
130	100m ind. medley men Class A	A Final
131	100m breaststroke women Class C	A Final
132	100m breaststroke women Class B	A Final
133	100m breaststroke women Class A	A Final
134	100m breaststroke men Class C	A Final
135	100m breaststroke men Class B	A Final
136	100m breaststroke men Class A	A Final



	<b>Break</b>	
137	50m backstroke women Class C	B Final
138	50m backstroke women Class C	A Final
139	50m backstroke women Class B	B Final
140	50m backstroke women Class B	A Final
141	50m backstroke women Class A	B Final
142	50m backstroke women Class A	A Final
143	50m backstroke men Class C	B Final
144	50m backstroke men Class C	A Final
145	50m backstroke men Class B	B Final
146	50m backstroke men Class B	A Final
147	50m backstroke men Class A	B Final
148	50m backstroke men Class A	A Final
149	50m breaststroke women Class C	B Final
150	50m breaststroke women Class C	A Final
151	50m breaststroke women Class B	B Final
152	50m breaststroke women Class B	A Final
153	50m breaststroke women Class A	B Final
154	50m breaststroke women Class A	A Final
155	50m breaststroke men Class C	B Final
156	50m breaststroke men Class C	A Final
157	50m breaststroke men Class B	B Final
158	50m breaststroke men Class B	A Final
159	50m breaststroke men Class A	B Final
160	50m breaststroke men Class A	A Final
161	100m butterfly women class C	A Final
162	100m butterfly women class B	A Final
163	100m butterfly women class A	A Final
164	100m butterfly men class C	A Final
165	100m butterfly men class B	A Final
166	100m butterfly men class A	A Final
167	50m freestyle women class C	B Final
168	50m freestyle women class C	A Final
169	50m freestyle women class B	B Final
170	50m freestyle women class B	A Final
171	50m freestyle women class A	B Final
172	50m freestyle women class A	A Final
173	50m freestyle men class C	B Final
174	50m freestyle men class C	A Final
175	50m freestyle men class B	B Final
176	50m freestyle men class B	A Final
177	50m freestyle men class A	B Final



178	50m freestyle men class A	A Final
	<i>* = Direct finals</i>	
	<i>** = A-finals only</i>	

\*\*\*\* Warm up will start as soon as prelims part 1, 800 free, is finished. Session start will be announced as soon as the time schedule is ready.

