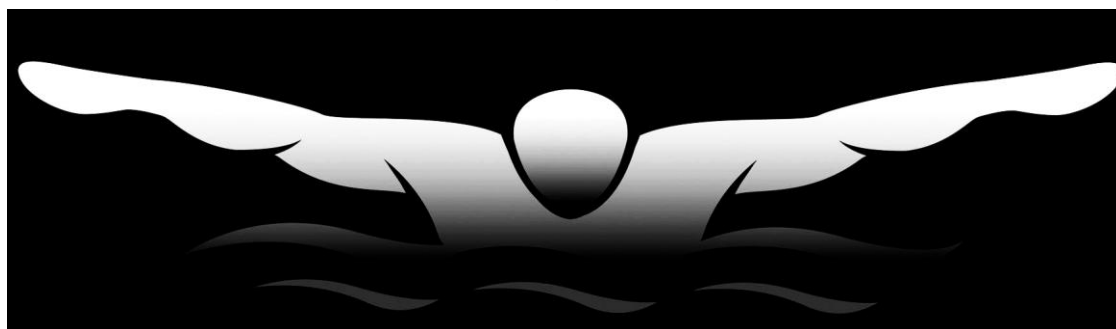




Invitation to

**Open Norwegian Masters
Championships Swimming
Short course**

in Stavanger, Norway



**Friday 12 March 2010 -
Sunday 14 March 2010**

**Open for all registered Masters
swimmers around the world!**



Scandic

With the approval of the Norwegian Swimming Federation (NSF) you are hereby invited to the Open Norwegian Masters Championships Swimming in Stavanger, Norway. The championship yearly attracts more than 400 participants, and it is open also for foreign participants.

Date: 12-14 March 2010

Place: Stavanger Swimming pool, Stavanger, Norway

Pool size: 25 meters, 6 lanes, and the water temperature is approximately 26 C.

Warm up pool: 12,5 meter pool (shallow)

According to NSF rules, doping checks may occur during the championship.



Introducing Stavanger

The Stavanger region offers a range of scenic attractions. And everything is within reach whether you want to experience beautiful fjords, majestic mountains or the open sea. A trip to Lysefjorden is a must when visiting the Stavanger region. Here you can experience the famous mountains [Preikestolen](#) and [Kjerag](#).

The Stavanger region also offers a number of cultural experiences. It is a lively and colorful region which offers a range of unique cultural experiences whether you are interested in historic monuments, interesting museums or innovative architecture. Come and experience why the Stavanger region was chosen as European Capital of Culture in 2008!

General information about Stavanger

Information about the city of Stavanger is found here: www.regionstavanger.com

Contacts

Don't hesitate to contact us! It is easiest to contact us by e-mail:

May.Karin.Gismervik@ras.rl.no. To ensure you get additional information when it's ready you could enroll to the mailing list by sending an e-mail to:

geir.patursson@lyse.net.



LICENSE AND CLUB

NSF reminds everybody to arrange a valid masters license for 2010 before the start of the event, and also to ensure they compete for their official club.

In case of invalid masters license or club the results will be deleted, and medals must be returned.

BANQUET / GET TOGETHER PARTY

Saturday evening there will be a big banquet in Stavanger Hall at **Clarion Hotel Stavanger** starting at 20.00h. The price per person is NOK 495,-.

The total amount for the club shall by Bank transfer be paid to;

Bank: DnB NOR

BIC: DNBANOKKXXX, IBAN no: NO81 1202 6509 147 (International bank account)

Please mark the payment with "Banquet" + Club + Number of people. **Note! The payment for the banquet and the participation fee shall be paid in two separate payments.** Deadline for payment is **Friday 26 February 2010 at 24.00h, late entries are not accepted.** Payment = ticket for the banquet.

ACCOMODATION

There are negotiated masters friendly prices for the event at the following hotels:

Clarion Hotel Stavanger (hotel for the banquet)

Thursday 11 March – Friday 12 March 2010

Single rooms: NOK 1290,- including breakfast

Double rooms: NOK 1390,- including breakfast

Friday 12 March – Sunday 14 March 2010

Single rooms: NOK 795,- per night including breakfast

Double rooms: NOK 895,- per night including breakfast

Phone: +47 51 50 25 27, or e-mail to: hege.rudshaug@choice.no

Use the following reference: **120747**

Comfort Hotel Stavanger

Friday 12 March – Sunday 14 March 2010

Single rooms: NOK 750,- per night including breakfast

Double rooms: NOK 850,- per night including breakfast

Phone: +47 51 20 14 00, or e-mail to: booking.stavanger@choice.no

Use the following reference: **56137**



Radisson SAS Royal Hotel

Thursday 11 March – Friday 12 March 2010

Single rooms: NOK 1295,- including breakfast

Double rooms: NOK 1395,- including breakfast

Triple rooms: NOK 1595,- including breakfast

Friday 12 March – Sunday 14 March 2010

Single rooms: NOK 795,- per night including breakfast

Double rooms: NOK 895,- per night including breakfast

Triple rooms: NOK 1095,- per night including breakfast

Use the following reference: **1003SVØM11**

Phone: +47 51 76 60 00.

All hotels are located within 3 minutes walking distance from the swimming pool.

ENTRIES

Electronic registration by using UNI_P (Prima format) from Victoria or equivalent to be sent to: hans.hagenes@gagdata.no within **Friday 26 February 2010 at 24.00h.**

The events may be downloaded from www.medley.no to Victoria.

Late entries are not accepted, and corrections to be sent as soon as possible to hans.hagenes@gagdata.no. For questions about entries please contact Hans Hagenes by mail or phone (+47 928 11 685).

PARTICIPATION FEE

Individual events: NOK 75,- per event

Relay events: NOK 150,- per team

The total amount for the club shall by Bank transfer be paid to;

Bank: DnB NOR

BIC: DNBANOKKXXX, IBAN no: NO81 1202 6509 147 (International bank account)

Please mark the payment with "Fees" + Club + Number individual starts + relays. **Note!**

The payment for the banquet and the participation fee shall be paid in two separate payments. Deadline for payment is **Friday 26 February 2010 at 24.00h.**

Paid entry fee will not be refunded.

COMPETITION DOCTOR

Will be available during the championship.

TEAM LEADER MEETING

Friday 12 March 13.00h at Stavanger Svømmehall.



MEDALS

Medals will be awarded for places 1-3 for individual events and team relays in all classes. Open Norwegian Championships medals may also be awarded to non-Norwegians. Medals must be collected during the championships, and will not be sent afterwards.

CONTACT INFORMATION

- May Karin Gismervik, e-mail: May.Karin.Gismervik@ras.rl.no or phone +47 936 67 760.
- Mailing address: ROMA, P.O. Box 584, N-4003 STAVANGER, NORWAY.
- Internet: www.ro-ma.no/NMMasters2010/tabid/123/Default.aspx and www.svomming.no/masters.

CLASS SPECIFICATION

Individual classes:

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: 95-99

The age for class specification is the age held by the swimmer at 31.12.10.

Team relay classes:

A: 100-119	B: 120-159	C: 160-199	D: 200-239
E: 240-279	F: 280-319	G: 320-359	

WARM UP

Friday from 12.00h
Saturday from 07.30h
Sunday from 10.30h

COMPETITION START

Friday 14.00h
Saturday 09.00h
Sunday 12.00h



SCHEDULE OF EVENTS

Day 1–Friday 12 March 2010 – Session 1			Day 2 – Saturday 13 March 2010 – Session 3		
12.00 – Warm up			12.15 – Warm up		
14.00 – Start session			13.00 – Start session		
1	4 x 50 BREAST	MIX	19	400 FREE	Men
2	200 BUTTERFLY	Men	20	400 FREE	Women
3	200 BUTTERFLY	Women	21	50 BUTTERFLY	Men
4	200 IND MEDLEY	Men	22	50 BUTTERFLY	Women
5	200 IND MEDLEY	Women	23	100 IND MEDLEY	Men
6	100 BREAST	Men	24	100 IND MEDLEY	Women
7	100 BREAST	Women	25	50 BREAST	Men
8	4 x 50 MEDLEY	Men	26	50 BREAST	Women
9	4 x 50 MEDLEY	Women	27	4 x 50 FREE	Men
10	1500 FREE	Men	28	4 x 50 FREE	Women
Day 2, Saturday 13 March 2010, Session 2			Day 3 – Sunday 14 March 2010 – Session 4		
07.30 – Warm up			10.30 – Warm up		
09.00 – Start session			12.00 – Start session		
11	800 FREE	Women	29	50 FREE	Women
12	200 BREAST	Men	30	50 FREE	Men
13	200 BREAST	Women	31	100 BUTTERFLY	Women
14	100 FREE	Men	32	100 BUTTERFLY	Men
15	100 FREE	Women	33	50 BACK	Women
16	100 BACK	Men	34	50 BACK	Men
17	100 BACK	Women	35	4 x 50 FREE	MIX
18	4 x 50 MEDLEY MIX	MIX			

The organizer reserves the right to make changes to the program. Changes will be communicated on the internet and be available at the information centre.

**Welcome to Stavanger and the
Open Norwegian Masters Championships
12 – 14 March 2010**

