

# BSF

Bergen  
Swim  
Festival  
2025

We are pleased to welcome you to the 18th annual Bergen Swim Festival at Alexander Dale Oen arena (AdO). BSF is excited to welcome all foreign and national teams to our beautiful City of Bergen.

@bergenswimfestival

bsf.no

AdO arena  
4-6 April  
2025





Location:	AdO arena. Bergen, Norway. Prelims: 10 lanes; Finals: 8 lanes
Date:	Friday April 4th - Sunday April 6th 2025
Coaches meeting:	Thursday April 3, 2025 at 7:00 PM (kl 19.00) Hans Tank Auditorium (AdO arena)
Competition times:	Prelims start each day at 8:30 AM (kl 08.30) A finals start all days at 6:00 PM (kl 18.00) B finals start all days at 5:00 PM (kl 17.00)
Warm-ups:	Thursday April 3.- 2:00 PM - 8:00 PM (kl 14.00-20.00) Friday to Sunday: A flight: 7:00 AM - 8:15 AM (kl 07.00-08.15) B flight: 1 hour directly following A flight Finals: From end of B flight until 4:45 PM (kl 16.45)  The diving pool can be used throughout the competition for warm-up/ cool down.
Prelims:	There will be an A-flight and B-flight in the prelims. A-flight will consist of 6/5/4/3 heats for 50/100/200/400 meters with the swimmers with the best times competing in the A-flight. The remaining swimmers will swim in the B-flight.
800/1500:	Only the best 18 swimmers will be swimming the 800 meter and 1500 meter freestyle. These will take place during A flight (#9-18) and finals (#1-8)
Qualifications Period:	March 12 , 2024 to March 12, 2025 in 25m or 50m pool. Entry times from 50m pools will be seeded ahead of times from 25m pools. 800 og 1500m freestyle, 25m times will be converted to 50m times for seeding





Qualifying times:	A swimmer qualified in one event will be given the opportunity to compete in more than the one qualified event if space allows. If the swimmer is qualified to 1 event the swimmer can register for additional events, but only events they are WITHIN 10 points of on the World Aquatic table. If unsure which additional events a swimmer could sign up for, send mail to <a href="mailto:meetoffice@bsf.no">meetoffice@bsf.no</a> and include the best times within the qualifying period for said swimmer
Registrations:	Deadline to send in registrations is March 12, 2025.  The entries need to be sent electronically by email in one of these methods: Stevnebørsen, Prima-format or on Lenex.  Registrations are to be sent to: <a href="mailto:meetoffice@bsf.no">meetoffice@bsf.no</a>
Late Registration:	Registration after the deadline can be accepted as long as they are done before the end of the information meeting. (Thursday April 3, at 8:00 PM (kl 20.00)) Late registration is double price per start-200 NOK (individual) 400 NOK (relay)
Withdrawals:	Withdrawals for preliminary heats Friday must be made by Thursday 8pm (20.00) All other days no later than 30 minutes after the end of the finals the previous day. Withdrawals to finals no later than 15 minutes after the end of B flight.
Price per start:	100 NOK per Individual event. 200 NOK per relay start (Payment through own club after confirmation).
Heat limitation:	The organizer reserves the right to use heat limitations to hold each session to a maximum of 4 hours.
Accreditation:	100 NOK per swimmer, manager and coach. Everyone must be accredited. List of names of managers and coaches must be sent in with registration email or at least before 15 March. In the event of delays, a fee of NOK 1,000 kr per club is incurred. Accreditation is the only access to the pool and grandstands





Prize money	<p>A-finals and para (if there are 6 or more para athletes in the event):</p> <ol style="list-style-type: none"> <li>1. place: 300 Euros</li> <li>2. place: 125 Euros</li> <li>3. place: 75 Euros</li> </ol> <p>Para swimmers (if fewer than 6 athletes in the event):</p> <ol style="list-style-type: none"> <li>1. place: 150 Euros</li> <li>2. place: 65 Euros</li> <li>3. place: 40 Euros</li> </ol>
High Point/SENIOR:	<p>Best World Aquatics 2024 Points for Men and Women after results from the finals</p> <ol style="list-style-type: none"> <li>1. place: 1000 Euros</li> <li>2. place: 500 Euros</li> <li>3. place: 250 Euros</li> </ol>
High Point/PARA:	<p>Best 2024 World Para Swimming Point score, irrespective of gender, overall after results from the finals or from the prelims for 200m and longer distances. At least 10 para athletes must participate in the competition for the prize money to be paid out</p> <ol style="list-style-type: none"> <li>1. place: 1000 Euros</li> <li>2. place: 500 Euros</li> <li>3. place: 250 Euros</li> </ol>
High Point/JUNIOR:	<p>Best World Aquatics Points for junior men and women</p> <ol style="list-style-type: none"> <li>1. place: 250 Euros</li> <li>2. place: 125 Euros</li> <li>3. place: 75 Euros</li> </ol>
Meet record in final:	500 Euros
Relay	Trophy
Bergen Swim Festival records:	<a href="http://WWW.BSF.NO">WWW.BSF.NO</a>







**BSF**

Bergen  
Swim  
Festival



# EVENT PROGRAM

Prelims:

**F**RIDAY

**S**ATURDAY

**S**UNDAY

1	200 freestyle W	100 freestyle W	50 breaststroke M
2	50 butterfly M	200 freestyle M	100 breaststroke W
3	50 backstroke W	200 breaststroke M	50 freestyle M
4	100 breast M	200 IM W	400 freestyle W
5	200 breaststroke W	100 backstroke M	200 IM M
6	200 backstroke M	100 butterfly W	100 backstroke W
7	400 IM W	200 butterfly M	100 butterfly M
8	100 freestyle M	200 backstroke W	50 freestyle W
9	50 butterfly W	400 IM M	50 backstroke M
10	800 freestyle M	50 breaststroke W	200 butterfly W
11	1500 freestyle W	1500 freestyle M	400 freestyle M
		800 freestyle W	4x 100 IM MIX

## B-finals

Warm up from after the prelims until 4:45PM (16.45) Competition starts at 5:00PM (17.00)

1	200 freestyle W	100 freestyle W	50 breaststroke M
2	50 butterfly M	200 freestyle M	100 breaststroke W
3	50 backstroke W	200 breaststroke M	50 freestyle M
4	100 breaststroke M	200 IM W	200 IM M
5	200 breaststroke W	100 backstroke M	100 butterfly M
6	200 backstroke M	100 butterfly W	50 freestyle W
7	100 freestyle M	200 butterfly M	50 backstroke W
8	50 butterfly W	200 backstroke W	200 butterfly W
9		50 breaststroke W	4x 100 IM MIX

## A-finals

Warm up from after the prelims until 4:45PM (16.45) Competition starts at 6:00PM (18.00)

1	800 freestyle M (fastest heat)	100 freestyle W	50 breaststroke M
2	200 freestyle W	200 freestyle M	100 breaststroke W
3	50 butterfly M	800 freestyle W (fastest heat)	50 freestyle M
4	50 backstroke W	200 breaststroke M	400 freestyle W
5	1500 freestyle W (fastest heat)	200 IM W	200 IM M
6	100 breaststroke M	100 backstroke M	100 backstroke W
7	200 breaststroke W	100 butterfly W	100 butterfly M
8	200 backstroke M	200 butterfly m	50 freestyle W
9	400 IM W	200 backstroke W	50 backstroke M
10	100 freestyle M	400 IM M	200 butterfly W
11	50 butterfly W	50 breaststroke W	400 freestyle M
11		1500 freestyle M (fastest heat)	4x100 IM MIX

Women Senior: 2006 and older

Women Junior: 2007-2012

Men Senior: 2006 and older

Men Junior: 2007-2012



# QUALIFICATION TIMES 2025

## Qualifying Times Female

Event	2011-2012		2009-2010		2007-2008		2006 - older	
	25M	50M	25M	50M	25M	50M	25M	50M
50m Freestyle	32.23	33.18	30.14	31.04	29.28	30.15	28.69	29.55
100m Freestyle	1:09.37	1:11.39	1:06.06	1:07.98	1:04.17	1:06.04	1:02.48	1:04.30
200m Freestyle	2:30.98	2:34.45	2:22.89	2:26.18	2:20.88	2:24.13	2:17.17	2:20.33
400m Freestyle	5:08.85	5:14.30	4:53.38	4:58.56	4:42.30	4:47.28	4:32.72	4:37.54
	<b>25m - All ages</b>				<b>50m - All ages</b>			
800m Freestyle		9:26.04				9:34.78		
1500m Freestyle		17:56.83				18:11.34		
50m Backstroke	38.14	40.57	34.55	36.76	33.45	35.58	32.24	34.30
100m Backstroke	1:22.92	1:26.61	1:15.12	1:18.46	1:12.72	1:15.95	1:10.10	1:13.22
200m Backstroke	2:59.69	3:06.03	2:42.79	2:48.54	2:37.58	2:43.14	2:31.90	2:37.27
50m Breaststroke	41.47	42.63	38.83	39.91	37.02	38.05	35.98	36.98
100m Breaststroke	1:31.17	1:33.75	1:25.35	1:27.77	1:21.37	1:23.68	1:19.09	1:21.34
200m Breaststroke	3:16.74	3:21.09	3:04.18	3:08.26	2:55.60	2:59.49	2:50.69	2:54.47
50m Butterfly	35.64	35.71	33.36	33.43	31.81	31.88	30.92	30.98
100m Butterfly	1:19.02	1:21.11	1:13.97	1:15.93	1:10.53	1:12.39	1:08.55	1:10.37
200m Butterfly	2:54.87	2:58.08	2:43.71	2:46.72	2:36.08	2:38.95	2:31.71	2:34.50
200m Medley	2:56.34	3:02.50	2:45.38	2:51.17	2:37.86	2:43.37	2:33.53	2:38.90
400m Medley	6:14.70	6:24.73	5:51.43	6:00.84	5:35.43	5:44.41	5:26.24	5:34.97

## Qualifying Times male

Event	2011-2012		2009-2010		2007-2008		2006 - older	
	25m	50m	25m	50m	25m	50m	25m	50m
50m Freestyle	28,33	29,39	26,70	27,70	25,74	26,70	25,23	26,17
100m Freestyle	1.02,45	1.05,27	58,95	1.01,61	56,87	59,43	55,76	58,27
200m Freestyle	2.17,19	2.20,82	2.09,67	2.13,10	2.05,19	2.08,51	2.02,79	2.06,03
400m Freestyle	4.45,70	4.56,23	4.31,08	4.41,06	4.19,05	4.28,60	4.10,26	4.19,48
	<b>25m - All ages</b>				<b>50m- All ages</b>			
800m Freestyle		8.40,01				8.50,22		
1500m Freestyle		16.33,17				17.01,48		
50m backstroke	33,79	35,99	30,52	32,51	29,29	31,20	28,23	30,07
100m backstroke	1.13,87	1.18,87	1.06,72	1.11,23	1.04,03	1.08,36	1.01,72	1.05,90
200m backstroke	2.41,46	2.51,07	2.25,83	2.34,51	2.19,94	2.28,28	2.14,90	2.22,94
50m Breaststroke	36,86	38,34	34,44	35,82	32,55	33,86	31,64	32,91
100m Breaststroke	1.21,67	1.24,04	1.16,32	1.18,52	1.12,13	1.14,22	1.10,11	1.12,14
200m Breaststroke	2.57,54	3.05,40	2.45,89	2.53,23	2.36,80	2.43,74	2.32,41	2.39,16
50m Butterfly	32,13	32,90	30,02	30,74	28,38	29,06	27,58	28,24
100m Butterfly	1.10,59	1.13,06	1.05,96	1.08,27	1.02,35	1.04,53	1.00,60	1.02,72
200m Butterfly	2.37,87	2.43,03	2.26,24	2.31,02	2.19,43	2.23,98	2.15,53	2.19,95
200m Medley	2.40,28	2.46,66	2.30,05	2.36,03	2.22,01	2.27,67	2.18,12	2.23,63
400m Medley	5.43,29	5.54,53	5.21,38	5.31,91	5.04,17	5.14,14	4.55,84	5.05,53

The organizer reserves the right to limit the numbers of heats in all events and agegroups

### PARA SWIMMING:

Qualifying times are 150% of the 50m world record per January 1st 2025. (if unclear, list can be sent to club- send mail to meetoffice@bsf.no) WPS rules and classification will be used. 50m og 100m events will have a dedicated para preliminary and final heat. Para swimmers are welcome to compete in the longer distances, seeded together with all other competitors, with prizes according to the WPS classifications



# ACCOMADATIONS

IN COLLABORATION WITH OUR PARTNER SCANDIC, WE OFFER COMPLETE ACCOMMODATION PACKAGES AT FAVORABLE PRICES.

## Prices With Full Board:

- Single Room: 2,350 NOK Per Person/Night
- Double Room: 1,570 NOK Per Person/Night
- Triple Room: 1,320 NOK Per Person/Night

\*Includes hotel room, breakfast, lunch buffet, and dinner buffet per person. From dinner on the day of arrival to lunch on the day of departure.

**Booking:** Fill in the preliminary form from our websites and mail it to [meetoffice@bsf.no](mailto:meetoffice@bsf.no)

There is a limited number of hotel rooms available.

- A complete list showing all names, and persons staying in each room must be received no later than March 12, 2025. If not, a fee will be incurred.
- Upon booking, a 50% advance payment will be invoiced, with a payment deadline of January 8, 2025.
- The remaining balance will be invoiced with a payment deadline of March 12, 2025.

## Cancellation Policy:

- For cancellations made before January 8, 100% of the rooms can be canceled without charge.
- For cancellations made before March 12, 25% of the remaining rooms can be canceled without charge.

