

THE 3RD EDITION OF

ASKER GRAND PRIX

16TH - 18TH OF OCTOBER

2026

PREAMBLE

**BY ACCEPTANCE FROM THE NORWEGIAN SWIMMING FEDERATION AND
ACCORDING TO THE NORWEGIAN SWIMMING FEDERATIONS RULES AND
REGULATIONS, ASKER SVØMMEKLUBB HEREBY HAS THE PLEASURE OF
INVITING TO ASKER GRAND PRIX 2026**

**ASKER GRAND PRIX IS A WORLD AQUATICS APPROVED MEET AND IS ELIGIBLE
AS A QUALIFICATION EVENT FOR THE 2026 BEIJING WORLD CHAMPIONSHIPS.
THE VENUE FOR THE EVENT WILL BE HOLMEN SVØMMEHALL IN ASKER,
NORWAY.**

**THE MEET WILL GO OVER 3 DAYS, STARTING FROM FRIDAY THE 16TH OF
OCTOBER 2026 AND LAST THROUGHOUT THE FOLLOWING WEEKEND ,
ENDING ON THE 18TH OF OCTOBER 2026.**

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TIME SCHEDULE

FRIDAY

WARM UP - 15:00

SESSION START - 16:30

SATURDAY

WARM UP A-FLIGHT - 08:00

SESSION START A-FLIGHT - 09:30

WARM UP B-FLIGHT - 11:30

SESSION START B-FLIGHT - 12:30

WARM UP FINALS - 16:00

SESSION START FINALS - 17:00

SUNDAY

WARM UP A-FLIGHT - 08:00

SESSION START A-FLIGHT - 09:30

WARM UP B-FLIGHT - 11:30

SESSION START B-FLIGHT - 12:30

WARM UP FINALS - 15:00

SESSION START FINALS - 16:00

THE VENUE

THE COMPETITION POOL HAS EIGHT (8) LANES. EACH LANE IS 2.5 METERS WIDE AND 25 METERS LONG. THE POOL HAS CHLORINATED FRESH-WATER AND HAS A TEMPERATURE OF 26 DEGREES CELCIUS.

THERE WILL BE ELECTRONIC TIMING THROUGHOUT THE EVENT.

THE VENUE IS EQUIPED WITH A 12,5M X 12,5M COOL DOWN POOL WHICH WILL BE AVAILABLE THROUGHOUT THE EVENT.

THE ADRESS FOR HOLMEN SVØMMEHALL IS DEVIKVEIEN 6, 1394 NESBRU, ASKER - NORWAY



CLASSIFICATION

THE EVENT IS OPEN FOR ATHLETES BORN IN 2013 OR EARLIER, WHO HAS A REGISTRATION TIME WITHIN OUR TIME STANDARDS.

AN ATHLETE THAT HAS ACHIEVED ONE CUT FOR ASKER GRAND PRIX CAN DO OTHER EVENTS EVEN THOUGH THEIR REGISTRATION TIME DOES NOT MAKE THE TIME STANDARD. PLEASE NOTE THAT THIS REGULATION DOES NOT WORK IN COMPLIANCE WITH THE FOLLOWING EVENTS: 200 BUTTERFLY, THE 400'S, 800'S AND 1500M FREESTYLE

THE TIME STANDARDS FOR PARA ATHLETES IS 150% OF WR IN GIVEN CLASSIFICATION.

IF NECESSARY, THE MEET OFFICIALS RESERVES THE RIGHT TO LIMIT THE AMOUNT OF HEATS IN EACH EVENT. THIS RIGHT WILL NOT AFFECT THOSE WHO HAVE A REGISTRATION TIME WITHIN THE TIME STANDARD IN THE GIVEN EVENT.

A-FLIGHT AND B-FLIGHT

IN THE 50, 100 AND 200 METRES, THE FOUR BEST PRILIMINARY HEATS ARE SWUM IN A-FLIGHT. ALL REMAINING HEATS IN THESE EVENTS ARE SWUM IN B-FLIGHT.

SWIMMERS MAY FIND THAT THEY QUALIFY FOR DIFFERENT FLIGHTS IN DIFFERENT EVENTS AND MAY THEREFORE RISK HAVING TO COMPETE IN BOTH A-FLIGHT AND B-FLIGHT ON THE SAME DAY.

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HEAT LIMITATIONS

A- AND B-FLIGHTS:

800/1500 - ONLY THE 24 BEST ENTRY TIMES WILL BE ALLOWED TO SWIM THE EVENT.

400 FREE - ONLY THE 32 BEST ENTRY TIMES ARE ALLOWED TO SWIM THE EVENT.

FINALS:

400 IM AND 1500 FREE WILL BE SWUM AS DIRECT FINALS ON FRIDAY EVENING. OTHER THAN THIS, ALL EVENTS WILL BE SWUM AS A-FINALS DURING THE FINALS SESSIONS.

800/400 FREE WILL BE SWUM AS DIRECT FINALS, WITH THE 8 BEST ENTRY TIMES IN THE FINAL SEQUENCE, REMAINING HEATS IN B-FLIGHT.

B-FINALS ONLY FOR THE 50 AND 100 METRE EVENTS.

FOR PARA, A-FINALS WILL BE SWUM IN THE 50 METRE EVENTS ONLY.

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PRIZES

TRIAL HEATS AND B-FINALS ARE NOT AWARDED PRIZES AT ASKER GRAND PRIX. ONLY A-FINALS ARE AWARDED PRIZES.

THE PRIZES ARE CASH AND MEDALS FOR FIRST, SECOND AND THIRD PLACE.

IN ADDITION TO THIS, THERE WILL BE PRIZES FOR BREAKING THE POOL-RECORDS IN EACH EVENT AS WELL AS PRIZE MONEY FOR THE ATHLETES WITH THE TOP THREE POINT SWIMS FOR EACH GENDER.

CASH PRIZES WILL, IF POSSIBLE, ONLY BE PAID DIRECTLY TO THE ATHLETE. PLEASE NOTE THAT IT WILL TAKE UP TO 2 WEEKS BEFORE CASH PRIZES ARE PAID OUT.

A FORM FOR FILLING IN THE NECESSARY PAYMENT INFO WILL BE GIVEN TO EACH PRIZE-WINNING ATHLETE. FILLING OUT THIS FORM IS A CRITERIA FOR BEING PAID.

SWIMMERS WILL ONLY BE ELIGIBLE FOR FULL PRIZES IF EIGHT (8) OR MORE SWIMMERS ATTEND IN THE GIVEN EVENT. IF LESS THEN EIGHT SWIMMERS ATTEND THE EVENT, THE PRIZE MONEY WILL BE HALF THE ORIGINAL SUM. IF LESS THAN FOUR (4) SWIMMERS ATTEND THE EVENT, NO PRIZE MONEY WILL BE AWARDED. PLEASE NOTE THAT THIS REGULATION IS A STANDARD FOR ALL CLASSES.

PRIZE MONEY

THE PRIZE MONEY FOR **1ST**, 2ND AND **3RD** PLACE ARE THE FOLLOWING:

NOK 2000,- FOR FIRST
NOK 1000,- FOR SECOND
NOK 500,- FOR THIRD

IF ANY EVENTS END WITH A TIE, BOTH ATHLETES WILL BE PAID THEIR RESPECTIVE AMOUNT.

DURING ASKER GRAND PRIX, THERE WILL BE PRIZE MONEY FOR BREAKING POOL RECORDS. THE PRIZE MONEY FOR EACH RECORD IS NOK 2000,-

POOL RECORDS - NOK 2000,-

***PLEASE NOTE THAT PRIZE MONEY FOR BREAKING POOL RECORDS ONLY WILL BE AWARDED IF THE RECORD-BREAKING SWIM IS DONE IN THE FINALS SESSION.**

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PRIZE MONEY

THE TOP 3 POINT-SCORERS FOR EACH GENDER WILL BE AWARDED WITH PRIZE MONEY. THE PRIZE MONEY FOR EACH GENDER IS THE FOLLOWING:

NOK 10 000,- FOR HIGHEST POINT SWIM

NOK 5000,- FOR SECOND HIGHEST POINT SWIM

NOK 2500,- FOR THIRD HIGHEST POINT SWIM

THE HIGHEST POINT SWIMS CAN BE DONE BOTH IN THE PRILIMINARY SESSION AND THE FINALS SESSION.

THE TOTAL PRIZE POOL OF ASKER GRAND PRIX IS NOK 261 000,-

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SCHEDULE

FRIDAY:

400 IM W**
400 IM M**
1500 FREESTYLE W**
1500 FREESTYLE M**

SATURDAY:

200 FREESTYLE W
100 FREESTYLE M
100 BREASTSTROKE W
50 BREASTSTROKE M
100 BUTTERFLY W
100 BACKSTROKE M
50 BACKSTROKE W
200 BUTTERFLY M
200 IM W
400 FREESTYLE M*
50 FREESTYLE W
200 BREASTSTROKE M
800 FREESTYLE W*
100 IM W
50 BUTTERFLY M
200 BACKSTROKE W
4X50 FREESTYLE M***
4X50 FREESTYLE W***

SUNDAY:

200 FREESTYLE M
100 FREESTYLE W
100 BREASTSTROKE M
50 BREASTSTROKE W
100 BUTTERFLY M
100 BACKSTROKE W
50 BACKSTROKE M
200 BUTTERFLY W
200 IM M
400 FREESTYLE W*
50 FREESTYLE M
200 BREASTSTROKE W
800 FREESTYLE M*
100 IM M
50 BUTTERFLY W
200 BACKSTROKE M
4X50 IM W***
4X50 IM M***

***DIRECT FINAL, 8 BEST TIMES IN FINALS SESSION.**

****DIRECT FINAL.**

*****ALL HEATS ARE IN FINALS SESSION.**

DOPING CONTROLS

EXPECT DOPING CONTROLS THROUGHOUT THE EVENT.

COST OF ATTENDANCE

**THE STANDARD STARTING FEE WILL BE NOK 150,-
THE STARTING FEE FOR RELAYS WILL BE NOK 300,-
THERE WILL BE AN FEE FOR ACCREDITATION OF NOK 50,-**

REGISTRATION

THE REGISTRATION DEADLINE IS OCTOBER 2ND AT 23:59.

REGISTRATIONS ARE SENT WITH LENEX-FILE.

THE E-MAIL ADRESS FOR REGISTRATIONS IS: stevne@askersvom.no

2025 RESULTS

FOLLOW THIS LINK AND CHOOSE EVENT.

[HTTPS://LIVETIMING.MEDLEY.NO/RESULTATER.ASPX?STEVNENR=5206](https://livetiming.medley.no/resultater.aspx?stevnenr=5206)

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ACCOMODATION

THE GIVEN PRIZES ARE, AS OF NOW, ONLY INDICATIVE.

**MORE INFORMATION AND OTHER OFFERS WILL BE AVAILABLE
AND POSTED ON OUR WEBSITE ASKERGP.COM**

THON HOTEL ASKER:

**SINGLE ROOM W/BREAKFAST NOK 1195,- PER NIGHT
DOUBLE ROOM W/BREAKFAST NOK 1395,- PER NIGHT
TRIPLE ROOM W/BREAKFAST NOK 1595,- PER NIGHT**

**SINGLE ROOM FULL PENSION NOK 1765,- PER NIGHT
DOUBLE ROOM FULL PENSION NOK 2545,- PER NIGHT
TRIPLE ROOM FULL PENSION NOK 3345,- PER NIGHT**

HOLMEN FJORDHOTELL:

**SINGLE ROOM W/BREAKFAST NOK 1300,-PER NIGHT
DOUBLE ROOM W/BREAKFAST NOK 1600,- PER NIGHT**

**IT WILL BE POSSIBLE TO BUY LUNCH- AND DINNER-PACKAGES
DURING ASKER GRAND PRIX. THE PRIZE FOR THESE
PACKAGES WILL BE NOK 200,- PER MEAL**

ORDER FOOD-PACKAGES FOR YOUR TEAM USING THIS LINK:

[HTTPS://FORMS.CLOUD.MICROSOFT/E/H62KHYBMGO](https://forms.cloud.microsoft/e/h62khybmgo)

**FOR MORE INFORMATION, PLEASE CONTACT OUR
ACCOMODATION MANAGER:**

**METTE HUSTOFT,
mette@askersvom.no**

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POOL RECORDS AND TIME STANDARDS

THE NEXT PAGES SHOWS THE CURRENT POOL RECORDS, AS OF AUGUST 2026. THE TIME STANDARDS ARE ON THE LAST PAGE. WE WILL ACCEPT FAIR CONVERSIONS FROM LCM.

CONTACT INFO

IF YOU HAVE ANY QUESTIONS, PLEASE DO NOT HESITATE TO CONTACT.

**CONTACT E-MAIL: kristian@askersvom.no
CONTACT PHONE NUMBER: (+47) 482 44 031**

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Women's Records – Holmen Svømmehall

Event	Swimmer	Time	Year
50 Free	Hedda Øritsland	24.77	2025
100 Free	Hedda Øritsland	53.00	2025
200 Free	Bea Hovda	1:56.92	2025
400 Free	Bea Hovda	4:03.18	2025
800 Free	Bea Hovda	8:24.96	2025
1500 Free	Bea Hovda	16:05.83	2025
50 Backstroke	Hanna Rosvall	26.93	2025
100 Backstroke	Hanna Rosvall	57.25	2025
200 Backstroke	Hanna Rosvall	2:06.54	2025
50 Breaststroke	Susanne Steinnes	31.18	2025
100 Breaststroke	Saga Boråker	1:07.64	2025
200 Breaststroke	Saga Boråker	2:26.34	2025
50 Butterfly	Sandra Maria Balto	25.98	2025
100 Butterfly	Sandra Maria Balto	58.73	2025
200 Butterfly	Maya Hetland	2:11.97	2025
100 IM	Malene Rypestøl	1:01.61	2018
200 IM	Maya Hetland	2:11.50	2025
400 IM	Malene Rypestøl	4:40.07	2018
4x50 Free Relay	Ol Swimming	1:41.69	2025
4x50 Medley Relay	Bærumsvømmerne	1:50.00	2018
4x100 Free Relay	Stavanger SK	3:44.25	2025
4x100 Medley Relay	Ol Swimming	4:01.77	2025
4x200 Free Relay	Stavanger SK	8:09.81	2025

Men's Records – Holmen Svømmehall

Event	Swimmer	Time	Year
50 Free	Elias Nordeng Refstie	21.83	2025
100 Free	Elias Persson	47.62	2025
200 Free	Sander Kiær Sørensen	1:44.17	2025
400 Free	Sander Kiær Sørensen	3:46.63	2025
800 Free	Henrik Christiansen	7:45.52	2025
1500 Free	Henrik Christiansen	14:52.04	2025
50 Backstroke	Markus Lie	24.05	2025
100 Backstroke	Aksel Krüger-Larsen	52.92	2025
200 Backstroke	Aksel Krüger-Larsen	1:53.96	2025
50 Breaststroke	Jørgen Scheie Bråthen	26.33	2025
100 Breaststroke	Christoffer Tofte Haarsaker	58.99	2025
200 Breaststroke	Erik Persson	2:07.40	2025
50 Butterfly	Nicholas Lia & Elias Klev	23.16	2022/2025
100 Butterfly	Elias Klev	51.81	2025
200 Butterfly	Tomoe Zenimoto Hvas	1:57.09	2018
100 IM	Markus Lie	53.07	2025
200 IM	Charlie Skoglund Macmillan	1:58.61	2025
400 IM	Erik Persson	4:15.95	2024
4×50 Free Relay	Bærumsvømmerne	1:26.30	2025
4×50 Medley Relay	Bærumsvømmerne	1:35.68	2025
4×100 Free Relay	Bærumsvømmerne	3:10.35	2025
4×200 Free Relay	SK Team Sør	7:18.81	2025
4×100 Medley Relay	Bærumsvømmerne	3:33.67	2025

Time Standards – Asker Grand Prix (Short Course)

Event	Women SC	Men SC
50 Free	33.07	29.67
50 Back	36.68	35.23
50 Breast	41.54	39.07
50 Fly	35.36	32.78
100 Free	1:10.12	1:06.84
100 Back	1:18.86	1:17.85
100 Breast	1:31.76	1:27.84
100 Fly	1:23.56	1:16.35
100 IM	1:18.01	1:17.02
200 Free	2:32.19	2:19.56
200 Back	3:00.42	2:40.02
200 Breast	3:20.28	3:10.23
200 Fly	3:43.68	2:59.14
200 IM	3:03.39	2:44.45
400 Free	5:45.73	4:51.68
400 IM	6:00.93	5:43.68
800 Free	10:52.33	10:09.48
1500 Free	21:21.78	20:45.80