



**NSSM**  
**2026**

# The North Sea Swim Meet 2026

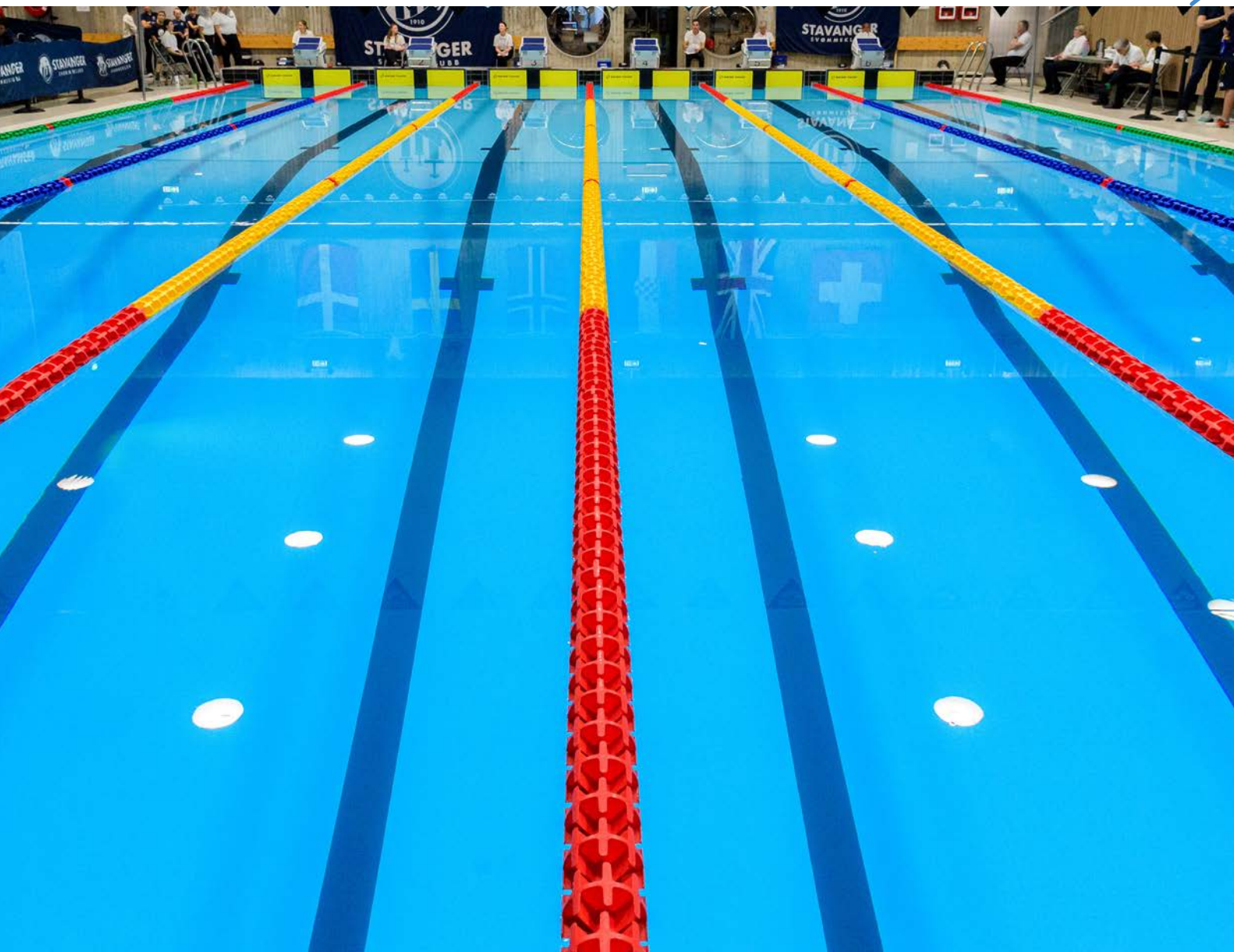
23 - 25 October  
Stavanger

\* Approved as a qualification  
competition for



**With the approval of the  
Norwegian Swimming Federation,**

**Stavanger Svømmeklubb  
hereby invites to the 53th edition  
of the North Sea Swim Meet  
23-25 October 2026**



# King Harald Haarfagre Challenge Trophy

«Together we are better»

Inspired by King Harald Haarfagre, Stavanger Svømmeklubb would like to acknowledge the fastest female and male team at North Sea Swim Meet. The trophy is awarded to inspire and focus on common goals, development and growth in their own team and clubs. Statues are owned and managed by Stavanger Svømmeklubb. The Challenge Troph is awarded to the winning female and male 4x100 freestyle team in the super final. In case of a tie, it is the best time in qualifying that will determine the winner. If there is still a tie, it is the best time in the first leg which determines the winner of the trophy.

King Harald Challenge Trophy can only be won by a qualified team in the duper final at the annual North Sea Swim Meet, no matter where the swim meet takes place. Each winnig team will get their team's name engraved on the trophy.

To inherit the trophy permanently, the same team must win the trophy three times during a decade.



# Events - 2026



# 23

FREDAG  
FRIDAY

| Distance | Stroke              | Gender |
|----------|---------------------|--------|
| 200m     | IM                  | Women  |
| 200m     | IM                  | Men    |
| 50m      | Freestyle           | Women  |
| 50m      | Freestyle           | Men    |
| 100m     | Breaststroke        | Women  |
| 100m     | Breaststroke        | Men    |
| 50m      | Backstroke          | Women  |
| 50m      | Backstroke          | Men    |
| 200m     | Butterfly           | Women  |
| 200m     | Butterfly           | Men    |
| 1500m    | Freestyle (2 heats) | Women  |
| 800m     | Freestyle (2 heats) | Men    |
| 4 x 50m  | Freestyle           | Mix    |



# 24

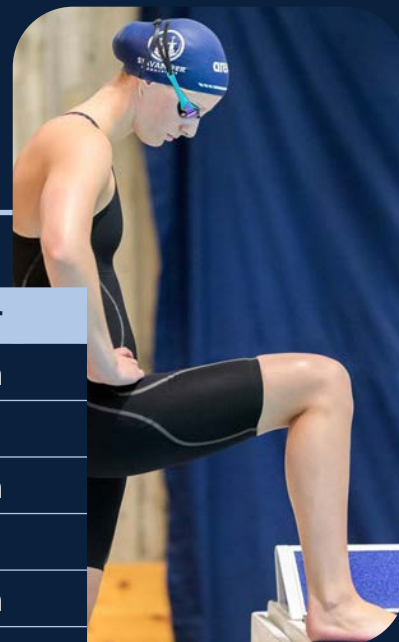
LØRDAG  
SATURDAY

| Distance | Stroke           | Gender |
|----------|------------------|--------|
| 400m     | Freestyle        | Women  |
| 400m     | Freestyle        | Men    |
| 100m     | Backstroke       | Women  |
| 100m     | Backstroke       | Men    |
| 50m      | Butterfly        | Women  |
| 50m      | Butterfly        | Men    |
| 400m     | Medley (2 heats) | Women  |
| 400m     | Medley (2 heats) | Men    |
| 200m     | Breaststroke     | Women  |
| 200m     | Breaststroke     | Men    |
| 100m     | Free             | Women  |
| 100m     | Free             | Men    |
| 4 x 50m  | Medley           | Mix    |



**25**  
**SØNDAG**  
**SUNDAY**

| Distance | Stroke              | Gender |
|----------|---------------------|--------|
| 100m     | Butterfly           | Women  |
| 100m     | Butterfly           | Men    |
| 200m     | Backstroke          | Women  |
| 200m     | Backstroke          | Men    |
| 50m      | Breaststroke        | Women  |
| 50m      | Breaststroke        | Men    |
| 200m     | Freestyle           | Women  |
| 200m     | Freestyle           | Men    |
| 100m     | Medley              | Women  |
| 100m     | Medley              | Men    |
| 800m     | Freestyle (2 heats) | Women  |
| 1500m    | Freestyle (2 heats) | Men    |
| 4 x 100m | Freestyle           | Women  |
| 4 x 100m | Freestyle           | Men    |



The pool has 6 lanes.  
 It will be a short course (25m)  
 competition, and the water temperature is

**26°C / 78,8°F.**

# Competition

Three sessions every day:

## Morning session no 1

Two oldest classes, para and relays.

**Start – 09.00 all days**  
during the whole competition

## Morning session no 2

Two youngest classes

**Approx. 1 hour after session no 1**  
during the whole competition

## Evening session no 3

Finals

Friday, Saturday:

**Start - 17.00**

Sunday:

**Start - 16.00**

The meet organizer reserves the right to change the start time for the direct finals and apply heat limitations, if necessary, to ensure good conditions for the swimmers. 400 IM, 800m and 1500m freestyle events are limited to two (2) heats.

**Swimmers will compete in five different classes; both genders.**

|       |             |             |             |         |      |
|-------|-------------|-------------|-------------|---------|------|
| Women | 2013 - 2012 | 2011 - 2010 | 2009 - 2008 | Seniors | Para |
| Men   | 2013 - 2012 | 2011 - 2010 | 2009 - 2008 | Seniors | Para |

## Direct finals and Super finals

The meet will have both direct and super finals, with participation limited by qualification.

Superfinals in all individual and relay events

- except 800 m freestyle, 1500 m freestyle and 400 m individual medley for both genders.

2 heats in those three events will take place as 1 heat in the A-flight and 1 heat (direct final) in the super finale program in the evening.

A finals for each other event irrespective of age group; B finals for 50 m and 100 m events only.

## Para swimmers

Super finals in the 50m events, one heat in each event irrespective of class. If heat limitations do not apply, para swimmers may swim in age class heats for non-para events. Swimmers will be ranked according to the Australian model for multi disability meets, based on relative proximity to the world record in the respective classes. This procedure applies to selection for participation and for awards.

The official long course world records by 1 January 2026 will be used as the basis for the selection.

# Price money and awards

# 1

## Direct finals:

Medals for 1/3 of individual competitors.

Super finals and direct finals in 800m freestyle, 1500 freestyle and 400m individual medley both genders:

|      |      |
|------|------|
| 1 st | 1000 |
| 2 nd | 500  |
| 3 rd | 250  |

In case of a tie in any race, the prize money will be shared (e.g. if there are two 1 st places, then no 2 nd place prize money will be awarded. The total of NOK 1 500 will be equally shared between the two winners).

# 2

## Awards para class

Direct finals: Medals for 1/3 of individual competitors.

Super finals:

|      |      |
|------|------|
| 1 st | 1000 |
| 2 nd | 500  |
| 3 rd | 250  |

# 5

**Best performance in para class in direct or super final, irrespective of gender and para class, will be awarded NOK 10 000.**

At least five (5) participants must participate in the competition for the prize money for the best para swimmer shall be paid. The second-best score is used in case of a tie, then third and so on. Swimmers under the age of 15 are not eligible.

|      |       |
|------|-------|
| 1 st | 10000 |
|------|-------|

# 3

## Best female and best male swimmer

The best female and male swimmer, combined in two events will be awarded NOK 10 000 using the FINA 2025-point table.

|      |       |
|------|-------|
| 1 st | 10000 |
|------|-------|

# 4

## Best junior swimmer

Best junior swimmer, regardless of gender, combined in two events using the FINA 2025-point table will be awarded a NOK 2 500.

The third-best score is used in case of a tie, then fourth and so on. Swimmers under the age of 15 are not eligible.

|      |      |
|------|------|
| 1 st | 2500 |
|------|------|

All amounts in NOK

# Qualification times 2026

## Women/girls

| Event             | 2013-2012 | 2011-2010 | 2009-2008 | 2007 a.  | Para       |
|-------------------|-----------|-----------|-----------|----------|------------|
| 50m freestyle     | 30,70     | 29,15     | 28,50     | 28,00    | 150% of WR |
| 100m freestyle    | 01.08,00  | 01.03,00  | 01.01,00  | 01.00,00 | 150% of WR |
| 200m freestyle    | 02.27,00  | 02.16,50  | 02.13,00  | 02.11,00 | NA         |
| 400m freestyle    | 05.00,00  | 04.47,00  | 04.40,00  | 04.38,00 | NA         |
| 800m freestyle    | 9.26,00   |           |           |          | NA         |
| 1500m freestyle   | 18.15,00  |           |           |          | NA         |
| 50m backstroke    | 36,50     | 34,50     | 33,00     | 32,00    | 150% of WR |
| 100m backstroke   | 01.19,00  | 01.12,00  | 01.09,00  | 01.08,00 | 150% of WR |
| 200m backstroke   | 02.45,94  | 02.33,00  | 02.31,00  | 02.29,00 | NA         |
| 50m breaststroke  | 40,50     | 38,00     | 36,00     | 35,00    | 150% of WR |
| 100m breaststroke | 01.28,00  | 01.21,00  | 01.19,00  | 01.17,00 | 150% of WR |
| 200m breaststroke | 03.05,00  | 02.54,50  | 02.51,00  | 02.47,00 | NA         |
| 50m butterfly     | 34,50     | 31,70     | 31,00     | 29,50    | 150% of WR |
| 100m butterfly    | 01.18,50  | 01.11,00  | 01:09,00  | 01.07,00 | 150% of WR |
| 200m butterfly    | 03.34,36  | 02.46,33  | 02.38,20  | 02.37,00 | NA         |
| 100m medley       | 01.18,50  | 01.12,50  | 01.10,00  | 01.09,00 | 150% of WR |
| 200m medley       | 02.46,36  | 02.33,00  | 02.31,00  | 02.30,00 | NA         |
| 400m medley       | 05:30,00  |           |           |          | NA         |



# Men/boys

| Event             | 2013-2012 | 2011-2010 | 2009-2008 | 2007 a. o. | Para       |
|-------------------|-----------|-----------|-----------|------------|------------|
| 50m freestyle     | 28,50     | 26,50     | 25,50     | 24,80      | 150% of WR |
| 100m freestyle    | 01.02,00  | 57,00     | 54,00     | 53,00      | 150% of WR |
| 200m freestyle    | 02.15,00  | 02.05,50  | 01.59,50  | 01.55,00   | NA         |
| 400m freestyle    | 4.38,00   | 04.27,00  | 04.12,00  | 04.10,00   | NA         |
| 800m freestyle    | 8.40,00   |           |           |            | NA         |
| 1500m freestyle   | 16.45,00  |           |           |            | NA         |
| 50m backstroke    | 33,50     | 31,50     | 29,50     | 28,70      | 150% of WR |
| 100m backstroke   | 01.12,00  | 01.05,50  | 01.04,00  | 01.02,00   | 150% of WR |
| 200m backstroke   | 02.30,00  | 02.22,50  | 02.21,00  | 02.19,00   | NA         |
| 50m breaststroke  | 37,00     | 34,50     | 32,50     | 31,00      | 150% of WR |
| 100m breaststroke | 01.19,00  | 01.15,00  | 01.11,00  | 01.08,00   | 150% of WR |
| 200m breaststroke | 02.52,00  | 02.37,00  | 02.31,50  | 02.30,00   | NA         |
| 50m butterfly     | 31,50     | 29,00     | 27,50     | 26,50      | 150% of WR |
| 100m butterfly    | 01.10,00  | 01.04,00  | 01.00,00  | 58,00      | 150% of WR |
| 200m butterfly    | 03.15,17  | 02.32,50  | 02.20,50  | 02.17,00   | NA         |
| 100m medley       | 01.11,00  | 01.06,00  | 01.02,50  | 01.01,50   | 150% of WR |
| 200m medley       | 02.30,00  | 02.22,00  | 02.17,00  | 02.14,00   | NA         |
| 400m medley       | 04.51,00  |           |           |            | NA         |

To view all meet records, please visit our website



# Entry fee

**NOK 200,-**  
each event start

**NOK 300,-**  
per relay

## Entries

Withdrawals must be entered into [livetiming.medley.no](http://livetiming.medley.no) before and no later than one hour prior to the session start. Password will be provided at the meet office on arrival. Non-Norwegian teams may submit withdrawals directly to the time manager/officials. Anyone who retires from the super finals must retire no later than 30 minutes after prelims ends. The invoice will be sent to the email address used for the registration.

**Start lists will be published at [livetiming.medley.no](http://livetiming.medley.no)**

## Authentication for pool access

All swimmers must have accreditation for access control. Accreditation cost is 50 NOK per swimmer, manager and coach. Everyone must be accredited. List of managers and coached must be sent in with registration email. One representative of each team must pick up all the team's accreditation at the meet office. No swimmers will be able to access the pool and changing area without an accreditation.

## Direct finals and Super finals

Late entries against double entry fee will be accepted, subject to heat limitations. Payment details will be sent by email as soon as the starting list is verified, wait for instructions by mail. Payment must be received by 24.00 hours on date shown in payment details received on mail after starting list are confirmed.

**Qualification period is  
13 October 2025 - 12 October 2026.**

**Entries must be received  
by 24 00 hours,  
October 12 th 2026.**

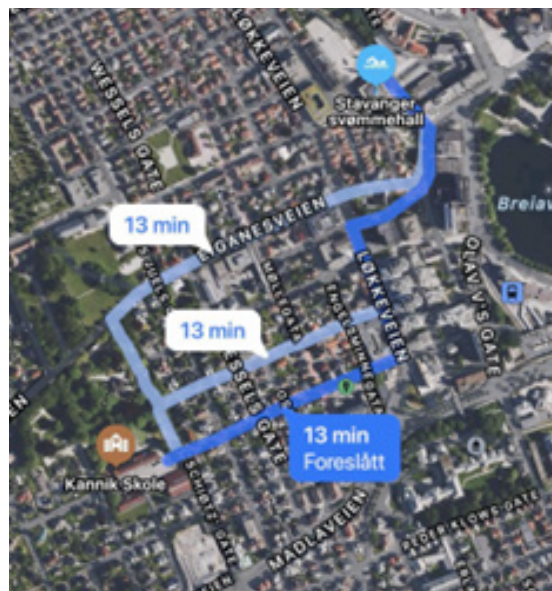
**E-mail for entries:**  
[stevne@kongstensvommerne.no](mailto:stevne@kongstensvommerne.no)  
All entries will be confirmed at receipt.



# Warm up

There will be warm up in the competition pool and in the Kannik pool. The accreditation must be shown for access to the Stavanger Swimming Pool for warm up in the morning. Stavanger will be open for warm up/cool down after prelims up to 15 minutes before super finals. Kannik can also be used for cool down, until closure.

This is to ensure good warm up conditions are provided, that are not too crowded, which we hope everyone will appreciate. Dedicated warm up time slots will be given to each individual club closer to the competition.



Stavanger Svømmehall,  
Lars Hertvigs gate 4, 4005 Stavanger

| Pool                    | Thursday    | Friday      | Saturday    | Sunday      |
|-------------------------|-------------|-------------|-------------|-------------|
| Stavanger Swimming Pool | 17:00-20:00 | 07:00-8:45  | 07:00-8:45  | 07:00-8:45  |
| Kannik                  | N/A         | 07:30-12:00 | 07:00-12:00 | 07:00-12:00 |

## Call Room

All swimmers must meet in the call room minimum 15 minutes prior to scheduled race time for registration and check. There will be no access without accreditation. Further information will be given at the info meeting.

## Hotels & Accommodations

Stavanger Swimming Club has partnered with several hotels for the competition weekend. Rooms can be booked with full board (all meals included) or with breakfast only.

## Meet office

Opens Thursday 22 October 17:00–20:00 hours in the lobby of Stavanger Swim hall. The Meet office is open throughout the competition and will close within 30 minutes after the last heat in every session is done.

### Meet information:

Thursday 22 October 19:00 hours  
in English at Stavanger Swimming Pool meeting room.

## Information

For further information and inquiries, please contact:

**Jone Edland**, (Meet Director)

+47 920 29 657

**Karl Henry Steen** (during Swim Meet)

+47 916 25 161



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