



The Nordic Swimming Federation together with the Swedish Swimming Federation and SK Elfsborg invites you to the

Open Nordic Masters Championships

Borås, SWE 5 – 6 October 2012

Date: 5-6 October 2012

Place: Borås Simarena, Borås, 50 m pool, 8 lanes

Times:	Session	Day	Date	Warmup	Start
	1	Friday	5/10	12.30-13.45	14.00
	2	Saturday	6/10	07.30-08.45	09.00
	3	Saturday	6/10	13.30-14.45	15.00

Website: www.skelfsborg.com for further information concerning the championships.

Entries: Please send your entries latest at Monday 17 September 2012 to: jonas@skelfsborg.se

Your entries must be made by LENEX-file.

Entries with “no time” will not be accepted.

Only swimmers representing a club, member of a federation affiliated with FINA, are eligible to enter.

Entry fee: 90 SEK/individual start
120 SEK/relay

Payment of entry fees should be sent latest at 17 September.

Bank information:
Account owner: Simklubben Elfsborg
Bank: SEB
IBAN: SE12 5000 0000 0510 2102 7529

BIC/SWIFT: ESSESESS

Mark your payment: "SM/NM 2012" and your name (club).

Late entries: Can be made in case of space and to a cost of double entry fee latest at Monday 1 October 2012 to Jonas@skelfsborg.com.

Scratches: Scratches for Fridays session shall be made no later than 5 October at 11.00 hrs and for Saturdays sessions 2 and 3 before the previous session is ended.

Late scratches will be billed with 300 SEK/start.

Empty lanes without doctor's note will be billed as above.

Entry fees are not refundable.

Relay swimmers: Shall be handed in one hour before first start in each session. Late registration will be billed with 300 SEK.

Age-groups: Individual Pre-Masters 20-24 (not official Age Group)
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 -

Relay Pre-Masters 80-96 (not official Age Group)
A 100-119, B 120-159, C 160-199, D 200-239,
E 240-279, F 280-319, G 320-2359

Medals: Medals to places 1-3 (in official Age Groups)

Medical aid: Will be on site during warm-up.

Accommodation: www.skelfsborg.com

Meals: www.skelfsborg.com

Farewell party: During Saturday evening a farewell party will be held at Hotel First Grand.

Programme

Friday 5 October – Session 1 – start 14.00 hrs

1	400 m ind. medley	Women
2	400 m ind medley	Men
3	100 m backstroke	Women
4	100 m backstroke	Men
5	200 m butterfly	Women
6	200 m butterfly	Men
7	50 m breaststroke	Women
8	50 m breaststroke	Men
9	4x50 m medley	Women
10	4x50 m medley	Men
11	800 m freestyle	Women
12	1500 m freestyle	Men

Saturday 6 October – Session 2 – start 09.00 hrs

13	4x50 m medley	Mixed
14	100 m freestyle	Men
15	100 m freestyle	Women
16	200 m breaststroke	Men
17	200 m breaststroke	Women
18	50 m butterfly	Men
19	50 m butterfly	Women
20	400 m freestyle	Men
21	400 m freestyle	Women
22	4x50 m freestyle	Man
23	4x50 m freestyle	Women

Saturday 6 October – Session 3 – start 15.00 hrs

24	4x50 m freestyle	Mixed
25	50 m backstroke	Women
26	50 m backstroke	Men
27	100 m breaststroke	Women
28	100 m breaststroke	Men
29	50 m freestyle	Women
30	50 m freestyle	Men
31	100 m butterfly	Women
32	100 m butterfly	Men
33	4x100 m medley	Mixed