

# Important Information for nations Participating in the Nordic Youth Championships 2026

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## Opening Parade

On **Monday at 09:40**, one representative from each club should be ready for the opening parade, wearing official apparel.

**Meeting point:** By the diving tower.

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## Warm-up / Swim-down During the Competition

Athletes may use the **outdoor pool** for warm-up and swim-down during the competition.

**Please note:** The outdoor pool is reserved **exclusively for athletes competing in the Championships**.

The 50-metre pool will remain open for **one hour after each session** for swim-down.

The indoor pools may **not** be used, except for the 50-metre competition pool.

In case of bad weather, the **teaching pool** will be opened for warm-up and swim-down during the competition.

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## Team Leaders' Meeting

The Team Leaders' Meeting will be held in the meeting room next to the café at Tøyenbadet. The time has been moved to Sunday, June 28th at 5:00 PM.

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## Coaches' Corner

The Coaches' Corner is located in the same room as the Team Leaders' Meeting and will be open throughout the championships.

Please note that the room will close **60 minutes before each session** and close for **30 minutes after each session** to accommodate officials' meetings.

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## Call Room

Athletes must report to the Call Room **10 minutes before the scheduled start of each event.**

Meeting point: Outside the entrance to the Call Room (outside the changing rooms inside the aquatic centre).

In the Call Room:

- Competition swimwear and equipment will be checked for compliance with World Aquatics regulations.
- Athlete identity will be verified.
- Athletes will remain isolated from outside influence until escorted to the competition area.

**Please remember to bring your accreditation!**

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## Finalists' Parade

Athletes will be escorted directly from the Call Room in the following lane order:

**Lane 8 – Lane 1 – Lane 7 – Lane 2 – Lane 6 – Lane 3 – Lane 5 – Lane 4**

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## Medal Ceremonies

- We kindly ask all medalists to wear official apparel during the medal ceremony.
  - Athletes should report to the medal ceremony area next to the announcer's table.
  - Please make every effort to arrive on time.
  - We ask all medalists to keep their medals around their necks until the official photographs have been taken and they have stepped down from the podium.
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## Transportation

- The **Oslo Metro (T-bane)** is the easiest way to travel between the official championship hotel and Tøyenbadet. Please use the **Ruter Reise** app for schedules and the **Ruter** app to purchase tickets.
- Electric scooters (Voi, Ryde and Bolt) are widely available.

Parking is very limited, and we strongly encourage everyone to use public transport.

Limited street parking is available nearby, as well as a parking garage at **Tøyen Torg**.

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## Team Tents

Unfortunately, team tents are **not permitted** on the Tøyenbadet premises.

However, tents may be set up in **Tøyen Park** at your own risk.

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## Medical Assistance

Should medical assistance be required, we recommend **Oslo Emergency Medical Centre (Oslo Legevakt)** at **Aker Hospital**, located approximately 10 minutes away by car.

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## More Information

Further information about the Norwegian Championships will be published continuously at:

<https://ltmobil.medley.no/stevne.aspx?stevnenr=5896>

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We look forward to welcoming you all to **Tøyenbadet!**

Best regards,

**The Championships Organising Committee**

**Kristian Nygaard**

Meet Director

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