



**NORGES
SVØMMEFORBUND**
Norwegian Swimming Federation



ibpm
BERGEN OG OMEGN MASTERS

Invitation to Open Norwegian Masters Championships Short Course 2012 in Bergen, Norway

**Friday March 9th 2012 -
Sunday March 11th 2012**

**Open for all registered Masters
Swimmers around the world**



With the approval of the Norwegian Swimming Federation (NSF) we hereby invite to the Open Norwegian Masters Championships Swimming in Bergen, Norway. The championship yearly attracts between 400 and 500 participants, and it is also open for foreign participants.

Date: 09th -11th March 2012

Place: Sentralbadet, Bergen Norway

Pool size: 25 meters, 7 lanes, and the water temperature is approximately 26 C.

Warm up pool: 12,5 meter pool (shallow)

According to NSF rules, doping checks may occur during the championship.



INTRODUCING BERGEN

Bergen is "The Gateway to the Fjords of Norway" and a well-established cruise port. Bergen is an international city packed with history and tradition, a big city (in Norwegian standards) with small-town charm and atmosphere. Bergen likes visitors and Bergen is worth a visit.



GENERAL INFORMATION ABOUT BERGEN

Please see following links:

<http://www.visitbergen.com/>

<http://www.bergen-guide.com/>

HOW TO GET TO BERGEN

There are more than 45 international routes with direct flights to Bergen, and in addition transfer via Oslo Airport (OSL) has many more options.

Destination chart for Bergen Airport Flesland (BGO)



For further info contact your local travel agent or see following links:

<http://www.flysas.com/en/uk/>

<http://www.norwegian.com/en/>

<http://www.avinor.no/en/airport/bergen/frontpage>

CONTACTS

Don't hesitate to contact us by using following e-mail address: torillb1@live.no. To ensure you get additional information when it's ready, you could enroll to the mailing list by sending an e-mail to: geir.patursson@lyse.net

BANQUET/ GET TOGETHER PARTY

Place: Bergen Congress Center at Scandic Hotel Bergen City, nearby the pool.

Time: Saturday March 10 at 7.30 p.m.

Meny: Warm and cold buffet + 1 drink per person (Beer, wine, or mineral water)

Price: NOK 495,- per person

Please register to the Banquet by sending an e-mail to jer@yx.no, and kindly make a total payment per Team for the Banquet to:

Bank: Handelsbanken, Bergen, Norway

BIC: HANDNOKK, IBAN no: NO58 9525.06.08943.

Please make following reference to the payment: "Banquet + Club + number of participants". **NB!! Please note that the Payment to Banquet has to be made to a different account number than the registration fee for the events.**

NB! The latest date for registration and payment to the Banquet is February 17th at 12.00 p.m. Payment = Tickets.

ACCOMODATION

The organization committee has negotiated following prices with local hotels:

Scandic Hotels:

Thursday March 8 to Sunday March 11:

Single room: NOK 790,- per night (breakfast included)

Double room: NOK 890,- per night (breakfast included)

Tripple room: NOK 1.185,- per night (breakfast included)

Scandic Bergen City

T: +47 55 30 90 80

M: bergencity@scandichotels.com

www.scandichotels.no/bergencity

Bookingkode: VET090312

Scandic Strand

T: +47 55 59 33 00

M: strand@scandichotels.com

www.scandichotels.no/strand

Bookingkode: 226200

Scandic Neptun

T: +47 55 30 68 00

M: neptun@scandichotels.com

www.scandichotels.no/neptun

Bookingkode: 225632

Thon Hotels Bergen

Thursday March 8 to Sunday March 11:

Single room: NOK 800,- per night (breakfast included)

Double room: NOK 800,- per night (breakfast included)

Triple room: NOK 1.000,- per night (breakfast included)

Booking-code for all Thon-hotels: NM svømming 2012

Pls see link: <http://www.thonhotels.no/svomme-nm>

CENTRAL CITY:

Thon Hotel Bergen Bryggen

+47 55 30 87 00

Thon Hotel Bristol

+47 55 55 10 00

Thon Hotel Rosenkrantz

+47 55 30 14 00

These hotels are centrally located in Bergen.

KOKSTAD (v/Flesland)**Thon Hotel Bergen Airport**

+47 55 92 00 00

This hotel (by the airport) has free parking outside.

Radisson Blu Hotel Norge:**Thursday March 8 to Sunday March 11:**

Single room: NOK 1.045,- per night (breakfast included)

Double room: NOK 1.245,- per night (breakfast included)

Triple room: kr. 1.645,- per night (breakfast included)

Telephone +47 02525

Reference: NM2012

Link: <http://www.radissonblu.com/booking-entrance?language=en&siteCodeBGOZA&arrival=09/03/2012&departure=11/03/2012&paccode=NM2012>

ENTRIES

Electronic registration by using UNI_P (Prima format) from Victoria or equivalent to be sent per Team to: hans.hagenes@gagdata.no within **Friday February 17 at 12.00 p.m.**

The events may be downloaded from www.medley.no to Victoria.

An alternate registration method is to use special XL spread sheet that can be downloaded from www.medley.no, under folder Terminliste and event NM Masters 2012.

Late entries are **not** accepted, and corrections to be sent as soon as possible to hans.hagenes@gagdata.no. For questions about entries please contact Hans Hagenes by mail or phone (+47 928 11 685).

PARTICIPATION FEE

Individual events: NOK 75,- per event (also for the 25 free)

Relay events: NOK 150,- per team

Please pay the total amount per team to:

Bank: Handelsbanken, Bergen, Norway

BIC: HANDNOKK, IBAN no: NO41 9525.05.14965

Please mark the payment with "Fees" + Club + Number individual starts + relays.

NB!! Please note that the Payment for the registration fee has to be made to a different account number than for the Banquet. Deadline for payment is Friday 17th February 2012 at 00.00.

Paid entry fee will not be refunded.

TEAM LEADER MEETING

Friday March 9th at 11.00 a.m. at Sentralbadet (only for 800/1500 freestyle).
Friday March 9th at 03.00 p.m. at Sentralbadet

COMPETITION DOCTOR

Will be available during the championship.

MEDALS

Medals will be awarded for places 1-3 for individual events and team relays in all classes. Open Norwegian Championships medals may also be awarded to non-Norwegians. Medals must be collected during the championships, and will not be sent afterwards.

Pre-masters and 25 meter freestyle: Medals will not be awarded in these events as they are not official masters events.

INFORMATION

For further information please contact Torill Bergesen; e-mail: torillb1@live.no or mobile +47 918 73 473.

Information can also be found at:
<http://www.mastersnm2012.org/> or www.svomming.no/masters.

CLASS SPECIFICATION

Individual Classes:

O: 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

The age for class specification is the age held by the swimmer at 31.12.2012.

Team relay classes:

O: 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

Please note that a pre-master swimmer is **NOT** allowed to compete in a Master-relay and vice versa.

WARMUP

Friday from 11.00 a.m.
Friday from 02.45 p.m.
Saturday from 07.30 a.m.
Sunday from 10.30 a.m.

START OF COMPETITION

Friday at 12.00 a.m.
Friday at 04.00 p.m. (official Opening)
Saturday at 09.00 a.m.
Sunday at 12.00 a.m.

SCHEDULE OF EVENTS

Day 1 – Friday March 9 Session 1 11.00 – Warm-up 12.00 – Session start			Day 2 – Saturday March 10 – Session 4 12.15 – Warm up 13.00 – Session start		
1	1500 FREE	Men	19	50 BUTTERFLY	Men
2	800 FREE	Women	20	50 BUTTERFLY	Women
Day 1 – Friday March 12 Session 2 14.45 – Warm up 16.00 – Session start 15.50 - Official opening			21	100 MEDLEY	Men
3	4 x 50 BREAST	MIX	22	100 MEDLEY	Women
4	200 BUTTERFLY	Men	23	50 BREAST	Men
5	200 BUTTERFLY	Women	24	50 BREAST	Women
6	200 MEDLEY	Men	25	400 FREE	Men
7	200 MEDLEY	Women	26	400 FREE	Women
8	100 BREAST	Men	27	4 x 50 FREE	Men
9	100 BREAST	Women	28	4 x 50 FREE	Women
10	4 x 50 MEDLEY	Men	29*	25 FREE	Men
11	4 x 50 MEDLEY	Women	30*	25 FREE	Women
Day 2 – Saturday March 10–Session 3 07.30 – Warm up 09.00 – Session start			Day 3 – Sunday March 11 – Session 5 10.30 – Warm up 12.00 – Session start		
12	100 FREE	Women	31	50 BACK	Women
13	100 FREE	Men	32	50 BACK	Men
14	100 BACK	Women	33	50 FREE	Women
15	100 BACK	Men	34	50 FREE	Men
16	200 BREAST	Women	35	100 BUTTERFLY	Women
17	200 BREAST	Men	36	100 BUTTERFLY	Men
18	4 x 50 MEDLEY MIX	MIX	37	4 x 50 FREE	MIX
*Event 29 og 30 are <u>not</u> a part of the official Championship-program.					

The organizer reserves the right to make changes to the program. Changes will be communicated on the internet and be available at the information centre.

**Welcome to Bergen and the Open Norwegian Masters
Championships 09th – 11th March 2012**