# THE NORTH SEA SWIM MEET 2015 

 November $6^{\text {th }}$ to $8^{\text {th }}-$ Stavanger, Norway


The North Sea Swim Meet 2015 (Nov. $6^{\text {th }}-$ Nov. $8^{\text {th }}$ )

The first «North Sea Swim Meet», was arranged in 1973 as a result of the cooperation between Rogaland Swimming District (RSK) and Phillips Petroleum Co Norway with support from the Norwegian Swimming Federation (NSF). It gave swimming in Rogaland, as well as in Norway as a whole, a real boost.

The North Sea Swim Meet has been arranged every year since the start in 1973 and has through these amazing years achieved the status of being one of the national swimming highlights.

The Rogaland Swimming District has together with the local community brought the North Sea Swim Meet up to the excellent standard that swimmers have learned to expect. Stavanger Swim Hall is renowned for its special atmosphere and for being a very fast pool. As a result the meet has achieved great popularity and status with both Norwegian and foreign swimmers. A great number of Norwegian, Nordic and international records have been set in the Stavanger Swim Hall through the years, among them a world record and several IPC world records.

Among top international swimmers who have come to compete in Stavanger the last years we can mention, Jeanette Ottesen, Rikke Møller Pedersen, Pernille Blume, Julie Aglund Lauridsen, Ida Lindsborg, Sarah Louise Rung, Elena Krawzow, Pál Joensen, Ari-Pekka Liukkonen, Lukas Räuftlin, Christoph Meier, Marco Loughran, Sebastian Iwanov, Jonas Bastian Sørensen and of course several others from the Norwegian Swim Team.

We are looking forward to see you in Stavanger, also this year, and hope you will enjoy your stay with us.


# North Sea Swim Meet 2015 

With the approval of the Norwegian Swimming Federation, Rogaland Swimming Union hereby invites to The North Sea Meet in Stavanger, November $\boldsymbol{6}^{\text {th }}$ - November $8^{\text {th }} 2015$.

## Stavanger Swim Hall

The pool has 6 lanes, is 25 m long and the water temperature is $26^{\circ} \mathrm{C}$.

## Direct finals and Super finals

The meet will have direct finals. Participation is limited by qualifying times.
Super finals in all individual events and relay events except 800 m freestyle and 4001M.
One heat in each event irrespective of age group, B finals for 50 m and 100 m events.

## Heat limitation

The arranger reserves the right to change the start time for the direct finals and apply following heat limitation if necessary (to ensure good conditions for the swimmers):
100 m events 3 heats, 200m-, 400 m - and 800 m events 2 heats .

## Handicapped swimmers

Super finals in the 50 m events, one heat in each event irrespective of class. If heat limitations do not apply, HC swimmers may swim in age class heats for none HC events.

Swimmers will be ranked according to the Australian model for multi disability meets based on relative proximity to the world record in the respective classes. This procedure applies to selection for participation and for awards. The long course world records official at January $1^{\text {st }}$ 2015 will be used as basis for the selection.

## Awards

Direct finals: Medals for $1^{\text {st }}-3^{\text {rd }}$ place, individuals.
Super Finals: 1. place is awarded NOK 2.500, 2. place is awarded NOK 1.500, 3. place is awarded NOK 750. Gift awards for $4^{\text {th }}$ to $6^{\text {th }}$ place.
Relay teams: Gift awards for $1^{\text {st }}-6^{\text {th }}$ place.


The highest score (ref. FINA-2014 point-table) in an individual event, direct or super finals will be rewarded an ALPINA Watch, men and women, value NOK 12.500 each.

The same two swimmers will also be rewarded NOK 10.000. The second best score is used in case of a tie. Swimmers under the age of 15 are not eligible.

## Awards Handicap classes

Direct finals: Medals for $1^{\text {st }}-3^{\text {rd }}$ place, individuals.
Super Finals: $1^{\text {st }}$ place is awarded NOK 1.000 , $2^{\text {nd }}$ place is awarded NOK 750 and $3^{\text {rd }}$ place is awarded NOK 500,-
Gift awards for $4^{\text {th }}-6^{\text {th }}$ place.
ALPINA Watch, value NOK 12.500, for the best HC swimmer.
In the handicap classes the three best performances in the super finals irrespective of sex will be rewarded as follows: NOK 5.000,-/ 2.000,-/ 1.000,-.
An award is divided in case of a tie. Swimmers under the age of 15 are not eligible.

## Entries:

Entries must be received by 24:00 October $21^{\text {st }}, 2015$
Qualification period: 22.10.14-21.10.15.
E-Mail entries are encouraged. E-Mail: jech@medley.no
Mail entries to: John Erlend Christiansen, Varderingen 8, 2054 Mogreina, NORWAY
All entries will be confirmed at receipt.
Start lists will be mailed out and placed on the following web page: http://www.livetiming.no/nordsjo15/ here you will find continually updated information as well as the results from the North Sea Swim Meet 2005, 2006, 2007, 2008, 2009, 2010, 2011,2012, 2013, 2014 + meet records.

## Entry fee:

NOK 100, - per start and NOK 200, - per relay payable to:
Domestic payments to bank account: 3201.28.82059
International payments to bank account: IBAN NO51 32012882 059, SWIFT SPRONO22 (Bank address to be sent on request)

Payment details/invoice will be sent by email as soon as starting list is verified.
Late entries at double entry fee will be accepted if heat limitations do not apply.

## Information / registration:

Meet Office: Stavanger Swim hall, open from Friday November 6 ${ }^{\text {th }}$ at 8:00am.
Leader meeting: A short info meeting (behind the ARENA stand / Press room) at:

$$
\begin{array}{cc}
\text { Friday November 6 } 6^{\text {th }} \text { : Norwegian - Speaking: } & \mathbf{1 0 : 3 0} \\
\text { English -Speaking: } & \mathbf{1 0 : 4 5}
\end{array}
$$

Withdrawals to be delivered in writing a.s.a.p. by Email or at the meet office - at the latest one hour prior to the meet start.

## Inquiries:

Rune Lilledahl, telephone: +47 95816 415, E-Mail: rli@umoealu.com

## Warm up periods:

| Thursday | $18: 00-20: 00$ |  | Super final swimmers |
| :--- | :--- | :--- | :--- |
| Friday | $07: 00-08: 45$ | $10: 00-10: 45$ | $15: 00-16: 30$ |
| Saturday | $07: 00-08: 45$ |  | $15: 00-16: 45$ |
| Sunday | $07: 00-08: 45$ |  | $14: 00-15: 45$ |

## Hotels

We recommend the following hotels which are centrally placed in downtown Stavanger. The Stavanger Swim Hall is only 1 to 3 minutes walking distance from the hotels.

## Clarion Hotel Stavanger:

Reference when ordering 265910 Phone: +4751502570 Mail to Sven Olav Bjerga:
Sven.olav.bjerga@choice.no

|  |  | Single | Double | Triple |
| :--- | :--- | :---: | :---: | :---: |
| Thursday | 05.Nov | 1465 | 1565 | 1815 |
| Friday | 06.Nov | 1055 | 1165 | 1415 |
| Saturday | 07.Nov | 1055 | 1165 | 1415 |
| Sunday | 08.Nov | 1055 | $\mathbf{1 1 6 5}$ | 1415 |

## Comfort Hotel Square:

Ref. when ordering 1114R088479 Phone: +47 51568000 Mail to Brit Edvardsen:
co.square@choice.no

|  |  | Single | Double | Triple |
| :--- | :--- | :---: | :--- | :--- |
| Thursday | 05.Nov | 1340 | 1440 | 1640 |
| Friday | 06.Nov | 1000 | 1200 | 1400 |
| Saturday | 07.Nov | 1000 | 1200 | 1400 |
| Sunday | 08.Nov | 1000 | 1200 | 1400 |

All prices are given in Norwegian kroner and included only one breakfast/morning. Additional breakfast can be offered for NOK 95,--

Lunch (Friday to Sunday -NOK 160,-/pers.) and Dinner (Friday and Saturday NOK 220pr. pers.) are offered at the Clarion Hotel Stavanger.
All orders to be booked (sissel.bordevich@lyse.net) and prepaid directly to Rogaland Swimming District within November $4^{\text {th }}$.

Information about the city of Stavanger is found here: $\mathrm{http}: / / w w w . r e g i o n s t a v a n g e r . c o m ~$

# Welcome to the North Sea Swim Meet 2015 Rogaland Swimming District 

Rune Lilledahl Chairman



| $\begin{gathered} \hline \text { Friday 09:00 } \\ \text { Event no. } \end{gathered}$ | Event | Classes |  | Qualification time | Winning time 2014 (heats) |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 800 Free | Open | Women | 9:30.00 | 8:29.15 |
| 2 | 800 Free | Open | Men | 8:47.00 | 7:46.62 |
| $\begin{aligned} & \hline \text { Friday 11:00 } \\ & \text { Event no. } \end{aligned}$ | Event | Classes |  | Qualification time | Winning time 2014 (heats) |
| 3 | 200 Medley | 02-01 | Women | 2:35.00 | 2:23.30 |
|  |  | 00-99 | Women | 2:31.00 | 2:17.78 |
|  |  | 98-97 | Women | 2:30.00 | 2:17.24 |
|  |  | 96 and older | Women | 2:28.00 | 2:16.42 |
| 4 | 200 Medley | 02-01 | Men | 2:30.00 | 2:11.13 |
|  |  | 00-99 | Men | 2:22.00 | 2:08.96 |
|  |  | 98-97 | Men | 2:16.00 | 2:03.42 |
|  |  | 96 and older | Men | 2:14.00 | 2:01.93 |
| 5 | 50 Free | 02-01 | Women | 30.25 | 25.45 |
|  |  | 00-99 | Women | 29.25 | 26,31 |
|  |  | 98-97 | Women | 29.00 | 26,16 |
|  |  | 96 and older | Women | 28.75 | 24.41 |
|  |  | Handicapped | Women | 150\% of WR | 3928.56(104,31\%) |
| 6 | 50 Free | 02-01 | Men | 28.80 | 25.50 |
|  |  | 00-99 | Men | 26.30 | 24.34 |
|  |  | 98-97 | Men | 25,80 | 22,80 |
|  |  | 96 and older | Men | 24,80 | 21,55 |
|  |  | Handicapped | Men | 150\% of WR | 25,45 (100,51\%) |
| 7 | 100 Breast | 02-01 | Women | 1:22.00 | 1.13,74 |
|  |  | 00-99 | Women | 1:21.00 | 1.09.16 |
|  |  | 98-97 | Women | 1:19.00 | 1.10,50 |
|  |  | 96 and older | Women | 1:17.00 | 1.07.93 |
|  |  | Handicapped | Women | 150\% of WR | $\begin{aligned} & 1.44,86 \\ & (100,84 \%) \end{aligned}$ |
| 8 | 100 Breast | 02-01 | Men | 1:19.00 | 1.04 .26 |
|  |  | 00-99 | Men | 1:15.00 | 1.06.74 |
|  |  | 98-97 | Men | 1:11.00 | 1.02 .05 |
|  |  | 96 and older | Men | 1:09.00 | 1.01.99 |
|  |  | Handicapped | Men | 150\% of WR | 1.31.05 (113,57\%) |
| 9 | 50 Back | 02-01 | Women | 35.75 | 27.90 |
|  |  | 00-99 | Women | 34.75 | 30.43 |
|  |  | 98-97 | Women | 33.75 | 29.21 |
|  |  | 96 and older | Women | 32.75 | 28.58 |
|  |  | Handicapped | Women | 150\% of WR | 35.08 (107,57\%) |
| 10 | 50 Back | 02-01 | Men | 34.70 | 28.34 |
|  |  | 00-99 | Men | 31.70 | 26.71 |
|  |  | 98-97 | Men | 30.20 | 26.90 |
|  |  | 96 and older | Men | 28.70 | 25.21 |
|  |  | Handicapped | Men | 150\% of WR | 31.56 (102,27\%) |
| 11 | 200 Butterfly | 02-01 | Women | 2:47.00 | 2.27 .15 |
|  |  | 00-99 | Women | 2:42.00 | 2.18 .95 |
|  |  | 98-97 | Women | 2:38.20 | 2.16,33 |
|  |  | 96 and older | Women | 2:37.00 | 2.14 .08 |
| 12 | 200 Butterfly | 02-01 | Men | 2:53.00 | 2.14,20 |
|  |  | 00-99 | Men | 2:32.50 | 2.06,73 |
|  |  | 98-97 | Men | 2.20 .50 | 2.04.49 |
|  |  | 96 and older | Men | 2:17.00 | 2.02,02 |


| Saturday @ 09:00 |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Event no. | Event | Classes |  | Qualification time | Winning time 2014 (heats) |
| 13 | 400 Free | 02-01 | Men | 4:37.00 | 4.11 .50 |
|  |  | 00-99 | Men | 4:27.00 | 3.57.16 |
|  |  | 98-97 | Men | 4:18.00 | 3.54.48 |
|  |  | 96 and older | Men | 4:13.00 | 3:53.37 |
| 14 | 400 Free | 02-01 | Women | 4:52.00 | 4.24 .46 |
|  |  | 00-99 | Women | 4:47.00 | 4.22.59 |
|  |  | 98-97 | Women | 4:43.00 | 4.16 .11 |
|  |  | 96 and older | Women | 4:38.00 | 4.12.42 |
| 15 | 100 Back | 02-01 | Men | 1:12.00 | 1.00.51 |
|  |  | 00-99 | Men | 1:06.00 | 57.16 |
|  |  | 98-97 | Men | 1:05.00 | 58.02 |
|  |  | 96 and older | Men | 1:02.00 | 54,60 |
|  |  | Handicapped | Men | 150\% of WR | 1:107.45 (106,52\%) |
| 16 | 100 Back | 02-01 | Women | 1:14.00 | 1.03.45 |
|  |  | 00-99 | Women | 1:11.00 | 1.05.59 |
|  |  | 98-97 | Women | 1:10:00 | 1.03.47 |
|  |  | 96 and older | Women | 1:09.00 | 1.01.43 |
|  |  | Handicapped | Women | 150\% of WR | 1.36.95 (104,35\%) |
| 17 | 50 Butterfly | 02-01 | Men | 32.00 | 27.57 |
|  |  | 00-99 | Men | 29.00 | 26.10 |
|  |  | 98-97 | Men | 28.00 | 25,47 |
|  |  | 96 and older | Men | 27.00 | 24,13 |
|  |  | Handicapped | Men | 150\% of WR | 26.86 (101,86\%) |
| 18 | 50 Butterfly | 02-01 | Women | 33.00 | 29.04 |
|  |  | 00-99 | Women | 32.00 | 27.96 |
|  |  | 98-97 | Women | 31.50 | 27.19 |
|  |  | 96 and older | Women | 30.00 | 26.19 |
|  |  | Handicapped | Women | 150\% of WR | 31.56 (103,68\%) |
| 19 | 100 Free | 02-01 | Men | 1:02.00 | 56.49 |
|  |  | 00-99 | Men | 56.00 | 52.34 |
|  |  | 98-97 | Men | 54.50 | 50.07 |
|  |  | 96 and older | Men | 53.30 | 49.00 |
|  |  | Handicapped | Men | 150\% of WR | 56,85 (102,73\%) |
| 20 | 100 Free | 02-01 | Women | 1:04.50 | 56,26 |
|  |  | 00-99 | Women | 1:02.00 | 57.19 |
|  |  | 98-97 | Women | 1:01.50 | 57,88 |
|  |  | 96 and older | Women | 1:01.00 | 53,91 |
|  |  | Handicapped | Women | 150\% of WR | 1.02.99 (107,00\%) |


| Saturday continues... |  |  |  |  |  |  |  |  |  |  |
| :---: | :--- | :---: | :--- | :---: | :--- | :---: | :---: | :---: | :---: | :---: |
| Event no. | Event |  |  |  |  |  | Classes |  | Qualification <br> time | Winning time <br> $\mathbf{2 0 1 4}$ (heats) |
| 21 | 200 Breast | $02-01$ | Men | $2: 53.00$ | 2.16 .67 |  |  |  |  |  |
|  |  | $00-99$ | Men | $2: 47.00$ | 2.24 .51 |  |  |  |  |  |
|  |  | $98-97$ | Men | $2: 35.00$ | 2.14 .72 |  |  |  |  |  |
|  |  | 96 and older | Men | $2: 34.00$ | 2.14 .94 |  |  |  |  |  |
| 22 | 200 Breast | $02-01$ | Women | $2: 56.00$ | 2.36 .28 |  |  |  |  |  |
|  |  | $00-99$ | Women | $2: 54.50$ | 2.30 .33 |  |  |  |  |  |
|  |  | $98-97$ | Women | $2: 52.00$ | 2.30 .97 |  |  |  |  |  |
| 23 | $4 \times 50$ Medley | Open | Mixed | $2: 47.00$ | 2.20 .77 |  |  |  |  |  |
| 24 | $4 \times 50$ Free | Open | Mixed | ------ | ----- |  |  |  |  |  |


| Sunday @ 09:00 |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Event no. | Event | Classes |  | Qualification time | Winning time 2014 (heats) |
| 25 | 400 Medley | Open | Women | 5:30.00 | 4.46 .12 |
| 26 | 400 Medley | Open | Men | 4:51.00 | 4.18 .90 |
| 27 | 100 Butterfly | 02-01 | Women | 1:14.00 | 1.05.13 |
|  |  | 00-99 | Women | 1:11.00 | 1.03.92 |
|  |  | 98-97 | Women | 1:08.50 | 1.00.91 |
|  |  | 96 and older | Women | 1:07.50 | 59.15 |
|  |  | Handicapped | Women | 150\% of WR | 1.30,50(137,23\%) |
| 28 | 100 Butterfly | 02-01 | Men | 1:12.25 | 1.00.71 |
|  |  | 00-99 | Men | 1:04.25 | 56.61 |
|  |  | 98-97 | Men | 1:01.50 | 56.34 |
|  |  | 96 and older | Men | 1:00.25 | 57.74 |
|  |  | Handicapped | Men | 150\% of WR | $\begin{aligned} & 1.04 .33 \\ & (106,42 \%) \end{aligned}$ |
| 29 | 200 Back | 02-01 | Women | 2:36.00 | 2.16 .30 |
|  |  | 00-99 | Women | 2:31.50 | 2.23 .15 |
|  |  | 98-97 | Women | 2:31.00 | 2.15 .08 |
|  |  | 96 and older | Women | 2:29.00 | 2.13 .52 |
| 30 | 200 Back | 02-01 | Men | 2:30.00 | 2.09.57 |
|  |  | 00-99 | Men | 2:22.50 | 2.07 .67 |
|  |  | 98-97 | Men | 2:21.00 | 2.07 .48 |
|  |  | 96 and older | Men | 2:19.00 | 1.57.82 |
| 31 | 50 Breast | 02-01 | Women | 39.00 | 33,87 |
|  |  | 00-99 | Women | 38.00 | 31.97 |
|  |  | 98-97 | Women | 36.00 | 32.78 |
|  |  | 96 and older | Women | 35.40 | 31.25 |
|  |  | Handicapped | Women | 150\% of WR | 35.34 (97,44\%) |


| Sunday continues... |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Event no. | Event | Classes |  | Qualification time | Winning time 2014 (heats) |
| 32 | 50 Breast | 02-01 | Men | 37.00 | 30,15 |
|  |  | 00-99 | Men | 34.50 | 30,28 |
|  |  | 98-97 | Men | 33.00 | 28,68 |
|  |  | 96 and older | Men | 31.50 | 27.39 |
|  |  | Handicapped | Men | 150\% of WR | 31.58 (103,47\%) |
| 33 | 200 Free | 02-01 | Women | 2:19.00 | 2.06.13 |
|  |  | 00-99 | Women | 2:16.30 | 2.03.73 |
|  |  | 98-97 | Women | 2:13.00 | 2.02.22 |
|  |  | 96 and older | Women | 2:11.00 | 1.59.91 |
| 34 | 200 Free | 02-01 | Men | 2:12.00 | 2.01.48 |
|  |  | 00-99 | Men | 2:03.50 | 1.53 .05 |
|  |  | 98-97 | Men | 1.59.00 | 1.51,19 |
|  |  | 96 and older | Men | 1:57.30 | 1.48 .01 |
| 35 | 100 Medley | 02-01 | Women | 1:14.20 | 1.05 .55 |
|  |  | 00-99 | Women | 1:11.20 | 1.04 .59 |
|  |  | 98-97 | Women | 1:10.00 | 1.04 .45 |
|  |  | 96 and older | Women | 1:09.30 | 1.04 .00 |
|  |  | Handicapped | Women | 150\% of WR | 1.34.37 (99.03\%) |
| 36 | 100 Medley | 02-01 | Men | 1:11.00 | 59.56 |
|  |  | 00-99 | Men | 1:06.20 | 58.73 |
|  |  | 98-97 | Men | 1:02.20 | 57.81 |
|  |  | 96 and older | Men | 1:01.20 | 56.42 |
|  |  | Handicapped | Men | 150\% of WR | 1.09.06(106,80\%) |
|  |  |  |  |  |  |
| 37 | $4 \times 100$ Free | Open | Women | --.-- | --.-- |
| 38 | $4 \times 100$ Free | Open | Men | --.-- | --.-- |



Version 0.1

## Super final events 2015 \& winning times 2014

| Event |  | Wriday @ 17:00 |
| :--- | :---: | :---: |
|  | Women winning time 2014 | Men winning time 2014 |
| 200 Medley | 2.15 .42 | 1.59 .95 |
| 50 Free | 24.25 | 21,37 |
| 50 Free HC | $28.20(102,99 \%)$ | $24.91(108,35 \%)$ |
| 100 Breast | 1.05 .48 | 1.01 .59 |
| 50 Back | 28.07 | 25.07 |
| 50 Back HC | $34.09(104,54 \%)$ | $31.24(101,23 \%)$ |
| 200 Butterfly | 2.12 .78 | 1.59 .77 |


| Event | Saturday @ 17:00 |  |  |
| :--- | :---: | :---: | :---: |
|  | Women winning time 2014 | Men winning time 2014 |  |
| 400 Free | 4.06 .28 | 3.47 .80 |  |
| 100 Back | 59.38 | 53,45 |  |
| 50 Butterfly | 25.12 | 23.94 |  |
| 50 Butterfly HC | $31.00(101,84 \%)$ | $26.74(101,40 \%)$ |  |
| 100 Free | 55.74 | 48,10 |  |
| 200 Breast | 2.18 .76 | 2.12 .63 |  |
| $4 \times 50$ Medley Mixed | .---- |  |  |
| $4 \times 50$ Free Mixed |  |  |  |
|  |  |  |  |


| Svent |  | Women winning time 2014 |
| :--- | :---: | :---: | Men winning time 2014

For all results from 2014 go to this link
$\rho \cdot \mathrm{c} \mid$ susmmetoy for diten | Fost.. $x$
fastswim.no

| Forside | Konkurranse | Trening | Kar | Sekkerloagger | Kompresjonstoy | Svernmeutstyr | Tiluudivarepraver | Triathion | Baby Svismming |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |


på www.fastswim.no: wullurbans:

Stolt sponsor av


North Sea Swim Meet 2015 Du treffer oss i hallen!
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## $\Delta$ Alpina

1883 GENEVE


URMAKER THORBJØRNSEN

