

Nordic Diving & Swimming Championships 2022

Bergen, Norway

Thursday December 8th-Monday December 12th 2022



Picture credit: Anders Holm



Picture credit: aglenphoto.com

On behalf of The Nordic Swimming Federation, the Norwegian Swimming Federation, Bergen Diving Club and Stevne Bergen we have the pleasure to welcome participants to the 2022 Nordic Diving and Swimming Championships.

DATE AND PLACE

Thursday December 8th – Monday December 12th 2022 in Bergen, Norway
Competition Venue: AdO arena

COMPETITION GROUPS

Diving

Age group C= 13 years old (born 2009)

Age group B= 14-15 years old (born 2007 and 2008)

Age group A= 15-18 years old (born 2004, 2005, 2006)

Seniors: This is an open group so all can compete in this category, but if you are born 2003 or earlier you must compete in the senior class.

Swimming

Juniors:

Boys who reach the age of 14 to 17 during the calendar year (born 2005-2008)

Girls who reach the age of 13 or 16 during the calendar year (born 2006-2009)

Seniors:

Boys 18 years and older during the calendar year (born 2004 and earlier)

Girls 17 years and older during the calendar year (born 2005 and earlier)

Para:

S1-10

S11-13

S14

INVITED NATIONS

Denmark, Estonia, Faroe Islands, Finland, Iceland, Latvia, Lithuania, Norway and Sweden

POOLS

Diving- Springboards: 4 X 1m, 4 X 3m; Platform: 1m, 3m, 5m, 7.5m, 10m, Dryland area with mats, 2 trampolines and 3 dry boards.

Swimming- 25 m, 10 lanes, the competition will be in 8 lanes (with anti-turbulence lane ropes) Water temperature: 27°C. Electronic timing manufacturer is Omega quantum aquatics.

COMPETITION PLAN			
Session	Discipline	Warm up	Start
Thursday Dec. 8	Diving	13:00-15:00	15:30
Friday Dec. 9	Diving	07:30-09:30	10:00
Friday Dec. 9	Swimming	18.00-20.00	
Saturday Dec. 10	Swimming	07:00-08:45	09:00
Saturday Dec. 10	Diving	09:30-10:45	11:00
Saturday Dec. 10	Swimming	15:00-16:30	17:00
Sunday Dec. 11	Swimming	07:00-08:45	09:00
Sunday Dec. 11	Diving	09:30-10:45	11:00
Sunday Dec. 11	Swimming	15:00-16:45	17:00

Warm up for diving and finals swimming Saturday and Sunday will be without music as the other discipline will be competing in the adjacent pool.

Warm up sessions prior to Thursday for Diving and prior to Friday for Swimming can be arranged by contacting the competition office by email.

MEDICAL STAFF

Medical personnel will be available at the competition office during the championships.

DOPING CONTROL

All swimmers must be prepared for doping control during the Championships.

ENTRIES

Diving- Each participating nation may enter maximum 2 divers in each event and group. Entries sent electronically via Divecalc online entry system.

Swimming- Each participating nation may enter one team per age group in team events, a maximum of 4 swimmers per each individual event (800/1500, max 2) and a maximum of two para swimmers per event. A maximum of two swimmers per age group and country may swim the finals. In the mixed relay, one team may enter per nation, juniors and seniors combined.

The individual entry-times should be the swimmers best result achieved between November 24th, 2021-November 23rd, 2022.

For the swimming entries Lenex format is preferred

If you cannot submit in Lenex format, list the entries in a word or pdf-document.

Make sure to include the following information: Federation, First name, Last name, Year of birth, Event, Entry time.

The swimming entries must be sent electronically by e-mail to:

John Erlend Christiansen

E-mail: jech@medley.no

Phone: +47 9097 3709

RELAY SETUP

The final setup of the team in a relay must be presented in writing within one hour of competition-start on the day of the relay. Forms for relay setup are available at the competition office from Friday December 9th. Please enclose the Team leader's cell phone number with the entries.

DEADLINES

- Hotel bookings by November 7, 2022
- Entries by November 24, 2022

See www.livetiming.no for swimming ranking lists, live timing, video streaming and results.

See <https://www.youtube.com/c/NorskStup/videos> for diving results and video

Follow the championships on Facebook ->

<https://www.facebook.com/events/857507595599568?ref=newsfeed>

TEAM LEADERS MEETING

Diving

Place: AdO arena

Time: Thursday December 8th at 14:00.

Withdrawals can be made by email prior to the event or at the Team Leader meeting.

Swimming

Place: AdO arena

Time: Friday December 9th at 19:00.

Withdrawals must be made no later than 1 hour before the start of the session in which the event is planned. Withdrawals for the finals must be made, no later than, 30 minutes after preliminary session is finished.

CONTACT PERSONS

- Head of the Championships: **Diving-** Anna Maja Thorsen: Annamaja@online.no
Swimming- Charmaine Pettersen stevnebergen@gmail.com
- Press officer: **Diving-** Julie Thorsen stupprinsessen@gmail.com
Swimming- Maren Solem-Lygre dagligleder@bsc1908.com
- Competition Office: **Diving-** Vårin R.A Holm: vaarin@bergen-stupeklubb.no
Swimming- Maren Solem-Lygre dagligleder@bsc1908.com
- Entries: **Diving-** Paul Joachim Bloch Thorsen pjoachim@online.no
Swimming- John Erlend Christiansen jech@medley.no
- Accommodation: Charmaine Pettersen stevnebergen@gmail.com

COMPETITION OFFICE:

Competition office in AdO opens on **Thursday December 8th at 10:00.**

From Friday until Monday the office will be open from 7.00 AM until 30 minutes after the finals.

OPENING CEREMONY:

Saturday December 10th 16:45

AWARDS

Diving: Medals are awarded to swimmers who finish first, second and third in each age group and discipline, and the same for teams in team/synchro events.

Points are calculated so that an official international competition can be held between the countries. points both for individual and team/synchro 7 – 5 – 4 – 3 – 2 – 1 “Best nation” will be awarded in both the junior- and senior age group.

Swimming:

The winner of the junior final is the Nordic Junior Champion, and the winner of the senior final is the Nordic Champion. 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.

Trophy for overall best performances according to FINA-2021 points in boys and girls, juniors and seniors.

Points are calculated so that an official international competition can be held between the countries.

Points for individual events: 9 – 7 – 6 – 5 – 4 – 3 – 2 – 1

Double points for relay-events. Only points achieved in finals can be counted.

“Best nation” will be awarded for junior, senior and para.

ORDER OF EVENTS

Diving

Thursday, December 8th	Friday, December 9th	Saturday, December 10th	Sunday, December 11th
1. 3m Sync jr Girls & Boys	6. 1m C Girls	16. 1m A Boys	23. Platform B Girls
2. 3m Sync Men & Women	7. 3m C Boys	17. Platform A Girls	24. Platform B Boys
3. Platform Sync jr Girls & Boys	8. 3m B Girls	18. 3m B Boys	25. 1m A Girls
4. Platform Sync Men & Women	9. 1m B Boys	19. 1m B Girls	26. 3m A Boys
5. 3m & Platform Open Team Event	10. 3m A Girls	20. Platform C Boys	27. Platform C Girls
	11. Platform A Boys	21. 3m Open Men	28. 1m Open Women
	12. 3m Open Women	22. Platform Open Women	29. Platform Open Men
	13. 1m Open Men		
	14. 3m C Girls		
	15. 1m C Boys		

ORDER OF EVENTS

Swimming

Saturday, December 10th	
1. 200m freestyle girls/women	Senior, Junior, S1-S5, S14
2. 200m freestyle boys/men	Senior, Junior, S1-S5, S14
3. 100m breaststroke girls/women	Senior, Junior, SB4-SB9, SB11-SB14
4. 100m breaststroke boys/men	Senior, Junior, SB4-SB9, SB11-SB14
5. 100m backstroke girls/women	Senior, Junior, S1-S2, S6-S14
6. 100m backstroke boys/men	Senior, Junior, S1-S2, S6-S14
7. 50m butterfly women (Open)	Open, S2-S7
8. 50m butterfly men (Open)	Open, S2-S7
9. 150m medley women	SM1-SM4 (without Butterfly)
10. 150m medley men	SM1-SM4 (without Butterfly)
11. 200m medley girls/women	Senior, Junior, SM5-SM14
12. 200m medley boys/men	Senior, Junior, SM5-SM14
13. 800m freestyle girls/women	Senior, Junior (Timed final)
14. 1500m freestyle boys/men	Senior, Junior (Timed final)
15 minute break	
15. 4x100m freestyle girls/women	Senior, Junior
16. 4x100m freestyle boys/men	Senior, Junior
Sunday, December 11th	
17. 50m breaststroke women (Open)	Open, SB1-SB3
18. 50m breaststroke men (Open)	Open, SB1-SB3
19. 100m freestyle girls/women	Senior, Junior, S1-S14
20. 100m freestyle boys/men	Senior, Junior, S1-S14
21. 100m butterfly girls/women	Senior, Junior, S8-S14
22. 100m butterfly boys/men	Senior, Junior, S8-S14
23. 400m medley girls/women	Senior, Junior
24. 400m medley boys/men	Senior, Junior
25. 50m backstroke women (Open)	Open, S1-S5
26. 50m backstroke men (Open)	Open, S1-S5
15 minute break	
27. 4x200m freestyle girls/women	Senior, Junior
28. 4x200m freestyle boys/men	Senior, Junior
Monday, December 12th	
29. 50m freestyle women (Open)	Open, S1-S13
30. 50m freestyle men (Open)	Open, S1-S13
31. 200m backstroke girls/women	Senior, Junior
32. 200m backstroke boys/men	Senior, Junior
33. 200m breaststroke girls/women	Senior, Junior
34. 200m breaststroke boys/men	Senior, Junior
35. 400m freestyle girls/women	Senior, Junior, S6-S14
36. 400m freestyle boys/men	Senior, Junior, S6-S14
37. 200m butterfly girls/women	Senior, Junior
38. 200m butterfly boys/men	Senior, Junior
15 minute break	
39. 4x100m medley girls/women	Senior, Junior
40. 4x100m medley boys/men	Senior, Junior
41. 8x50m freestyle mixed	Open (Max 50% seniors)

PRACTICAL DETAILS FOR SWIMMING EVENTS

The disciplines for swimming are swum in heats and a final. The age groups swim joint heats in each discipline but separate finals.

- 800 and 1,500 m freestyle are direct finals. 800m/1500 meters the slowest heats will be in the morning session and the fastest in the evening.
- 50 m disciplines are open classes.
- In the mixed 8x50m relay all swimmers can be juniors but with a maximum 50% from the senior team (points not counted).
- The team events will be in the finals session
- If there are 3 or fewer para swimmers registered for an event the event will be swam as a direct final in the morning session
- If there are 4 to 8 para swimmers registered for an event the event will be a direct final during the evening session
- If there are 9 or more para swimmers registered for an event there will be a preliminary heat in the morning and a final heat in the evening.

OTHER INFORMATION

- Tickets to the Nordic Diving and Swimming championships for the public will be available at AdO arena reception during the event. Your ticket will allow you to watch both Diving and Swimming on the days there are both disciplines.
Prices: NOK 100,- pr day; NOK 250,- for a championship pass. Children under 12 are free.
- Preorder photo packages here <https://www.aglenphoto.com/nordic22> At the link you can read all of the information regarding photo packages as well as see previous work of meet photographer Peter.

ACCOMMODATION

Accommodation with breakfast, lunch and dinner will be arranged at Scandic Ørnen Hotel, Lars Hilles gate 18, 5008 Bergen.

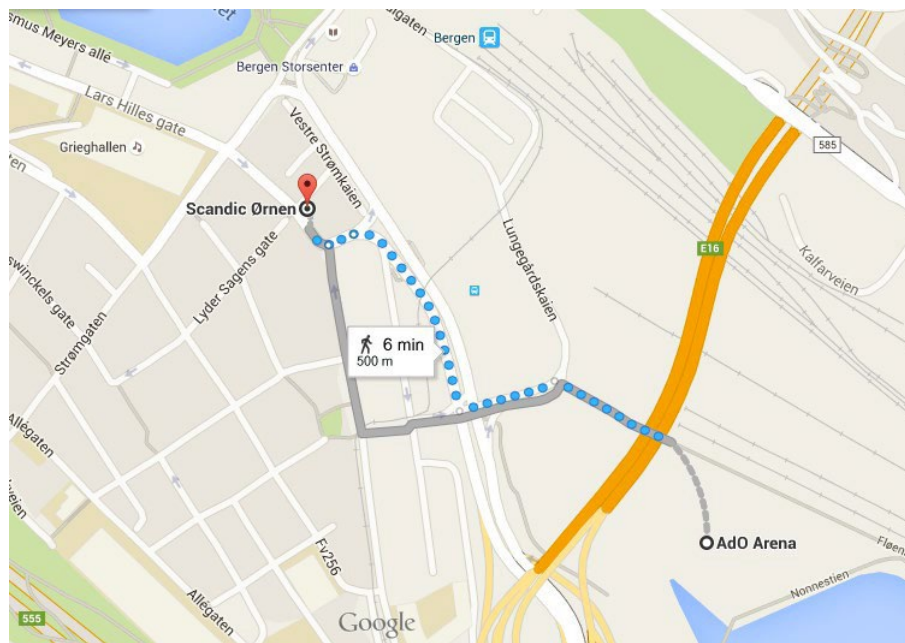
Prices per person per night: (full board)

- Single room: 1565,- NOK
 - Double room: 1095,- NOK
 - Triple room: 990,- NOK
- Upgraded rooms are available from NOK 200,- extra per person, pr night. If interested ask about availability when making reservations
- Reservations are made directly with the hotel by email til meetings@scandichotels.com
Give booking code **48015848**

TRANSPORTATION

Flesland Airport is the airport closest to Bergen.

Since the Airport bus leaves from the airport every 15 minutes between 08:00 – 24:00 and takes you to the city center in 25 min (costs 149,- NOK pr. person) or the bybane, takes you to the city center in 40 minutes (cost 60 NOK pr person) the organizer will not arrange any transportation from the airport. The teams should get off the bus or bybane at Bergen Bus station, witch is 100m from the hotel. The walking distance between the hotel and the pool is 500m, so there is no need for a shuttle bus there either.



Welcome to Bergen and AdO arena