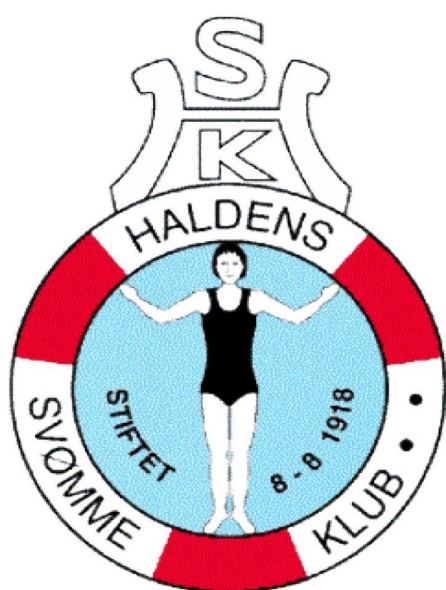




**NORGES
SVØMMEFORBUND**
Norwegian Swimming Federation



Norwegian Master Championship 2023

**Sarpsborghallen, Sarpsborg
Friday May 5th – Sunday May 7th 2023**

OPEN NORWEGIAN MASTERS CHAMPIONSHIP 2023 IN SARPSBORG

On behalf of the Norwegian Swimming Federation, Haldens SK and Sarpsborg IL invite you to the Open Norwegian Masters Championship in Sarpsborghallen on May 5th – May 7th 2023. The championship is organized according to the Norwegian Swimming Federation's rules and regulations. The pool is 25 m with 6 lanes, and the pool maintains a temperature of approx. 27 degrees. The children's pool is open for swimming in- and out during the event.

The time for the start of each session is indicative. In case of large participation, the time may be adjusted. Please see "Event Program" for warm-up times.

Friday: 1st session starts at 12:00 PM. 2nd session starts at 4:00 PM (Opening ceremony 3:45 PM)
Saturday: 3rd session starts at 09:00 AM. 4th session starts at 2:00 PM
Sunday: 5th session starts at 12:00 PM

Registrations

Deadline to send in registrations is April 21st, 11:59 PM

The entries will be forwarded electronically by email by one of these methods: Stevnebørsen, Prima-format or on Lenex. Registrations are to be sent to: stevne@silsvømming.no and will be confirmed to each club. The entry fees are invoiced each club after the registration deadline has expired. The event program can be downloaded from www.medley.no

NB! No late entry registrations

Entry Fee

100 NOK per Individual event. 200 NOK per relay start (Payment through own club after confirmation).

Coaches Meeting

There will not be any coaches meeting. All information will be published at www.livetiming.no
Withdrawals are made electronically, with a code assigned to the club after registration has been confirmed.

Awards

Gold, silver and bronze medals in all disciplines/age group
(Pre-masters is not in the calculations for Best Club, nor the original awards)

Age Groups

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	O: 95-99			

The age of the participants is defined by the age per 31.12.2023

Relay Age Groups

0: 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

NB! Pre-masters can not compete in group A-G.

Para-swimmers

The swimming follows the Australian model in each of the individual groups (A-G and 0). Ranking within each master's group where the percentage of time achieved against the world record per January 1st in the respective para classification.

License and Club Affiliation

NSF reminds all participants to pay for the license for 2023 before the swim meet. If the license is not paid, the participant/club will be charged a penalty fee of 1,000 NOK. If a participant represents a club for which she/he is not entitled to representation, the club will be charged a penalty fee of NOK 1,000. If the license has not been paid or if you represent the wrong club, the results for this athlete will be deleted, and any prizes must be returned.

Doping control

Doping controls may be carried out during the event.

Sale of Swimwear

There will be a sale of swimwear from Arena during the championship.

Banquet

The banquet will be held at Quality Hotel Sarpsborg. Registration to the banquet:

<https://forms.gle/Gt5Dh2Ha5yXW7ppN7> **no later than April 5th 11:59 PM.**

The price for the banquet is NOK 790, which includes a 3-course dinner and entertainment throughout the evening. It is of course possible to buy drinks of all kinds. The banquet will be invoiced to the individual club after the registration deadline.

Information

For more information please contact:

Meet Director: Linn-Beate Tjernsbekk, stevne@silsvomming.no mob: 996 23 070

Anders Stenbock Haakested, anders.stenbock@nexans.com mob: 468 37 537

We reserve the right to make changes to the event programme. Any changes will be published on the Internet and announced during the championship at <http://livetiming.medley.no>

Event program Masters-NM 2023

<p>Friday May 5th, 12:00 PM (Warm-Up from 10:30 AM)</p>	<p>Friday May 5th, 4:00 PM (Warm-Up from 2:30 PM)</p>
<p>Event 101. 1500 m freestyle Women Event 102. 800 m freestyle Men</p>	<p>Event 103. 100 m freestyle Women Event 104. 100 m freestyle Men Event 105. 200 m butterfly Women Event 106. 200 m butterfly Men Event 107. 50 m breaststroke Women Event 108. 50 m breaststroke Men Event 109. 400 m IM Women Event 110. 400 m IM Men Event 111. 4x50 m medley Women Event 112. 4x50 m medley Men</p>
<p>Saturday May 6th, 09:00 AM (Warm-Up from 07:30 AM)</p>	<p>Saturday May 6th, 2:00 PM (Warm-Up from 1:00 PM)</p>
<p>Event 213. 400 m freestyle Women Event 214. 400 m freestyle Men Event 215. 200 m IM Women Event 216. 200 m IM Men Event 217. 100 m breaststroke Women Event 218. 100 m breaststroke Men Event 219. 50 m butterfly Women Event 220. 50 m butterfly Men Event 221. 200 m backstroke Women Event 222. 200 m backstroke Men Event 223. 4x50 m freestyle Women Event 224. 4x50 m freestyle Men</p>	<p>Event 225. 200 m freestyle Women Event 226. 200 m freestyle Men Event 227. 100 m backstroke Women Event 228. 100 m backstroke Men Event 229. 200 m breaststroke Women Event 230. 200 m breaststroke Men Event 231. 100 m butterfly Women Event 232. 100 m butterfly Men Event 233. 4x50 m medley Mix</p>
<p>Sunday May 7th, 12.00 PM (Warm-Up from 10.30 AM)</p>	
<p>Event 334. 50 m freestyle Women Event 335. 50 m freestyle Men Event 336. 50 m backstroke Women Event 337. 50 m backstroke Men Event 338. 100 m IM Women Event 339. 100 m IM Men Event 340. 4x50 m freestyle Mix</p>	

Dining

There will be a kiosk in Sarpsborghallen.

Lunch:

Athletes can order a lunch bag on Friday, Saturday and Sunday for NOK 120 per bag. Contains baguette with cheese and ham/turkey, smoothie and energy bar.

Dinner Friday:

Quality Hotel Sarpsborg offers Lasagna with salad and dressing for NOK 255.

Food is ordered via the link within **21. april 2023** <https://forms.gle/dJj6BGqtaGMQKRX9A>
The club is billed for the food.

Hotel Offer Masters NM 2023

Quality Hotel Sarpsborg

Bjørnstadveien 20, 1712, Grålum
Telefon: +47 69 10 15 00
www.nordicchoicehotels.no

The hotel wants a combined booking, as we have reserved the entire hotel. There are limited rooms, so we recommend booking early. Order via the link

<https://forms.gle/5A1TXnxWrShsMX8u6> within **28.02 2023** for the stated price, after this the remaining rooms are released to the hotel and bookings must be made via the hotel at the then current price.

Pre-reserved rooms are invoiced to the individual club after the booking deadline has expired.

Price single room per night: NOK 1490

Price double room per night: NOK 1590

The price includes breakfast.

The hotel is located near the E6, approx. 5 minutes by car from Sarpsborghallen. There are good public transport options between the hotel and Sarpsborg bus terminal (2 min walk from the swimming pool).

Sarpsborghallen

Dronningensgate 53
1723 Sarpsborg

