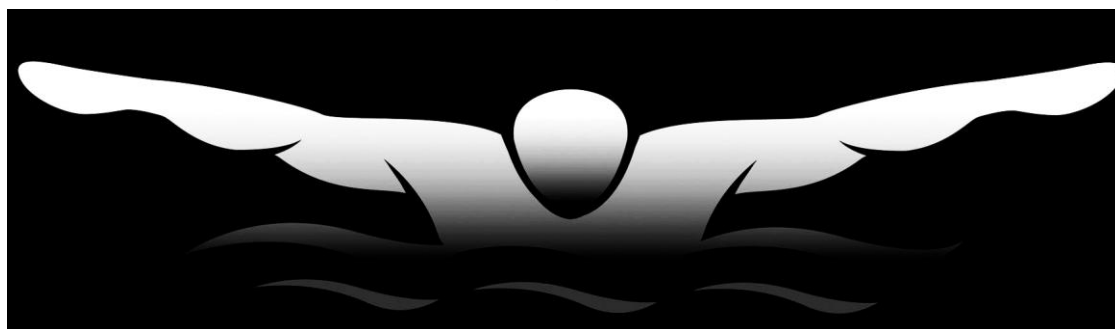




**Invitation to**

**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](http://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](mailto:hans.hagenes@gagdata.no) within **Friday 26 February 2010 at 24.00h.**

The events may be downloaded from [www.medley.no](http://www.medley.no) to Victoria.

Late entries are not accepted, and corrections to be sent as soon as possible to [hans.hagenes@gagdata.no](mailto: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](mailto: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](http://www.ro-ma.no/NMMasters2010/tabid/123/Default.aspx) and [www.svomming.no/masters](http://www.svomming.no/masters).

## **CLASS SPECIFICATION**

### **Individual classes:**

<b>A:</b> 25-29	<b>B:</b> 30-34	<b>C:</b> 35-39	<b>D:</b> 40-44	<b>E:</b> 45-49
<b>F:</b> 50-54	<b>G:</b> 55-59	<b>H:</b> 60-64	<b>I:</b> 65-69	<b>J:</b> 70-74
<b>K:</b> 75-79	<b>L:</b> 80-84	<b>M:</b> 85-89	<b>N:</b> 90-94	<b>O:</b> 95-99

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

### **Team relay classes:**

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

## **WARM UP**

Friday from 13.00h  
Saturday from 07.30h  
Sunday from 10.30h

## **COMPETITION START**

Friday 15.00h (**Note! Changed from 14.00**)  
Saturday 09.00h  
Sunday 12.00h



## SCHEDULE OF EVENTS

<b>Day 1–Friday 12 March 2010 – Session 1</b>			<b>Day 2 – Saturday 13 March 2010 – Session 3</b>		
13.00 – Warm up			12.15 – Warm up		
15.00 – Start session <b>(Note! Changed!)</b>			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
<b>Day 2, Saturday 13 March 2010, Session 2</b>			<b>Day 3 – Sunday 14 March 2010 – Session 4</b>		
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**

