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21**



**NORDIC AGE GROUP
CHAMPIONSHIPS**

**KLAIPĖDA (LTU)
JULY 10-11, 2021**



VENUE Klaipėda swimming pool
50 m, 10 lanes, indoor
Address: Dubysos street 12, Klaipėda Lithuania

AGE GROUPS Girls 13-15 years (2006-2008)
Boys 14-16 years (2005-2007)

INVITED NATIONS Denmark, Estonia, Faroe Islands, Finland, Iceland, Latvia, Norway, Sweden, Netherlands, Switzerland and Lithuania

ONLINE WEBSITE www.ltuswimming.com

TEAM MANAGERS MEETING Friday, July 9th, 19:00, place will be updated

WARM-UP START **Training session** - Friday, July 9th upon arrangements
Session 1 - Saturday, July 10th 09:00
Session 2 - Saturday, July 10th 15:00
Session 3 - Sunday, July 11th 09:00

COMPETITION START **Session 1** - Saturday, July 10th 10:00
Session 2 - Saturday, July 10th 16:00
Session 3 - Sunday, July 11th 10:00

COMPETITION PROGRAMME

SESSION 1	SESSION 2	SESSION 3
SATURDAY, 10:00	SATURDAY, 16:00	SUNDAY, 10:00
1. 800m Freestyle Girls 2. 1500m Freestyle Boys 3. 100m Freestyle Girls 4. 100m Freestyle Boys 5. 200m Butterfly Girls 6. 200m Butterfly Boys 7. 200m Breaststroke Girls 8. 200m Breaststroke Boys - - - 15-minute break - - - 9. 4x100m Medley Girls 10. 4x100m Medley Boys	11. 400m Ind. Medley Girls 12. 400m Ind. Medley Boys 13. 200m Freestyle Girls 14. 200m Freestyle Boys 15. 100m Backstroke Girls 16. 100m Backstroke Boys 17. 50m Freestyle Girls 18. 50m Freestyle Boys 19. 100m Butterfly Girls 20. 100m Butterfly Boys - - - 15-minute break - - - 21. 4x100m Freestyle Girls 22. 4x100m Freestyle Boys	23. 400m Freestyle Girls 24. 400m Freestyle Boys 25. 200m Backstroke Girls 26. 200m Backstroke Boys 27. 100m Breaststroke Girls 28. 100m Breaststroke Boys 29. 200m Ind. Medley Girls 30. 200m Ind. Medley Boys - - - 15-minute break - - - 31. 4x200m Freestyle Girls 32. 4x200m Freestyle Boys

KEY DATES **May 10, 2021** - Preliminary Entry / Booking - Appendix 2
July 2, 2021 - Final entries - Lenex file
July 9, 2021 - Team Managers Meeting



ACCOMMODATION

Lithuanian Swimming Federation will offer special accommodation options and will assist to make arrangements with hotels.

There are two official hotels (see Appendix 1) which offer special rates for the teams participating in the competition. Special rates will be applied when using preliminary booking form in the Appendix 2. The preliminary booking form must be sent to the Lithuanian Swimming Federation by email **plaukimo.federacija@gmail.com** latest by **10.05.2021**.

Hotel accommodation is subject to availability and will be allocated on a first come, first served basis. After submitting your preliminary booking requests to the hotels, the Lithuanian Swimming Federation will provide each team with the direct email contact from each hotel in order for you to make your final arrangements on your accommodation, payments, rooming lists and meals.

AIRPORTS

Palanga airport – 37 km

Direct Flights Copenhagen – Palanga SK 2746
Direct Flights Palanga – Copenhagen SK2747

Ryga airport (LAT) – 270 km from the venue
Kaunas airport – 207 km from the venue
Vilnius airport – 307 km from the venue

TRANSPORTATION

Transfers from/to airport/train station is not included. Teams are responsible their own transportation. The Lithuanian Swimming Federation can arrange transfers at your own cost.

TRANSPORTATION TO VENUE

In walking distance

COMPETITION FORMAT

Each participating country may enter a maximum of four swimmers in each individual event (50,100, 200 and 400 meters) and one team in the relay events. However, only two individual swimmers will count in the team competition.

All entries will be seeded according to time. A maximum of two swimmers per country can be entered in 800m and 1500m freestyle unless there are empty lanes. Extra swimmers are to be decided at the Team Manager meeting. Extra swimmers are selected based on entry times. Extra swimmers in 800m and 1500m free will count in the team competition if their result ranks them in top 8 in the event and top 2 in their team. Late entries are allowed until the end of the Team Manager meeting the day before the competition starts. All relays must be entered with an entry time.

NSF age group rules according NSF constitution (pages 9–10)

ENTRIES

Lenex file will be sent directly to all team's contact persons.

Please e-mail the entry lenex file to LTU Swimming Federation **plaukimo.federacija@gmail.com** no later than **July 2, 2021**.

Final entries also could be submitted using Online Entry System that can be found on the address:
<https://www.swimrankings.net/manager>

AWARDS

Nordic age group championships (9 countries – NOR, SWE, DEN, FIN, ISL, FAR, EST, LAT, LTU) – swimmers who finish first, second and third in each discipline will be awarded with NSF logo medals, and the same for teams in team events.

NSF member and NSF associate member countries can take part in the point competition for teams. The winning team will be awarded with a trophy.

Nordic age group invitational championships (9 countries + invited countries – NED, SUI) – swimmers who finish first, second and third in each discipline will be awarded with medals presented by the host federation, and the same for teams in team events.

The best overall team (9+2 countries) will be awarded with a trophy presented by the host federation.

CONTACT INFORMATION

If you have any questions concerning the Nordic Age Group Championships 2021 please do not hesitate to contact us.

Entries & meet information
plaukimo.federacija@gmail.com

Website: **www.ltuswimming.com**

**WE LOOK FORWARD TO WELCOMING YOU
AT THE NORDIC AGE GROUP CHAMPIONSHIPS
IN KLAIPĖDA!**



LITHUANIAN SWIMMING FEDERATION



HOTELS



GREEN PARK HOTEL KLAIPEDA



Minijos street 119, LT-93231,
Klaipėda, Lithuania

Single **€33,00** | Twin **€39,00**

Room rates include breakfast, free Wi-fi,
parking, VAT

Excl. €1,00 city tax per person/night

Lunch and dinner €7,00 each
(to be ordered directly at the hotel)



IBIS STYLES KLAIPEDA AURORA



Nemuno street 51, LT-91190
Klaipėda, Lithuania

Single **€40,00** | Twin **€44,00**

Room rates include breakfast, free Wi-fi,
parking, VAT

Excl. €1,00 city tax per person/night

Lunch and dinner €10,00 each,
additional options possible
(to be ordered directly at the hotel)

