



## OPEN NM MASTERS 2018 ALTA

On behalf of the Norwegian Swimming Federation and Alta SK it is a pleasure to invite you to the Open Norwegian Championship in Swimming for Masters in Nordlysbadet Friday 2<sup>nd</sup> March to Sunday 4<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. We have good conditions for warm up/swim down in a secondary pool.

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

Friday:	warmup at 09.00	Start 1. session at 12.00
Friday:	warmup at 14.30	Start 2. session at 16.00 (Opening 15.45)
Saturday:	warmup at 07.30	Start 3. session at 09.00
Saturday:	warmup at 13.00	Start 4. session at 14.00
Sunday:	warmup at 10.30	Start 5. session at 12.00

### Registration

Registration form (Victoria or similar forms Uni\_p) must be sent by e-mail to: Synnøve Olsen, [nmmaster2018@gmail.com](mailto:nmmaster2018@gmail.com) within February 2<sup>nd</sup> 2018 (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=2554>, or [www.medley.no](http://www.medley.no).

It will be confirmed to the club that registration has been received.

### Entry Fee

NOK 100 per individual start

NOK 200 per relay start

### Team Leader Meeting

Team leader meeting is Friday at 13.00. 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.

### 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.



## 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 31.12.2018.

## 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.

## 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 ) for each class.

## Payment

January 14. – deadline for payment of Hotel. Marked club, room type and how many

February 2. – deadline for payment of start-up. Marked club, number of individual and relay starts.

February 2. – deadline for payment of banquet. Marked club and number of people.

*All payment to account 4901.14.66795.* IBAN-number: NO1049011466795 SWIFT/BIC: SNOWNO22

Bank: Sparebank1 Nord Norge, Markveien 2, 9510 Alta, Norway

## Licence and Club Affiliation

NSF wants to remind everyone that all participants must, at the championship, have paid the license for 2018. 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.

## Banquet

Scandic Hotel, Alta. Saturday at 19.30.

Price: NOK 600,- pr. person

Menu: Buffet with local/short travel food. Dancing after dinner.

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

Registration deadline within February 2<sup>nd</sup>.

## Information

For further information, please contact:

Anne-Grethe Lillemoen, [masternm@altask.no](mailto:masternm@altask.no) or phone +47 916 19 013

Mette Suhr Berg, [masternm@altask.no](mailto:masternm@altask.no) or phone +47 922 37 082

Home page: <http://www.altask.no> Facebook: Master NM Alta 2018

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

Get together NM Masters. We meet at City Scene. Follow on facebook page: Master NM Alta 2018, Where there will be more info.



# Program Open Norwegian Masters in swimming 2018

## Friday 2<sup>nd</sup> March, 12.00 (Warmup 10.30)

- Event 1. 1500 m Freestyle Men
- Event 2. 800 m Freestyle Women

## Friday 2<sup>nd</sup> March 16.00 (Warmup 14.30)

- Event 3. 100 m Freestyle Men
- Event 4. 100 m Freestyle Women
- Event 5. 200 m Butterfly Men
- Event 6. 200 m Butterfly Women
- Event 7. 50 m Breaststroke Men
- Event 8. 50 m Breaststroke Women
- Event 9. 400 m Medley Men
- Event 10. 400 m Medley Women
- Event 11. 4x50 m relay Medley Men
- Event 12. 4x50 m relay Medley Women

## Saturday 3<sup>rd</sup> March 09.00 (Warmup 07.30)

- Event 13. 400 m Freestyle Men
- Event 14. 400 m Freestyle Women
- Event 15. 200 m Medley Men
- Event 16. 200 m Medley Women
- Event 17. 100 m Breaststroke Men
- Event 18. 100 m Breaststroke Women
- Event 19. 50 m Butterfly Men
- Event 20. 50 m Butterfly Women
- Event 21. 200 m Backstroke Men
- Event 22. 200 m Backstroke Women
- Event 23. 4x50 m Freestyle Men
- Event 24. 4x50 m Freestyle Women

## Saturday 3<sup>rd</sup> March 14.00 (Warmup 13.00)

- Event 25. 200 m Freestyle Men
- Event 26. 200 m Freestyle Women
- Event 27. 100 m Backstroke Men
- Event 28. 100 m Backstroke Women
- Event 29. 200 m Breaststroke Men
- Event 30. 200 m Breaststroke Women
- Event 31. 100 m Butterfly Men
- Event 32. 100 m Butterfly Women
- Event 33. 4x50 m relay Medley Mix

## Sunday 4<sup>th</sup> March 12.00 (Warmup 10.30)

- Event 34. 50 m Freestyle Men
- Event 35. 50 m Freestyle Women
- Event 36. 50 m Backstroke Men
- Event 37. 50 m Backstroke Women
- Event 38. 100 m Medley Men
- Event 39. 100 m Medley Women
- Event 40. 4x50 m relay Freestyle Mix



ALTA SVØMMEKLUBBB ARRANGERER

# Master NM 2018

## Accommodation

There are reserved room at Thon Hotel and Scandic Hotel. Both are located in walking Distance to Nordlysbadet.

## THON HOTEL

Price for the different rooms per day:

Single room kr. 995

Double room kr. 995

Triple room kr. 1.195

## SCANDIC HOTEL

Price for the different rooms per day:

Single room kr. 1.140

Double room kr. 1.350

Triple room kr. 1.550

### Booking at:

[masternm@altask.no](mailto:masternm@altask.no)

### Booking contact:

Mette Suhr Berg phone. +47 92237082

