



Welcome to Nordic Open Masters Championships 2016

Asker svømmeklubb and Bærumsvømmerne have the pleasure of welcoming you to participate in the Nordic Open Masters Championships on the 14th and 15th of October 2016 at the Landøya swimming facility, Asker. Asker is an urban coastal area approximately 25 kilometers from the center of Oslo and with good public transportation facilities.

Competition Venue

The competition takes place in a 25 meter pool with six lanes. A small 10 meter heated pool can be used as a warm up/swim down pool during the competition sessions. See nom2016.org for more details about the pool. Information about the lunches available between the Saturday morning and afternoon sessions will be posted on the competition web page and Facebook page.

Program

Friday 14th October, 4:30 pm

1. 800 m freestyle men
2. 800 m freestyle women
3. 50 m butterfly men
4. 50 m butterfly women
5. 100 m breaststroke men
6. 100 m breaststroke women
7. 100 m backstroke men
8. 100 m backstroke women
9. 200 m butterfly men
10. 200 m butterfly women
11. 4x50 m freestyle relay men
12. 4x50 m freestyle relay women



Saturday 15th October, 9:00 am

13. 400 m freestyle women
14. 400 m freestyle men
15. 100 m butterfly women
16. 100 m butterfly men
17. 50 m breaststroke women
18. 50 m breaststroke men
19. 100 m freestyle women
20. 100 m freestyle men
21. 100 m medley women
22. 100 m medley men
23. 200 m breaststroke women
24. 200 m breaststroke men
25. 4x50 m medley relay women
26. 4x50 m medley relay men



Saturday 15th October, 3:30 pm

27. 4x50 m medley relay mix
28. 400 m medley women
29. 400 m medley men
30. 50 m backstroke women
31. 50 m backstroke men
32. 50 m freestyle women
33. 50 m freestyle men
34. 4x50 m freestyle relay mix



Heat Limitations

The meet organizer reserves the right to change the start time for the swim meet and impose heat limitations if necessary (to ensure good conditions for the participants) for some of the events.

Schedule

Team leaders meeting Friday 14th October, 3:30 pm

Age Groups Individual Events

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-

Notice! There is no age group for pre-masters.

Age Groups Relays (sum of the ages of all 4 swimmers in the team)

A 100-119	B 120-159	C 160-199	D 200-239	E 240-279	F 280-319	G 320-359
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Please note that pre-masters swimmers cannot be used in relays.



Registration

Entry fees are **100 NOK** per person per individual event and **200 NOK** per relay.

Entries should be sent as **total per club** by email to svomme@gmail.com by September 25th, 2016.

Entries must be made by Grodan/Lenex/UNI_P-file.

Grodan and Victoria definition files will be downloadable at the NOM2016 website.

Entries with no time will not be accepted. Please insert your club and «NoM2016».

Payment for entry fees and Saturday's get-together party should be paid by bank transfer marked "**<club> NOM2016**", **no later than 25th September**, to the following account:

Account no: 1620.16.50252

IBAN: NO1216201650252

SWIFT: DNBANOKKXXX

Address: Asker svømmeklubb, Fekjan 3, 1394 Nesbru, Norway

Late entries are accepted until Monday 11th October 23:59. The fee for late entries is NOK 400 for individual events, NOK 800 for relays. Late entries will not be accepted for events where heat limitation has been imposed.

Accommodations (Breakfast included)

1. Holmen Fjordhotell, Asker: 1,8 km from the pool, offers the following prices:
 - 950 NOK single room.
 - 1 250 NOK double room.
 - 300 NOK for extra bed in the room.
2. Thon Hotel, Sandvika: 6,5 km from the pool. Reference 24149357 will give the following prices:
 - 695 NOK single room
 - 795 NOK double room
 - 995 NOK triple room
 - 1 195 NOK four beds

Both hotels are easily accessed from the pool (Landøya) by the bus 251 and 262.

Swimmers' party

There will be a social get-together /swimmers party dinner at Thon Hotel Oslofjord on Saturday night at 8.00 pm. Price: **270 NOK** per person. Beverages not included. Payment together with the entry fees. See information under "Registration".

Experience Asker and Oslo

For those who are first time visitors to Oslo, there will be a good selection of attractions to choose from; The Holmenkollen ski-jump, Viking Museum, Kon-Tiki museum, Vigeland sculpture park and of course Akershus Fortress overlooking the Aker Brygge shopping and restaurant area. Asker also has some nice spots; The Oslofjorden coastal museum, the protected wooden 18-century-village of Vollen, and the beautiful lake Semsvannet. Asker has a small town center with a good selection of shops and restaurants.

Updates, excursions and news will be published on:

Facebook: Nordic Open Masters Championships 2016

Web: nom2016.org

Contact

Questions regarding entries: Torbjørn Sund, tel. +47 905 59 712, e-mail svomme@gmail.com

Asker svømmeklubb: Attn. Linn Krogh Hansen. nom2016@nom2016.org

Bærumssvømmerne: Attn. Hege Eek. nom2016@nom2016.org

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Welcome to NOM2016!