



## SVIMJISAMBAND FØROYA

Faroe Islands Swimming Association  
Fédération des Îles Féroé de Natation

Limaskapur/Affiliation:  
Ítróttasamband Føroya (ÍSF)  
Norrøna Svímjísambandið (NSF)  
Ligue Européenne de Natation (LEN)  
Fédération Internationale de Natation (FINA)

Faroe Islands Swimming Association is pleased to invite you to take part in the

# Nordic Swimming Championships 2019



- Date:** 29 November - 1 December 2019
- Venue:** Svímjihøllin í Gundadali, Tórshavn - 6 x 25m indoor pool  
Water temperature 27°C, Omega Ares Electronic Timing  
Omega OSB14 starting blocks and OBL2 backstroke ledges
- Address:** Gundadalur 4, FO-100 Tórshavn - [www.svimjihollin.fo](http://www.svimjihollin.fo)
- Age Groups:**  
Junior Girls 13-16 years (2003-2005)  
Junior Boys 14-17 years (2002-2005)  
Senior Women 17+ years (born 2002 and earlier)  
Senior Men 18+ years (born 2001 and earlier)
- Invited nations:** Denmark, Estonia, Faroe Islands, Finland,  
Iceland, Latvia, Lithuania, Norway, Sweden

In cooperation with





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### Competition hours

Session 1 - Preliminaries:	Friday 29 November from 09:30
Session 2 - Finals:	Friday 29 November from 17:30
Session 3 - Preliminaries:	Saturday 30 November from 09:30
Session 4 - Finals:	Saturday 30 November from 17:30
Session 5 - Preliminaries:	Sunday 1 December from 09:30
Session 6 - Finals:	Sunday 1 December from 17:30

Warm-up starts 1.5 hours before the start of each session

It is possible to train in the competition pool on Thursday 28 November from 18:00.

### Order of events

Session 1 & 2 - Friday	Session 3 & 4 - Saturday	Session 5 & 6 - Sunday
1. 400 Freestyle Women	13. 400 Ind. Medley Women	26. 400 Ind. Medley Men
2. 400 Freestyle Men	14. 1500 Freestyle Men	27. 800 Freestyle Women
3. 50 Backstroke Women*	15. 50 Backstroke Men*	28. 100 Butterfly Women
4. 200 Backstroke Men	16. 200 Freestyle Women	29. 50 Butterfly Men*
5. 200 Butterfly Women	17. 200 Ind. Medley Men	30. 200 Backstroke Women
6. 100 Butterfly Men	18. 100 Backstroke Women	31. 100 Backstroke Men
7. 200 Breaststroke Women	19. 50 Breaststroke Men*	32. 50 Breaststroke Women*
8. 100 Breaststroke Men	20. 50 Butterfly Women*	33. 200 Breaststroke Men
9. 50 Freestyle Women	21. 100 Freestyle Men	34. 100 Freestyle Women
10. 50 Freestyle Men	22. 100 Breaststroke Women	35. 200 Freestyle Men
11. 4x200 Freestyle Women	23. 200 Butterfly Men	36. 200 Ind. Medley Women
12. 4x200 Freestyle Men	24. 4x100 Medley Women	37. 4x100 Freestyle Women
	25. 4x100 Medley Men	38. 4x100 Freestyle Men

\* Non-Olympic events are open events only, see NSF rule 1.5

### Team managers meeting

The Team managers' meeting will be held in the house of the Faroese Confederation of Sport (ÍSF-húsið, Gundadalur 2, next to the swimming pool) on Thursday 28 November from 19:00.



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### Competition format, as listed in the current NSF rules 1.4 and 1.5

#### 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.



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### Opening and Closing Ceremonies

A short opening ceremony will begin the first final session, and a closing ceremony ends the last.

### Medical Staff

Medical personnel will be available on-site during the championships.

### Doping Control

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

### Accommodation

The accommodation offer is at Hotel Føroyar, Oyggjavegur 45, FO-100 Tórshavn, see [hotelforoyar.fo](http://hotelforoyar.fo)

The packages include four nights of accommodation (Thursday to Monday), dinner on Thursday evening, breakfast, lunch, and dinner on Friday, Saturday and Sunday, and breakfast on Monday

The pool is in principle within walking distance from the hotel (appr. 2.6 km downhill to the pool), but we will be arranging a shuttle bus service as part of the package, as well as also included airport shuttles on Thursday 28 November and Monday 2 December.

Package prices (Thursday afternoon to Monday morning)

Deluxe room with sea view as a single room (1 person):	DKK 5800 per person
Deluxe room with sea view in a shared double or twin room:	DKK 3600 per person
Deluxe room with sea view in a shared double room with an extra bed:	DKK 3200 per person
Annex room as a single room (1 person):	DKK 5000 per person
Annex room in a shared double room:	DKK 3200 per person

Please note that many of these options are limited, to be distributed first-come, first-served.

The participation federations will receive an invoice after preliminary booking. The invoice is 50% of the total amount. After the final confirmation of the accommodation booking, the federations will receive their invoices for the remaining amount.

All other requests will have to be specially arranged.



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### Entries

Attached you will find the Preliminary and Final Entry forms. Please return your entry forms to the Faroe Islands Swimming Association, e-mail [ssf@ssf.fo](mailto:ssf@ssf.fo)

Preliminary Entry / Booking:	15 September 2019
Reservation Payment 50%:	1 October 2019
Final Accommodation Booking:	15 October 2019
Final Payment:	1 November June 2019
Final Entry by Name:	15 November 2019

The individual entries should be the swimmers best times achieved between 1 December 2018 and 15 November 2019. Please enter sports entries by using the provided LENEX-files.

### Contact Information

If you have any questions or concerns, then please do not hesitate to contact us.

Djóni Dalsgarð  
General Secretary of SSF  
Phone: +298 288090  
E-mail: [ssf@ssf.fo](mailto:ssf@ssf.fo)



## SVÍMJÍSAMBAND FØROYA

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## Preliminary Entry Form

Please return this form as soon as possible and no later than 15 September 2019, to Svímjísamband Føroya / The Faroe Islands Swimming Association, email [ssf@ssf.fo](mailto:ssf@ssf.fo)

### Team

Federation	
Address	
Contact person	
Telephone	
Email	

### Estimated size of the team

Female Swimmers	
Male Swimmers	
Team staff	
Total	

### Preliminary accommodation booking

Date of arrival	
Date of departure	
Deluxe single	
Deluxe twin/double	
Deluxe triple	
Annex single	
Annex twin/double	



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## Final Accommodation Booking Form

Please return this form as soon as possible and no later than 15 October 2019, to Svímjísamband Føroya / The Faroe Islands Swimming Association, email [ssf@ssf.fo](mailto:ssf@ssf.fo)

### Team

Federation	
Address	
Contact person	
Telephone	
Email	

### Estimated final size of the team

Female Swimmers	
Male Swimmers	
Team staff	
Total	

### Final accommodation booking

Date of arrival	
Date of departure	
Deluxe single	
Deluxe twin/double	
Deluxe triple	
Annex single	
Annex twin/double	