



## Warm up NSSM 2025

The warm up before prelims will be done in the competition pool in Stavanger swimming arena for age group 2008 and older, and para classes. For competitors age group 2009 or younger warm up before prelims will be in the Kannik pool. The competition pool will be open for cool down/warm up after prelims up to 15 minutes before finals. After the finals the arena will be available for 30 minutes.

The swimming arena has a limitation on the maximum number of allowed swimmers in the pool at the same time, hence different sections have been set up to provide all clubs sufficient warm up facilities. We kindly ask all swimmers to respect the dedicated time intervals to provide good conditions and adequate space for everyone.

| Stavanger Swimming Arena |                           |   |
|--------------------------|---------------------------|---|
|                          | Age Groups                | Clubs   |
| <b>Group A</b>           | Born 2008 or older + para | Aberdeen ASC, Arna SLK, Asker SK, Bergen Vest SK, Bergens SC, Bergensvømmerne, Bergkameratene, Bodø SK, Bærumsvømmerne, Bømlo SK, Delfana, Drag SK, Drammen SK, Ealing SC, Egersund SK, Farsund SK, Fauske SK, Førde IL Symjing, Glitre SK, Glitre SK/ NESK, Glitre SK/MSK, Glitre SK/ØESK, Grimstad SK, Hamar IL, Harstad SK, Helsingborgs Simsällskap, Horten SK, Hovedstadens Svømmeklub, IL Solid, Jørpeland SK, Karasjok SK, Klepp SSK, Kolbotn IL, Kongstensvømmerne  |
| <b>Group B</b>           | Born 2008 or older + para | Kristianstads SLS, Kristiansund SK, Lambertseter SK, Lier SK, Lillesand IL, Limmat Sharks Zürich, Mandal SK, Mendrisiotto Nuoto, Modum SK, Nedre Eiker SK, Nordlysbyen SLK, Ol Svømming, Poseidon, Rana SK, Randaberg IL, Sarpsborg IL, Schwimmclub Liestal, Schwimmklub Bern, SK Speed, SK Team Sør, Sk Team Sør /VSK, SK Team Sør/ GSK, SK Team Sør/ VSLK, SK Team Sør/FSK, SK Team Sør/KSA, Ski SK, Skien SK, Stjørdals-Blink IL, Stord IL Symjing, Svolvær IL, SvømDanmark, Svømmeklubben Kvik Kastrup, Swim club Arena, Swim club Nevera, Swim Regio Solothurn, Swim Team Lucerne, Tana SK, Triton Lillestrøm, Tromsø SK, Trondhjems SLK, Tverlandet IL, Tønsberg SK, Vardø SK, Varodd, Vennesla SK, Vestbyen Trondheim, Voss IL, Vågsbygd SLK, Øvre Eiker SK, Øyane SK, Aalesunds SLK, Åstveit SK |

| Swimming Arena | Friday | Saturday | Sunday |
|----------------|--------|----------|--------|
| 07:00-07:50    | A      | B        | A      |
| 07:50-08:45    | B      | A        | B      |

|                | Age Groups                | Clubs  |
|----------------|---------------------------|--|
| <b>Group C</b> | Born 2008 or older + para | Bryne SK, Frisinn SK, Haugesund SK, Karmøy SK, Riska SK, Sandnes SLK, Sola SK, Stavanger SK  |
| <b>Group E</b> | Born 2009 or younger      | Aberdeen ASC, Arna SLK, Asker SK, Bergen Vest SK, Bergens SC, Bergensvømmerne, Bergkameratene, Bodø SK, Bryne SK, Bærumsvømmerne, Bømlo SK, Delfana, Drag SK, Drammen SK, Ealing SC  |
| <b>Group F</b> | Born 2009 or younger      | Egersund SK, Farsund SK, Fauske SK, Frisinn SK, Førde IL Symjing, Glitre SK, Glitre SK/ NESK, Glitre SK/MSK, Glitre SK/ØESK, Grimstad SK, Hamar IL, Harstad SK, Haugesund SK, Helsingborgs Simsällskap, Horten SK, Hovedstadens Svømmeklub, IL Solid, Jørpeland SK, Karasjok SK, Karmøy SK, Klepp SSK, Kolbotn IL, Kongstensvømmerne, Kristianstads SLS, Kristiansund SK, Lambertseter SK, Lier SK, Lillesand IL, Limmat Sharks Zürich, Mandal SK, Mendrisiotta Nuoto, Modum SK, Nedre Eiker SK, Nordlysbyen SLK, Øyane SK |
| <b>Group G</b> | Born 2009 or younger      | Ol Svømming, Poseidon, Rana SK, Randaberg IL, Riska SK, Sandnes SLK, Sarpsborg IL, Schwimmclub Liestal, Schwimmklub Bern, SK Speed, SK Team Sør, Sk Team Sør /VSK, SK Team Sør/ GSK, SK Team Sør/ VSLK, SK Team Sør/FSK, SK Team Sør/KSA, Ski SK, Skien SK, Sola SK, Aalesunds SLK   |
| <b>Group H</b> | Born 2009 or younger      | Stavanger SK, Stjørdals-Blink IL, Stord IL Symjing, Svolvær IL, SvømDanmark, Svømmeklubben Kvik Kastrup, Swim club Arena, Swim club Nevera, Swim Regio Solothurn, Swim Team Lucerne, Tana SK, Triton Lillestrøm, Tromsø SK, Trondhjems SLK, Tverlandet IL, Tønsberg SK, Vardø SK, Varodd, Vennesla SK, Vestbyen Trondheim, Voss IL, Vågsbygd SLK, Øvre Eiker SK, Åstveit SK  |

| Kannik      | Friday |  |  |
|-------------|--------|--|--|
| 07:00-08:00 | C      |  |  |
| 08:00-08:45 | E      |  |  |
| 08:45-09:30 | F      |  |  |
| 09:30-10:15 | G      |  |  |
| 10:15-11:00 | H      |  |  |

| Kannik      |  | Saturday | Sunday |
|-------------|--|----------|--------|
| 07:00-08:00 |  | C        | C      |
| 08:00-08:40 |  | F        | G      |
| 08:40-09:15 |  | G        | H      |
| 09:15-09:55 |  | H        | E      |
| 09:55-10:30 |  | E        | F      |

# Kannik: St. Svithuns gate 40

