



SVIMJISAMBAND FØROYA
Faroe Islands Aquatics Federation (FRO)
Fédération des Îles Féroé de Natation

Limaskapur/Affiliation:
Ítróttasamband Føroya (ÍSF)
Nordic Swimming Federation (NSF)
European Aquatics (LEN)
World Aquatics (AQUA)

Faroe Islands Aquatics is pleased to invite all NSF members to the

Nordic Age Group Championships 2025



Date: 5 - 6 July 2025

Venue: Svímjikhøllin í Gundadalur - 10 x 50m indoor swimming pool

Address: Gundadalur 4, FO-100 Tórshavn, svimjihollin.fo

Age Groups: Boys and Girls 13-16 years (2009-2012)

Age Groups: The competition will be run by World Aquatics rules and by the Nordic Swimming Federation rules ([September 2024](#))

Invited nations: Denmark, Estonia, Faroe Islands, Finland, Iceland, Latvia, Lithuania, Norway, Sweden

In cooperation with





Key Dates & Details

Tuesday 14 Januar 2025

(172 days before competition)

Formal Invitation Announcement

Saturday 1 February 2025

(154 days before competition)

Preliminary Entry Deadline

(Note: Nations can arrange their own booking after this)

Monday 5 May 2025

(2 months before competition)

Officials Nomination Deadline

Friday 20 June 2025

(15 days before competition)

Final Entry Deadline

Monday 30 June 2025

(5 days before competition)

Sport Entries Deadline

Tuesday 1 July 2025

(4 days before competition)

Nations to be invoiced for their sport entries

Thursday 3 July 2025

(2 days before competition)

Sport Entries Payment Deadline

Thursday 3 July 2025

(2 days before competition)

Announcement of the entry lists

Saturday 5 July 2025

(1st day of competition)



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Competition Schedule

Session 1: **Day 1 from 10:00** - Direct finals

Session 2: **Day 1 from 16:00** - Direct finals

Session 3: **Day 2 from 10:00** - Direct finals

The venue opens for warmups 1 ½ hour before each session.

It is possible to train in the competition pool on Friday 4 July from 18:00

If you need other training times, then please let us know and we will try to arrange this.

Team Leaders Meeting

The team leaders meeting will be held at the venue on Friday 4 July at 19:00

Social Activity

There will be organized a social activity of around 3 hours duration for all participating swimming on Sunday evening 6 July from 20:00

Officials Gathering

The federation invites all officials and assistants for a meal at the venue, on Day 1 after the finals.

Competition Program

Day 1	Day 2	Day 3
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



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Competition Format, see NSF rules 2.4

Each participating country may enter an unlimited number of individual swimmers in each individual event (50, 100, 200 and 400) and one team in relay events, however only two individual swimmers will count in the point competition for teams. All entries will be seeded by time.

Maximum two swimmers per country can be entered in 800 and 1500m freestyle unless there are empty lanes. Extra swimmers are to be decided at the team managers meeting. Extra swimmers are selected based on entry times. Extra swimmers in 800 and 1500m free will count in the point competition for teams if their result ranks them in top 2 of their country.

Late entries are allowed until three days before the start of the first session. Changes are allowed until the end of the team managers meeting the day before the competition starts. Withdrawals can be made until one hour before the relevant preliminary session..

All relays must be entered with an entry time (sum of four individual times and no withdrawal from relay takeovers). Names to be submitted at least 60 minutes before the start of the relevant session.

Team Competition / Points System

Points will be awarded according to the NSF General Rules and Regulations (Section 1, 13):

- Only NSF members can take part in the point competition for teams
- Only the two best results of each country in each individual event are counted
- A trophy will be awarded to the winning team (country)

Competition Management

The Competition Manager is **TBA** and the Competition Secretary **TBA**.

The Referee is **TBA** and the starter **TBA**.

Officials

The clubs of Faroe Islands Aquatics are to provide the necessary amount of officials and others for running this event. However, the member nations are warmly invited to nominate officials as they see fit, and we will do our best to accommodate this. The nominations are to be sent to ssf@ssf.fo no later than the Officials Nomination Deadline.



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Entries

Attached you will find the Preliminary and Final Entry Forms. Please return your entry forms to ssf@ssf.fo no later than the listed Preliminary and Final Entry Deadlines.

Sport Entries shall be made in LENEX-format. Relay teams shall have entry times by adding individual swimmers' times.

Participation Fees

In accordance with the NSF Rules, Faroe Islands Aquatics will charge all participating countries an entry fee of €20 for each competitor (relay-only competitors included).

Scratches

Scratches are to be made via the [Swimify Coach App](#) or by email to stevnur@ssf.fo. Please email the user names of your coaches to stevnur@ssf.f, so that they can be given access to do this.

Scratches can be made until one hour before the relevant competition session.

Doping Control

All swim meets under the jurisdiction of Faroe Islands Aquatics, are under the doping control of Anti Doping Danmark (ADD), as described in the anti doping regulation of our Sports Confederation: <https://isf.fo/antidoping/dopingreglugerd/>.

Live Timing and Streaming

Barring technical problems, all results from this meet will be published live on www.livetiming.se and live.swimify.com, as well as afterwards on ssf.fo and swimrankings.net

The plan is also to live stream from this meet on the [federation's YouTube channel](#)

Accommodation & Meals

Due to high demand in the summer months, we strongly recommend that the participating countries make use of the announced offer from our incoming tourist server partner enjoy.fo, and secure their estimated need for accommodation as suggested already by 1 February 2025.

Alternatively, you can try your luck with the limited availability at [Hotel Hafnia](#) and [Hotel Brandan](#), here using their special 15% discount code "NAGC". Or you can look at one of the other hotel offers in Tórshavn, listed [here on Visit Tórshavn](#), or try Airbnb or similar.





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As the offers are bed & breakfast, Faroe Islands Aquatics will try to have a competitive offer for lunch and dinner at the venue itself, to be announced ASAP. Similarly, we will work on offers for shuttle service between the airport and Tórshavn, and between Hotel Føroyar and the venue.

Distances between the mentioned hotels and the competition venue

- [Hotel Føroyar](#)**** 2.5 km (with some elevation)
- [Hilton Garden Inn](#)**** 750m (more or less level)
- [Hotel Brandan](#)**** 700 m (with slight elevation)
- [Hotel Hafnia](#) 1.5 km (with slight elevation)

Contact

Please submit your possible questions and comments to ssf@ssf.fo

Payment Details

Svimjisamband Føroya

P.O. Box 1329, FO-110 Tórshavn

BankNordik 6460 – 1518455

SWIFT: FIFBFOTX

IBAN: FO0764600001518455



Tórshavn 2025 Nordic Age Group Championships

Preliminary Entry Form

Please return this form as soon as possible and no later than 1 February 2025, to Svímjísamband Føroya / Faroe Islands Aquatics Federation, email ssf@ssf.fo

Team

Federation	
Address	
Contact person	
Telephone	
Email	

Estimated size of the team

Boys	
Girls	
Team staff	
Total	

Preliminary accommodation booking

Hotel choice	<input type="checkbox"/> Hotel Føroyar	<input type="checkbox"/> Hilton Garden Inn	<input type="checkbox"/> We arrange ourselves
Date of arrival			
Date of departure			
Single rooms			
Twin rooms			
Twin rooms + 1			
4-pax (only at HF)			



Tórshavn 2025 Nordic Age Group Championships

Final Entry Form

Please return this form as soon as possible and no later than Friday 20 June 2025, to
Svimjisamband Føroya / Faroe Islands Aquatics Federation, email ssf@ssf.fo

Team

Federation	
Address	
Contact person	
Telephone	
Email	

Final size of the team

Boys	
Girls	
Team staff	
Total	

Final accommodation booking

Hotel choice	<input type="checkbox"/> Hotel Føroyar	<input type="checkbox"/> Hilton Garden Inn	<input type="checkbox"/> We arrange ourselves
Date of arrival			
Date of departure			
Single rooms			
Twin rooms			
Twin rooms + 1			
4-pax (only at HF)			