

## INVITATION

Nordic Swimming Championships 2018  
Oulu – Finland

Finnish Swimming Association and the local swimming club Oulun Uinti have the pleasure to invite your team to Nordic Championships 2018.

## INFORMATION

- Dates: 7.–9.12.2018 Oulu, Finland
- Nations: Denmark (DEN), Estonia (EST), Faroe Islands (FAR), Finland (FIN), Iceland (ISL), Latvia (LAT), Lithuania (LTU), Norway (NOR), Sweden (SWE)
- Venue: Oulu Swimming Center (address: Pikkukankaantie 3, 90130 Oulu)
- Competition pool: 25 meters, depth 4,5 – 1,75 meters, 8 lanes, Colorado timekeeping with high speed video, Swiss Timing starting blocks (OSB14) and backstroke ledges (OBL2)
- Warm-up pool: 25 meters, 8 lanes
- Age Groups: Junior Girls 13–16 yrs (born 2002–2005)  
Junior Boys 14–17 yrs (born 2001–2004)  
  
Senior Women 17+ yrs (born 2001 and earlier)  
Senior Men 18+ yrs (born 2000 and earlier)  
  
Para Women open (2 swimmers/event/country)  
Para Men open (2 swimmers/event/country)
- Team leaders: Meeting for Team leaders will take place at the venue on Thursday 6<sup>th</sup> December 19:00

## ACCOMMODATION AND MEALS

Accommodations are at Scandic Oulu Station, Kajaaninkatu 17, 90100 Oulu. Breakfast is included. Lunch and dinner are at the swimming pool. Accommodation package is from Thursday to Monday including dinner from Thursday to Sunday and lunch from Friday to Sunday.

## PACKAGE PRIZE PER PERSON

- Single room **480 €** / per person  
Twin room **320 €** / per person  
Triple room **270 €** / per person (double room with extra sofa bed)

## TRAVEL TO OULU AND LOCAL TRANSPORTATION

Accommodation package includes airport transportation from Oulu Airport [www.finavia.fi](http://www.finavia.fi) to hotel and back. There will be no shuttle bus transportation between the pool and hotel, except for para swimmers who request it. Walking distance is 1,1 km.

## SCHEDULE

### THURSDAY 6<sup>TH</sup> DECEMBER

19:00 Team leaders meeting, Oulu Swimming Center, Conference room

### FRIDAY 7<sup>TH</sup> DECEMBER 9:00

1.	Women	200 m	Freestyle	Heats
2.	Women S1-5, S14	200 m	Freestyle	Heats
3.	Men	200 m	Freestyle	Heats
4.	Men S1-5, S14	200 m	Freestyle	Heats
5.	Women	100 m	Breaststroke	Heats
6.	Women SB4-9, SB11-14	100 m	Breaststroke	Heats
7.	Men	100 m	Breaststroke	Heats
8.	Men SB4-9, SB11-14	100 m	Breaststroke	Heats
9.	Women	100 m	Backstroke	Heats
10.	Women S1-2, S6-14	100 m	Backstroke	Heats
11.	Men	100 m	Backstroke	Heats
12.	Men S1-2, S6-14	100 m	Backstroke	Heats
13.	Women	50 m	Butterfly	Heats
14.	Women S2-7	50 m	Butterfly	Heats
15.	Men	50 m	Butterfly	Heats
16.	Men S2-7	50 m	Butterfly	Heats
17.	Women	200 m	Ind. medley	Heats
18.	Men	200 m	Ind. medley	Heats
19.	Women	800 m	Freestyle	Slow heats
20.	Men	1500 m	Freestyle	Slow heats

### FRIDAY 7<sup>TH</sup> DECEMBER 17:30

	Women	200 m	Freestyle	Finals Jr+Sr
	Women Para	200 m	Freestyle	Final
	Men	200 m	Freestyle	Finals Jr+Sr
	Men Para	200 m	Freestyle	Final
	MEDAL CEREMONY (6)			
	Women	100 m	Breaststroke	Finals Jr+Sr
	Women Para	100 m	Breaststroke	Final
	Men	100 m	Breaststroke	Finals Jr+Sr
	Men Para	100 m	Breaststroke	Final
	MEDAL CEREMONY (6)			
	Women	100 m	Backstroke	Finals Jr+Sr
	Women Para	100 m	Backstroke	Final
	Men	100 m	Backstroke	Finals Jr+Sr
	Men Para	100 m	Backstroke	Final
	MEDAL CEREMONY (6)			
	Women	50 m	Butterfly	Final Open
	Women Para	50 m	Butterfly	Final
	Men	50 m	Butterfly	Final Open
	Men Para	50 m	Butterfly	Final
	Women	200 m	Ind. medley	Finals Jr+Sr
	Men	200 m	Ind. medley	Finals Jr+Sr
	Women	800 m	Freestyle	Fastest heat
	Men	1500 m	Freestyle	Fastest heat
	MEDAL CEREMONY (12)			
	(15 min break)			
21.	Women	4x100 m	Freestyle	Timed Finals Jr+Sr
22.	Men	4x100 m	Freestyle	Timed Finals Jr+Sr
	MEDAL CEREMONY (4)			

**SATURDAY 8<sup>TH</sup> DECEMBER 9:00**

23. Women	50 m	Breaststroke	Heats
24. Women SB1-3	50 m	Breaststroke	Heats
25. Men	50 m	Breaststroke	Heats
26. Men SB1-3	50 m	Breaststroke	Heats
27. Women	100 m	Freestyle	Heats
28. Women S1-14	100 m	Freestyle	Heats
29. Men	100 m	Freestyle	Heats
30. Men S1-14	100 m	Freestyle	Heats
31. Women	100 m	Butterfly	Heats
32. Women S8-14	100 m	Butterfly	Heats
33. Men	100 m	Butterfly	Heats
34. Men S8-14	100 m	Butterfly	Heats
35. Women	400 m	Ind. medley	Heats
36. Men	400 m	Ind. medley	Heats
37. Women	50 m	Backstroke	Heats
38. Women S1-5	50 m	Backstroke	Heats
39. Men	50 m	Backstroke	Heats
40. Men S1-5	50 m	Backstroke	Heats

**SATURDAY 8<sup>TH</sup> DECEMBER 17:30**

Women	50 m	Breaststroke	Final Open
Women Para	50 m	Breaststroke	Final
Men	50 m	Breaststroke	Final Open
Men Para	50 m	Breaststroke	Final
Women	100 m	Freestyle	Finals Jr+Sr
Women Para	100 m	Freestyle	Final
Men	100 m	Freestyle	Finals Jr+Sr
Men Para	100 m	Freestyle	Final
MEDAL CEREMONY (10)			
Women	100 m	Butterfly	Finals Jr+Sr
Women Para	100 m	Butterfly	Final
Men	100 m	Butterfly	Finals Jr+Sr
Men Para	100 m	Butterfly	Final
MEDAL CEREMONY (6)			
Women	400 m	Ind. medley	Finals Jr+Sr
Men	400 m	Ind. medley	Finals Jr+Sr
Women	50 m	Backstroke	Final Open
Women Para	50 m	Backstroke	Final
Men	50 m	Backstroke	Final Open
Men Para	50 m	Backstroke	Final
MEDAL CEREMONY (8) (15 min break)			
41. Women	4x200 m	Freestyle	Timed Finals Jr+Sr
42. Men	4x200 m	Freestyle	Timed Finals Jr+Sr
MEDAL CEREMONY (4)			

**SUNDAY 9<sup>TH</sup> DECEMBER 9:00**

43. Women	50 m	Freestyle	Heats
44. Women S1-13	50 m	Freestyle	Heats
45. Men	50 m	Freestyle	Heats
46. Men S1-13	50 m	Freestyle	Heats
47. Women	200 m	Backstroke	Heats
48. Men	200 m	Backstroke	Heats
49. Women SM5-14	200 m	Ind. medley	Heats
50. Men SM5-14	200 m	Ind. medley	Heats
51. Women	200 m	Breaststroke	Heats
52. Men	200 m	Breaststroke	Heats
53. Women	400 m	Freestyle	Heats
54. Women S6-14	400 m	Freestyle	Heats
55. Men	400 m	Freestyle	Heats
56. Men S6-14	400 m	Freestyle	Heats
57. Women	200 m	Butterfly	Heats
58. Men	200 m	Butterfly	Heats



## SUNDAY 9<sup>TH</sup> DECEMBER 17:30

Women	50 m	Freestyle	Final
<b>Women Para</b>	<b>50 m</b>	<b>Freestyle</b>	<b>Final</b>
Men	50 m	Freestyle	Final
<b>Men Para</b>	<b>50 m</b>	<b>Freestyle</b>	<b>Final</b>
Women	200 m	Backstroke	Finals Jr+Sr
Men	200 m	Backstroke	Finals Jr+Sr
MEDAL CEREMONY (8)			
<b>Women Para</b>	<b>200 m</b>	<b>Ind. medley</b>	<b>Final</b>
<b>Men Para</b>	<b>200 m</b>	<b>Ind. medley</b>	<b>Final</b>
Women	200 m	Breaststroke	Finals Jr+Sr
Men	200 m	Breaststroke	Finals Jr+Sr
MEDAL CEREMONY (6)			
Women	400 m	Freestyle	Finals Jr+Sr
<b>Women Para</b>	<b>400 m</b>	<b>Freestyle</b>	<b>Final</b>
Men	400 m	Freestyle	Finals Jr+Sr
<b>Men Para</b>	<b>400 m</b>	<b>Freestyle</b>	<b>Final</b>
Women	200 m	Butterfly	Finals Jr+Sr
Men	200 m	Butterfly	Finals Jr+Sr
MEDAL CEREMONY (10) (15 min break)			
59. Women	4x100 m	Medley	Timed Finals Jr+Sr
60. Men	4x100 m	Medley	Timed Finals Jr+Sr
61. Mixed	8x50 m	Freestyle	Timed Final
MEDAL CEREMONY (5)			

## PARA EVENTS

- Championships will be swum under World Para Swimming Rules and regulations 2018.
- Sport classes S1-10 (Physically impaired swimmers), S11-13 (visually impaired swimmers) and S14 (intellectually impaired swimmers). Swimmers need to be nationally classified before the start of the competition.
- Events for para-swimmers are marked in blue. There will be heats in the morning and finals in the evening for 8 best multi-class swimmers by points in 50-200 m distances. If there are **3 or less swimmers** in the event, the event will be swum as **a direct final in the morning**. If there are **4-8 swimmers** in the event, the event will be swum as **a direct final in the evening**. When there are **9 or more swimmers** in the event, the event will be swum as **heats in the morning and a final for 8 swimmers in the evening**.
- Finalists and medalists will be determined by multi-class points, where swimmer's time will be compared to World record time in that particular sport class.
- Medals will be awarded by -1 rule in para events.
- There will maximum of 2 eligible swimmers/nation/event.
- Swimmers can only swim events that are on the Paralympics for their class

## ENTRIES

Please note entry rules further in the NSF rules at 1.4 and 1.6.

The individual entry times should be the swimmers best times achieved between the 1<sup>st</sup> December 2017 and 27<sup>th</sup> November 2018. Please enter sport entries by using provided LENEX-files. There will be two LENEX-files for entries, one for Juniors+Seniors and one for para events.

## PRE-MEET IN OULU 6<sup>TH</sup> DECEMBER

There is an international long course competition in Oulu Swimming Center on 6<sup>th</sup> December. The meet is approved Qualifying Meet for FINA World Championships 2019. For further details please refer to invitation attached and contact the local club Oulun Uinti: [www.uimaliitto.fi](http://www.uimaliitto.fi)





## DEADLINES

<b>30.9.2018</b>	Preliminary entries and accommodation
<b>15.10.2018</b>	50% payment date
<b>28.10.2018</b>	Final entries and accommodation
<b>23.11.2018</b>	Payments remaining 50%
<b>28.11.2018</b>	Named entries (LENEX)

National federations will receive invoice for 50% of the total amount after preliminary entries. After final entries the federations will receive invoice for the balance payment.

### **Account information:**

Finnish Swimming Association  
Hämeentie 105 A  
00550 Helsinki

**IBAN:** FI85 1023 3000 2342 08

**SWIFT:** NDEAFIHH

Please send receipt to email: [kirsi.yrjola@uimaliitto.fi](mailto:kirsi.yrjola@uimaliitto.fi)

## CONTACT

Kirsi Yrjölä  
Sports Coordinator  
[kirsi.yrjola@uimaliitto.fi](mailto:kirsi.yrjola@uimaliitto.fi)



## NSF RULES

1. Nordic Championships
- 1.1 Nordic junior/senior championships are should be held every year in December.
- 1.2 Championships are held over a 25-meter course. Championships should preferably be held in an 8-lane pool.
- 1.3 Competitors in the championships shall be:
  - Juniors
    - \* boys who reach the age of 14 to 17 during the calendar year
    - \* girls who reach the age of 13 to 16 during the calendar year
  - Seniors
    - \* boys 18 years and older during the calendar year
    - \* girls 17 years and older during the calendar year
- 1.4 Each participating country may enter an unlimited number of individual swimmers in individual events and one team per age group in team events. A maximum of two swimmers per age group and country may swim the finals.

Late entries are allowed until the end of the team managers meeting the day before the competition starts. All relays must be entered with an entry time (sum of four individual times and no withdraw from relay takeovers)
- 1.5 The disciplines in the championships are swum in heats and a final. The age groups swim joint heats in each discipline but separate finals. See order of event and start time of each session under "Order of events".
  - \* 800 and 1,500 m freestyle are swum as combined timed finals. 800m/1500 meters the slowest heats will be swum in the morning session and the fastest in the evening. Medals will be awarded in both Junior and Senior age groups.
  - \* Relays in 4 x 100 freestyle, 4 x 200 freestyle and 4 x 100 medley is conducted in two groups; junior and senior. However junior swimmers can take part in senior relays, but senior swimmers cannot take part in junior relays.

Each swimmer can only swim in one relay team in each discipline (junior team or senior team). Even though a junior swimmer is included in a senior relay, the points earned by the senior relay will still count in the team competition for senior.

  - \* 50m disciplines are swum as open.
  - \* The mixed 8x50m relay is swum so that all swimmers can be juniors but with a maximum 50% from the senior team.
  - \* The relay events are swum only in the finals session.
- 1.6 The competitions are swum from Friday to Sunday with heats in the morning and finals in the afternoon. Warm-up 1.5 hours before each session. Withdrawals can be made 30 min after the each morning session.
- 1.7 The winner of the junior final is the Nordic Junior Champion and the winner of the senior final is the Nordic Champion. NSF logo medals are awarded to swimmers who finish first, second and third in each age group and discipline, and the same for teams in team events.
- 1.8 Order of events  
Start times of sessions: The preliminary heats should start no later than 9:00 and the finals should start no later than 18:00.
- 1.9 Points will be awarded according to the NSF general rules and regulations (section A, pkt. 13).
  - \* Only points achieved in finals can be counted.
  - \* A trophy will be awarded to the winning team in the junior group and the winning team in the senior group.
  - \* Points achieved in 50m open events counts (only) in senior team competition.
  - \* There will be awarded no points in 8x50m freestyle relay.
- 1.10 A coaches clinic of about two hours shall be held on the Saturday evening.
- 1.11 The following four trophies will be awarded in the "Best performance award":
  - \* Trophy for overall best female youth performances according to FINA points (junior girls)
  - \* Trophy for overall best male youth performances according to FINA points (junior boys)
  - \* Trophy for overall best female youth performances according to FINA points (senior)
  - \* Trophy for overall best male youth performances according to FINA points (senior)

# 2018 NORDIC SWIMMING CHAMPIONSHIPS

## PRELIMINARY ENTRY LIST

Return: By 30.9.2018 to [kirsi.yrjola@uimaliitto.fi](mailto:kirsi.yrjola@uimaliitto.fi)

Federation	
Contact name	
Email	
Mobile phone	

## TEAM (NUMBER OF PERSONS)

Junior Girls		Senior women		Para women	
Junior Boys		Senior men		Para men	
Team staff					
Total					

## ACCOMMODATION BOOKING HOTEL SCANDIC OULU STATION

Date of arrival	
Date of departure	
Nr of Single rooms	
Nr of Double rooms	
Nr of Triple rooms	

# 2018 NORDIC SWIMMING CHAMPIONSHIPS

## FINAL ENTRY LIST

Return: By 28.10.2018 to [kirsi.yrjola@uimaliitto.fi](mailto:kirsi.yrjola@uimaliitto.fi)

Federation	
Contact name	
Email	
Mobile phone	

## TEAM (NUMBER OF PERSONS)

Junior Girls		Senior women		Para women	
Junior Boys		Senior men		Para men	
Team staff					
Total					

## ACCOMMODATION BOOKING (HOTEL SCANDIC OULU STATION)

Date of arrival	
Date of departure	
Nr of Single rooms	
Nr of Double rooms	
Nr of Triple rooms	

## FLIGHT INFO

	Date	Time	Flight number
Arrival to Oulu			
Departure from Oulu			



# 2018 NORDIC SWIMMING CHAMPIONSHIPS

## ROOMING LIST

	Single rooms (names)
1	
2	
3	
4	
5	
6	
7	
8	

	Double rooms (names)	
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

	Triple rooms		
1			
2			
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10			