Information NSSM 2022

➔ Welcome
49.th NSSM
We would like to share some information.
Arena will be open from 7.00- until 45 min after finals.
Kannik will be open from 7:30-12.00
The meet office is open all day, they can help with almost anything ;-)
Please pick up your accreditation in the meet office. Coaches pick up accreditation for all participants. Remember ribbon for coaches.
Participants must look after their accreditation cards all weekend.
By the meet office you will find first aid supplies and there is also a defibrillator in the arena.

➔ Fire instructions
In case of fire alarm, all of us must leave the building immediately. We will gather at the parking lot on the other side of the arena, and will be escorted to the OK 23 building where all can get inside the building.
Remember that no one must block fire exits, particularly upstairs by the restrooms. Coaches are responsible for their own swimmers to get outside.

➔ Pool
Showers before entering the pool is required for everyone. It is important for the quality of the water, and the level of chlorine. The pool may close if the level gets to high. Since there are restrictions in the pool and the pool area we have to split the warm up in different groups. Ref. warm up schedule.
There will be a basket next to the start blocks for the athlets to put their belongings in, after start the basket wil be removed to an table near the small pool. The athletes need to pick up their belongings after each heat.

➔ Withdrawals
Please find the sheet in your bag. You will find your password for withdrawals and the webpage where you insert withdrawals. Internasjonal swimmers can take direct contact with meet director. Withdrawls for same day need to be submitted before 08.00. Withdrawls for the finals need to be submitted to meet director at the latest 30 minutes after last group of the heat settings is finished.

Relay must be submitted 1 hour prior to start.

➔ Heatlimitations, there are some limitations. Please contact meet director if you have any questions.

➔ Callrom, upstairs in the left corner when you enter the arena. Must meet 10 mins prior to heat. Remember accreditation. Swim gear will be checked in the callroom.

➔ Lockers. Not possible to lock lockers. Swimmers MUST shower. Keep the area tidy.

- ➔ Lunch in the arena for international swimmers. Will be served after senior swimmers are finished, and also after junior. So there will be two time slots to be able to accommodate all of you. We know that some of you have arranged lunch at your hotel. Please let us know if you don`t plan to eat lunch with us in the arena.

- ➔ Entry fees: with reference to previous mail correspondents, feel free to contact meet director if any questions.