



INVITATION

**Nordic Championships
Swimming 2017**





KEY INFO

On behalf of the Nordic Swimming Federation and the Icelandic Swimming Association we are pleased to invite you to the Nordic Championships 2017. On this page you should find key information regarding the competition, the location, schedule and dates.

Date:	1-3. December 2017
Venue:	Laugardalslaug in Reykjavík, Iceland 25m x 50m indoor pool, 10 lanes
Address:	Sundlaugavegur 30, 105 Reykjavík Map
Age groups:	Junior Boys: ages 14 – 17 ('00 – '03) Junior Girls: ages 13 – 16 ('01 – '04) Senior Boys: 18 years and older ('99 and older) Senior Girls: 17 years and older ('00 and older)
Invited nations:	Denmark, Estonia, Faroe Islands, Finland, Iceland, Latvia, Lithuania, Norway and Sweden
Pool Setup:	25m, 8 lanes, water temp 27°C Electronic timing (Quantum Swiss Timing)
Clinic:	TBA
Team Leader Meeting:	19:30 - Thursday november 30 th in Pálsstofa, Laugardalslaug (at the pool)

Competition Schedule

Thursday Nov 30th

Practices / 17-19:30
Team Leader Meeting / 19:30

Friday Dec 1st

Heats
Warm up / 7:30 – 8:50
Heats start / 9:00

Finals

Warm up / 16-17:20
Finals start / 17:30

Saturday Dec 2nd

Heats
Warm up / 7:30 – 8:50
Heats start / 9:00

Finals

Warm up / 16-17:20
Finals start / 17:30

Sunday Dec 3rd

Heats
Warm up / 7:30 – 8:50
Heats start / 9:00

Finals

Warm up / 16-17:20
Finals start / 17:30

Key Dates

Preliminary entry / Booking

20. September 2017

Reservation payment 50%

2. October 2017

Final entry / Rooming List

6. November 2017

Sports entry by name

20. November 2017

Final payment

24. November 2017

Accommodation:

Accommodations are at **Grand Hótel Reykjavík**. Breakfast is included.

Lunch and dinner are at **Café Easy**.

Both are within walking distance of the pool and each other.

Grand Hótel Reykjavík

Sigtún 38
105 Reykjavík

Café Easy

Engjavegur 6
104 Reykjavík



Prices:

Hotel prices per person per night (*Included is breakfast at hotel. Also included dinner from Thursday to Sunday and lunch from Friday to Sunday at Café Easy*).

Single Room
29.000 ISK

Twin Room
17.000 ISK

Triple Room
14.000 ISK

If a person with any food allergies or intolerance is in your team, please let us know as soon as possible.



Rules and regulations (from the [NSF Rules](#)):

B - Swimming

1. Nordic Championships

1.1 Nordic championships should be held every year in December.

1.2 Championships are held over a 25-meter course. Championships should preferably be held in an 8-lane pool.

1.3 Competitors in the championships shall be:

Juniors

- boys who reach the age of 14 to 17 during the calendar year
- girls who reach the age of 13 to 16 during the calendar year

Seniors

- boys 18 years and older during the calendar year
- girls 17 years and older during the calendar year

1.4 Each participating country may enter an unlimited number of individual swimmers in individual events and one team per age group in team events. A maximum of two swimmers per age group and country may swim the finals.

Late entries are allowed until the end of the team managers meeting the day before the competition starts.

All relays must be entered with an entry time (sum of four individual times and no withdraw from relay takeovers)

1.5 The disciplines in the championships are swum in heats and a final. The age groups swim joint heats in each discipline but separate finals. See order of event and start time of each session under "Order of events".

- 800 and 1,500 m freestyle are swum as combined timed finals. 800m/1500 meters the slowest heats will be swum in the morning session and the fastest in the evening. Medals will be awarded in both Junior and Senior age groups.
- Relays in 4 x 100 freestyle, 4 x 200 freestyle and 4 x 100 medley is conducted in two groups; junior and senior. However junior swimmers can take part in senior relays, but senior swimmers cannot take part in junior relays. Each swimmer can only swim in one relay team in each discipline (junior team or senior team).

Even though a

junior swimmer is included



in a senior relay, the points earned by the senior relay will still count in the team competition for senior.

- 50m disciplines are swum as open.
- The mixed 8x50m relay is swum so that all swimmers can be juniors but with a maximum 50% from the senior team.
- The relay events are swum only in the finals session.

1.6 The competitions are swum from Friday to Sunday with heats in the morning and finals in the afternoon. Warm-up 1.5 hours before each session. Withdrawals can be made 30 min after each morning session.

1.7 The winner of the junior final is the Nordic Junior Champion and the winner of the senior final is the Nordic Champion. NSF logo medals are awarded to swimmers who finish first, second and third in each age group and discipline, and the same for teams in team events.

1.8 Order of events

Friday	Saturday	Sunday
1. 200m freestyle girls/women	15. 50m breaststroke women (Open)	27. 50m freestyle women (Open)
2. 200m freestyle boys/men	16. 50m breaststroke men (Open)	28. 50m freestyle men (Open)
3. 100m breaststroke girls/women	17. 100m freestyle girls/women	29. 200m backstroke girls/women
4. 100m breaststroke boys/men	18. 100m freestyle boys/men	30. 200m backstroke boys/men
5. 100m backstroke girls/women	19. 100m butterfly girls/women	31. 200m breaststroke girls/women
6. 100m backstroke boys/men	20. 100m butterfly boys/men	32. 200m breaststroke boys/men
7. 50m butterfly women (Open)	21. 400m medley girls/women	33. 400m freestyle girls/women
8. 50m butterfly men (Open)	22. 400m medley boys/men	34. 400m freestyle boys/men
9. 200m medley girls/women	23. 50m backstroke women (Open)	35. 200m butterfly girls/women
10. 200m medley boys/men	24. 50m backstroke men (Open)	36. 200m butterfly boys/men
11. 800m freestyle girls/women		
12. 1500m freestyle boys/men	15 minute break	15 minute break
15 minute break		
	25. 4x200m freestyle girls/women	37. 4x100m medley girls/women
13. 4x100m freestyle girls/women	26. 4x200m freestyle boys/men	38. 4x100m medley boys/men
14. 4x100m freestyle boys/men		39. 8x50m freestyle mixed

Start times of sessions:

The preliminary heats should start no later than 9:00 and the finals should start no later than 18:00.

1.9 Points will be awarded according to the NSF general rules and regulations (section A, pkt. 13).

- Only points achieved in finals can be counted.
- A trophy will be awarded to the winning team in the junior group and the winning team in the senior group.
- Points achieved in 50m open events counts (only) in senior team competition.



- There will be awarded no points in 8x50m freestyle relay.

1.10 The following four trophies will be awarded in the “Best performance award”:

- Trophy for overall best female youth performances according to FINA points (junior girls)
- Trophy for overall best male youth performances according to FINA points (junior boys)
- Trophy for overall best female youth performances according to FINA points (senior)
- Trophy for overall best male youth performances according to FINA points (senior)

Points:

Individual + all diving events		Swimming relays	
Position	/Points	Position	/Points
1	9	1	18
2	7	2	14
3	6	3	13
4	5	4	12
5	4	5	11
6	3	6	10
7	2	7	9
8	1		



Entries and deadlines:

Entry rules can be found in the rules, part 1.4 and part 1.6.

Deadline for preliminary entry / booking is 20. September 2017.

50% reservation payment must be paid no later than 2. Oktober 2017.

Deadline for final entry / booking is 6. November 2017.

Sports entries by name shall be handed in no later than 20. November 2017

50% final payment must be paid no later than 24. November 2017

The individual entry times should be the swimmers best times achieved between the 3. December 2016 and 20. November 2017 (Sports entries deadline)

Please use the attached forms for preliminary entry / booking, final entry / booking and sports entries and mail them to our registration e-mail:

The Icelandic Swimming Association

Competition manager

Emil Örn Harðarson

Email: skraning@iceswim.is

We prefer the sports entries to be entered using LENEX file (.lxf). The entry files will be available on the competition website soon:

www.iceswim.is/nm-2017

National federations will receive an invoice for 50% of the total amount after the preliminary entries. After the final entries, the federations will receive an invoice for the remaining amount.

Account information:

Icelandic Swimming Association

Engjavegi 6

104 Reykjavik

Iceland

Account: 528-26-7327

Nr: 6402692359

Swift: GLITISRE

Please send receipt to email: skraning@iceswim.is



Transportation:

There is a Flybus going from Keflavík Airport to BSÍ (Bus terminal downtown Reykjavík). From there you can take a smaller shuttle bus taking you directly to the hotel. (Just tell the bus driver at Keflavík Airport that you are going to Grand Hotel Reykjavík).

Tickets for the Flybus can be purchased in-flight Icelandair or at Keflavík Airport. You can also order tickets online, get schedule info and prices at:

www.re.is/flybus

If you land at Reykjavík Airport (Atlantic Airways) you are in walking distance to BSÍ bus terminal but due to weather it would probably be better to take a **Taxi** directly to the hotel.

www.hreyfill.is

Tel 588 5522

www.bsr.is

Tel 561 0000

The airport transportation is at your own cost.

There will be no arranged shuttle bus transportation between the pool, hotel and Cafe Easy.

Further information:

Information about the city of Reykjavík can be found here:

www.visitreykjavik.is

If you have any further questions concerning the Nordic Championships, do not hesitate to contact us for further information.

Competition info

Emil Örn Harðarson
Competition Manager
Tel: +354 695 1300
emil@iceswim.is

Accommodation and meals

Ingibjörg Helga Arnardóttir
General Secretary
Tel: +354 770 6066
ingibjorg@iceswim.is

We look forward to welcome you to Iceland.

Best regards,
The Icelandic Swimming Association



2017 NORDIC SWIMMING CHAMPIONSHIPS PRELIMINARY ENTRY FORM

Please email this form to the Icelandic Swimming Association no later than 20. September 2017 to the registration office – skraning@iceswim.is

Your Contact Info

FEDERATION	
ADDRESS	
CONTACT PERSON	
PHONE	
EMAIL	

Number of participants

JUNIOR GIRLS	
JUNIOR BOYS	
SENIOR GIRLS	
SENIOR BOYS	
TEAM STAFF	
TOTAL	

Preliminary hotel booking (Grand Hótel Reykjavík)

DATE OF ARRIVAL	
DATE OF DEPARTURE	
SINGLE ROOMS	
TWIN ROOMS	
TRIPLE ROOMS	



2017 NORDIC SWIMMING CHAMPIONSHIPS FINAL ENTRY FORM

Please email this form to the Icelandic Swimming Association no later than 6. November 2017 to the registration office – skraning@iceswim.is

Your Contact Info

FEDERATION	
ADDRESS	
CONTACT PERSON	
PHONE	
EMAIL	

Number of participants

JUNIOR GIRLS	
JUNIOR BOYS	
SENIOR GIRLS	
SENIOR BOYS	
TEAM STAFF	
TOTAL	

Final hotel booking (Grand Hótel Reykjavík)

DATE OF ARRIVAL	
DATE OF DEPARTURE	
SINGLE ROOMS	
TWIN ROOMS	
TRIPLE ROOMS	

Flight info

	date	time	flight nr	from
FLIGHT ARRIVAL				
FLIGHT DEPARTURE				



2017 NORDIC SWIMMING CHAMPIONSHIPS ROOMING LIST

Please email this form to the Icelandic Swimming Association no later than 6. November 2017 to the registration office – skraning@iceswim.is

Single Rooms

1	
2	
3	
4	
5	
6	

Twin Rooms

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

Triple Rooms

1			
2			
3			
4			
5			
6			