



## OPEN NM MASTERS 2017 FREDRIKSTAD

On behalf of the Norwegian Swimming Federation and Kongstensvømmerne it is a pleasure to invite you to the Open Norwegian Championship in Swimming for Masters in Fredrikstad at Kongstenhallen, Gamle Fredrikstad. The competition will take place Friday 24<sup>th</sup> March to Sunday 26<sup>th</sup> March.

The championship will be conducted in accordance to the rules and regulations of the Norwegian Swimming Federation.

The pool is 25m with 6 lanes and water temperature is approximately 27°C. Electronic timing will be used. Unfortunately there is no secondary warm up/swim down pool, but there will be a gymnastic hall available.

**Starting time of each session is indicative only. The schedule and heats may be adjusted if participators are higher than expected.**

### Registration

Registration form (Victoria or similar forms Uni\_p) must be sent by e-mail to: Bernt Ole Gulbrandsen, [nmmaster2017@kongstensvommerne.no](mailto:nmmaster2017@kongstensvommerne.no) within February 21<sup>st</sup> 2017 (by midnight). The schedule can be downloaded from [www.medley.no](http://www.medley.no). No late entries will be accepted. If Victoria is not available, you can use the Excel form on <http://livetiming.medley.no/stevnedetaljer.aspx?stevnenr=2257>, or [www.medley.no](http://www.medley.no).

### Entry Fee

NOK 100 per individual start  
NOK 200 per relay start

### Team Leader Meeting

Team leader meeting is Friday at 15.00. Withdrawals is to be delivered in writing at the team leader meeting or a.s.a.p. at the meet office – at the latest one hour prior to start.

Withdrawals from Friday morning must be delivered at the meet office before start.

### Age Groups/Classes

0 (zero): 20-24	Pre-masters				
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 class depends on the age of the swimmer as of 31.12.2017.

### Relay Classes

0 (zero): 80-99	Pre-masters				
A: 100-119	B: 120-159	C: 160-199	D: 200-239	E: 240-279	F: 280-319
G: 320-359	Note: Pre-masters can only participate in class 0 (80-99) in the relay events.				



## Award Prizes

Medals for 1st – 3rd place, individuals and relays for all classes.

Pre-masters are not included in calculating points towards the Best Club, nor any award prizes given.

## Disabled / Handicapped Swimmers

The meet will use the Australian model for each of the individual classes. The ranking will be within each class separately where the percentage measured against the world record (per January 1st 2017) for each class.

## Payment

Each club will receive an invoice for entry fee and banquet.

The Banquet must be paid within February 15<sup>th</sup>, 2017.

## Licence and Club Affiliation

NSF wants to remind everyone that all participants must, at the championship, have paid the license for 2017. If the license is not paid, the participant/club will be liable to pay a penalty fee of NOK 1.000. If a participant is representing a club that she/he is not eligible for, the club is liable for a penalty fee of NOK 1.000. If the license is not paid or one represents a club she/he is not eligible for, the results for this athlete will be deleted, and the prize the athlete may have received must be returned.

## Drug Control

Drug controls can be conducted during the competition.

## Accommodation / Hotel

See separate hotel list.

## Banquet

Scandic City Hotel, Fredrikstad. Saturday at 19.30.

Price: NOK 600 per person.

Menu: Welcome Drink and Buffet.

Dancing in the new nightclub, after dinner.

If there are special needs concerning food allergies, please let us know as soon as possible.

Registration deadline within February 1<sup>st</sup>. Payment latest within February 15<sup>th</sup>. Billed by Kongstensvømmerne.

## Information

For further information, please contact:

Bernt Ole Gulbrandsen, [mmaster2017@kongstensvommerne.no](mailto:mmaster2017@kongstensvommerne.no) or phone +4791367853 (not between 0700-1500).

Home page: <http://www.kongstensvommerne.no/index.php/nm-master-2017>

The Organizer reserves himself the right to make changes in the program. Any changes will be published on the website, during the championship. <http://livetiming.medley.no>

## Friday Night

There will be an opportunity for a nightcap in the brand new bar, (name unknown, as it is not yet released ☺) at the Scandic Hotel City Friday night.



# Program Open Norwegian Masters in swimming 2017

## **Friday, 24<sup>th</sup> March, 12.00** (Warmup 10.30)

Event 1. 1500 m Freestyle Women

Event 2. 800 m Freestyle Men

## **Friday, 24<sup>th</sup> March, 16.00** (Warmup 14.30)

Event 3. 4x50 m relay Butterfly Mix

Event 4. 100 m Freestyle Women

Event 5. 100 m Freestyle Men

Event 6. 200 m Backstroke Women

Event 7. 200 m Backstroke Men

Event 8. 50 m Breaststroke Women

Event 9. 50 m Breaststroke Men

Event 10. 4x50 m relay Medley Women

Event 11. 4x50 m relay Medley Men

## **Saturday, 25<sup>th</sup> March, 09.00** (Warmup 07.30)

Event 12. 400 m Medley Women

Event 13. 400 m Medley Men

Event 14. 100 m Breaststroke Women

Event 15. 100 m Breaststroke Men

Event 16. 50 m Butterfly Women

Event 17. 50 m Butterfly Men

Event 18. 100 m Backstroke Women

Event 19. 100 m Backstroke Men

Event 20. 4x50 m relay Freestyle Women

Event 21. 4x50 m relay Freestyle Men

## **Saturday, 25<sup>th</sup> March, 15.00** (Warmup 13.30)

Event 22. 200 m Freestyle Women

Event 23. 200 m Freestyle Men

Event 24. 100 m Butterfly Women

Event 25. 100 m Butterfly Men

Event 26. 4x50 m relay Medley Mix

## **Sunday, 26<sup>th</sup> March, 12.00** (Warmup 10.30)

Event 27. 50 m Freestyle Women

Event 28. 50 m Freestyle Men

Event 29. 50 m Backstroke Women

Event 30. 50 m Backstroke Men

Event 31. 100 m Medley Women


Event 32. 100 m Medley Men

Event 33. 4x50 m relay Freestyle Mix



## Hotels/Accommodation

<b>Scandic</b>	Scandic Hotel City Gunnar Nilsen's gate 9 1607 Fredrikstad <a href="mailto:resepsjon@hotelcity.no">resepsjon@hotelcity.no</a> Phone: + 47 69 38 56 000		
	<b>Date</b>	<b>Room</b>	<b>Prices per room</b>
23-26.03.2017	Single room Double room Triple room	NOK 895/night NOK 990/night NOK 1.190/night	REF Nmmaster2017
Accommodation with breakfast buffet Rates are for reservation before 01.02.2017			
This is the hotel where the banquet will be held			

	Quality Hotel Fredrikstad Nygata 2-6 1607 Fredrikstad <a href="mailto:q.fredrikstad@choice.no">q.fredrikstad@choice.no</a> Phone: + 47 69 39 30 000		
	<b>Date</b>	<b>Room</b>	<b>Prices per room</b>
23-26.03.2017	Single room Double room Triple room	NOK 995/night NOK 1.115/night NOK 1.915/night	REF Nmmaster2017
Accommodation with breakfast buffet Rates are for reservation before 01.02.2017			

	<b>Fredrikstad Motel And Camping</b> Torsnesveien 16/18 1630 Gamle Fredrikstad <a href="mailto:nmmaster2017@kongstensvommerne.no">nmmaster2017@kongstensvommerne.no</a>		
	<b>Date</b>	<b>Room</b>	<b>Prices per room</b>
23-26.03.2017	Single room Double room Triple room	NOK 650/night NOK 750/night NOK 1.000/night	REF
Accommodation with buffet breakfast Rates are for reservation before 01.02.2017			
23-26.03.2017	6 bed cabin	NOK 1.800, Price per night no breakfast	

