AdO arena
March 28-30th

BERGEN SWIM FESTIVAL 2020

With the Norwegian Federations approval, we are pleased to welcome you to the 13th annual **Bergen Swim Festival** at **Alexander Dale Oen arena (AdO)**. The competition is the 2nd leg of the Nordic Swim Tour.

BERGEN KOMMUNE

Bergen Swim Festival

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BERGEN SWIM FESTIVAL 2020

Bergen Swim Festival

Location:	AdO arena. Prelims: 10 lanes; Finals: 8 lanes
Date:	Saturday March 28th - Monday March 30th 2020
Rules:	The competition will be conducted under FINA rules
Competition times:	Prelims start each day at 9:00 am A-finals all days 6:00 pm B-finals all days 5:00 pm
Warm-up:	Friday March 29th - 2:00 pm until 8:00 pm Saturday to Monday: A-flight: 7:00 am to 8:45 am B-flight: 1 hour directly following A flight Finals: From the end of B-flights until 4:50 pm The diving pool can be used throughout the competition for warm-up.
Prelims:	A-flight consists of 6/5/4/3 heats for 50/100/200/400 meters. The best swimmers will compete in A-flight. (10 lanes) Junior final: 1 junior heat in the A-flight will be consisting of the 8 best NORWEGIAN swimmers. This is reserved for the qualification to international competitions. B-flight will be for the rest of the participants that are not in the A-flight.

800/1500: Only the best 8 swimmers will be swimming the 800 meter and 1500 meter freestyle. This will take place during the finals Friday and Saturday.

Qualifications - Period: Mars 5th 2019 to Mars 3th 2020.

Registrations: ***Deadline to send in registrations is March 4th 2020.***
The entries will be forwarded electronically by email by one of these methods: Stevnebørsen, Prima-format or on Grodan.

Registrations are to be sent to: **stevnebergen@gmail.com**

Late Registration: Registration after the deadline can the accepted as long as they are done before the end of the information meeting. (Friday March 27th at 8:00pm.)

Price per start: 100 NOK per Individual event.
(Payment through own club after confirmation).

Heat limitation: The organizer reserves the right to use heat limitations to hold the preliminary sessions to a maximum of 5 hours.

Accreditation: 100 NOK per swimmer, manager and coach.
Everyone must have an accreditation. They can be ordered through **www.bsf.no** and the deadline is on Mars 4th 2020.
The accreditation gives access to the pool and stands.

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Prize money:

A-finals:

1. place: 300 Euros
2. place: 125 Euros
3. place: 75 Euros

Junior prize:

1. place: 50 Euros
2. place: 30 Euros
3. place: 20 Euros

Para swimmers:

1. place: 50 Euros
2. place: 30 Euros
3. place: 20 Euros

High Point/SENIOR:

Best FINA 2019 Points for Men and Women after results from the finals

1. place: 1000 Euros
2. place: 500 Euros
3. place: 250 Euros

Bestemannspremier/JUNIOR:

Best FINA 2019 Point regardless of gender (Heat 4 in A-flight is a final)

1. place: 500 Euros
2. place: 250 Euros
3. place: 125 Euros

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BERGEN SWIM FESTIVAL 2020 - EVENT PROGRAM
Saturday March 28th

Age groups: Women Senior: 2002 and older | Women Junior: 2003-2007
Men Senior: 2001 and older | Men Junior: 2002-2007

PRELIMS
Warm up at 0700. Competition starts at 0900

Event			
1	100 freestyle	women	
2	100 freestyle	men	
3	400 IM	women	max 6 heat
4	400 IM	men	max 6 heat
5	50 backstroke	women	
6	50 backstroke	men	
7	100 breaststroke	women	
8	100 breaststroke	men	
9	200 butterfly	women	
10	200 butterfly	men	

B-FINALS (number 9-16, all classes)
Warm up from after prelims until 1650. Competition starts at 1700

Event		
1	100 freestyle	women
2	100 freestyle	men
3	400 IM	women
4	400 IM	men
5	50 backstroke	women
6	50 backstroke	men
7	100 breaststroke	women
8	100 breaststroke	men
9	200 butterfly	women
10	200 butterfly	men

A-FINALS (number 1-8, all classes)
Warm up from after prelims until 1650 (after 1650 diving pool can be used)
Competition starts at 1800

Event			
1	100 freestyle	women	
2	100 freestyle	men	
3	400 IM	women	
4	400 IM	men	
5	50 backstroke	women	
6	50 backstroke	men	
7	100 breaststroke	women	
8	100 breaststroke	men	
9	200 butterfly	women	
10	200 butterfly	men	
11	800 freestyle	women	Open class, 8 best swimmers, only 1 heat
12	1500 freestyle	men	Open class, 8 best swimmers, only 1 heat

There will be an A-flight and b-flight in the prelims. A-flight will consist of 6/5/4/3 heats for 50/100/200/400 meters with the swimmers with the best times competing in the A-flight. The remaining swimmers will swim in the B-flight. In addition, we will have "heat 4" in the A-flight as a clean Norwegian junior heat for international qualifications.

BERGEN SWIM FESTIVAL 2020 - EVENT PROGRAM
Sunday March 29th

Age groups: Women Senior: 2002 and older | Women Junior: 2003-2007
Men Senior: 2001 and older | Men Junior: 2002-2007

PRELIMS
Warm up at 0700. Competition starts at 0900

Event		
13	200 freestyle	men
14	200 freestyle	women
15	50 butterfly	men
16	50 butterfly	women
17	200 breaststroke	men
18	200 breaststroke	women
19	100 backstroke	men
20	100 backstroke	women
21	200 IM	men
22	200 IM	women

B-FINALS
Warm up from after prelims until 1650. Competition starts at 1700

Event		
13	200 freestyle	men
14	200 freestyle	women
15	50 butterfly	men
16	50 butterfly	women
17	200 breaststroke	men
18	200 breaststroke	women
19	100 backstroke	men
20	100 backstroke	women
21	200 IM	men
22	200 IM	women

A-FINALS
Warm up from after prelims until 1650 (after 1650 diving pool can be used)
Competition starts at 1800

Event			
13	200 freestyle	men	
14	200 freestyle	women	
15	50 butterfly	men	
16	50 butterfly	women	
17	200 breaststroke	men	
18	200 breaststroke	women	
19	100 backstroke	men	
20	100 backstroke	women	
21	200 IM	men	
22	200 IM	women	
23	800 freestyle	men	Open class, 8 best swimmers, only 1 heat
24	1500 freestyle	women	Open class, 8 best swimmers, only 1 heat

There will be an A-flight and b-flight in the prelims. A-flight will consist of 6/5/4/3 heats for 50/100/200/400 meters with the swimmers with the best times competing in the A-flight. The remaining swimmers will swim in the B-flight. In addition, we will have "heat 4" in the A-flight as a clean Norwegian junior heat for international qualifications.

BERGEN SWIM FESTIVAL 2020 - EVENT PROGRAM
Monday March 30th

Age groups: Women Senior: 2002 and older | Women Junior: 2003-2007
Men Senior: 2001 and older | Men Junior: 2002-2007

PRELIMS
Warm up at 0700. Competition starts at 0900

25	400 freestyle	women	Max 6 heat
26	400 freestyle	men	Max 6 heat
27	50 breaststroke	women	
28	50 breaststroke	men	
29	100 buttrefly	women	
30	100 butterfly	men	
31	200 backstroke	women	
32	200 backstroke	men	
33	50 freestyle	women	
34	50 freestyle	men	

B-FINALS
Warm up from after prelims until 1650. Competition starts at 1600

25	400 freestyle	women
26	400 freestyle	men
27	50 breaststroke	women
28	50 breaststroke	men
29	100 buttrefly	women
30	100 butterfly	men
31	200 backstroke	women
32	200 backstroke	men
33	50 freestyle	women
34	50 freestyle	men

A-FINALS
Warm up from after prelims until 1650 (after 1650 diving pool can be used)
Competition starts at 1800

Event			
25	400 freestyle	women	Max 6 heat
26	400 freestyle	men	Max 6 heat
27	50 breaststroke	women	
28	50 breaststroke	men	
29	100 buttrefly	women	
30	100 butterfly	men	
31	200 backstroke	women	
32	200 backstroke	men	
33	50 freestyle	women	
34	50 freestyle	men	
35	4x100 Medley mix		Open class, 8 best teams, only 1 heat (national teams allowed)

There will be an A-flight and b-flight in the prelims. A-flight will consist of 6/5/4/3 heats for 50/100/200/400 meters with the swimmers with the best times competing in the A-flight. The remaining swimmers will swim in the B-flight. In addition, we will have "heat 4" in the A-flight as a clean Norwegian junior heat for international qualifications.

QUALIFYING TIMES

Distance	Time Women SC	Time Women LC	Time Men SC	Time Men LC
50 freestyle	33,32	34,42	30,87	31,88
100 freestyle	1.14,31	1.16,48	1.10,50	1.13,59
200 freestyle	2.52,93	2.57,01	2.35,15	2.39,40
400 freestyle	4.56,61	5.02,63	4.29,78	4.39,90
800 freestyle	9.02,80	9.09,14	8.19,26	8.29,19
1500 freestyle	17.55,72	18.03,02	16.04,27	16.30,50
50 Backstroke	48,05	50,7	47,71	51,62
100 Backstroke	1.58,23	02.05,81	1.40,21	1.45,92
200 Backstroke	3.36,21	3.45,28	3.13,03	3.24,88
50 Breaststroke	59,64	1.01,53	48,94	50,27
100 Breaststroke	1.41,58	1.44,51	1.39,50	1.42,33
200 Breaststroke	4.06,09	4.14,16	3.33,89	3.45,18
50 Butterfly	39,29	39,42	36,97	38,04
100 Butterfly	1.44,90	1.46,59	1.24,23	1.27,43
200 Butterfly	3.20,00	3.25,83	3.14,00	3.17,67
200 IM	2.56,87	3.03,06	2.42,25	2.48,80
400 IM	6.33,00	6.44,27	5.45,00	5.57,24

Para swimming: WPS rules and classification will be used. 50m and 100m events will have dedicated para preliminary and final heat. Para swimmers are welcome to compete in the longer distances, seeded together with all other competitors, with prizes according to WPS classifications.

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NORDIC SWIM TOUR 2020

It is with great pleasure to announce that the Nordic Swim Tour consists of 3 competitions.

Helsinki Swim Meet (March 25-26th) + Bergen Swim Festival (March 28-30th)
+ Swim Open Stockholm (April 3-6th)

The swimmers with the highest combined points (FINA 2019 table) from the competitions in Helsinki, Bergen and Stockholm will be crowned the Nordic Swim Tour 2020 champion for each of the following events.

Events in NST:	100 Freestyle Women 100 Freestyle Men 100 Backstroke Women 100 Backstroke Men 100 Butterfly Women 100 Butterfly Men 100 Breatstroke Women 100 Breaststroke Men 400 Freestyle Women 400 Freestyle Men 400 IM Women 400 IM Men
Prize NST:	2000 Euro per events for both Women and Men.
Contact information:	**stevnebergen@gmail.com**
Accommodations and food:	***Charmaine Petersen, +47 988 05 126***

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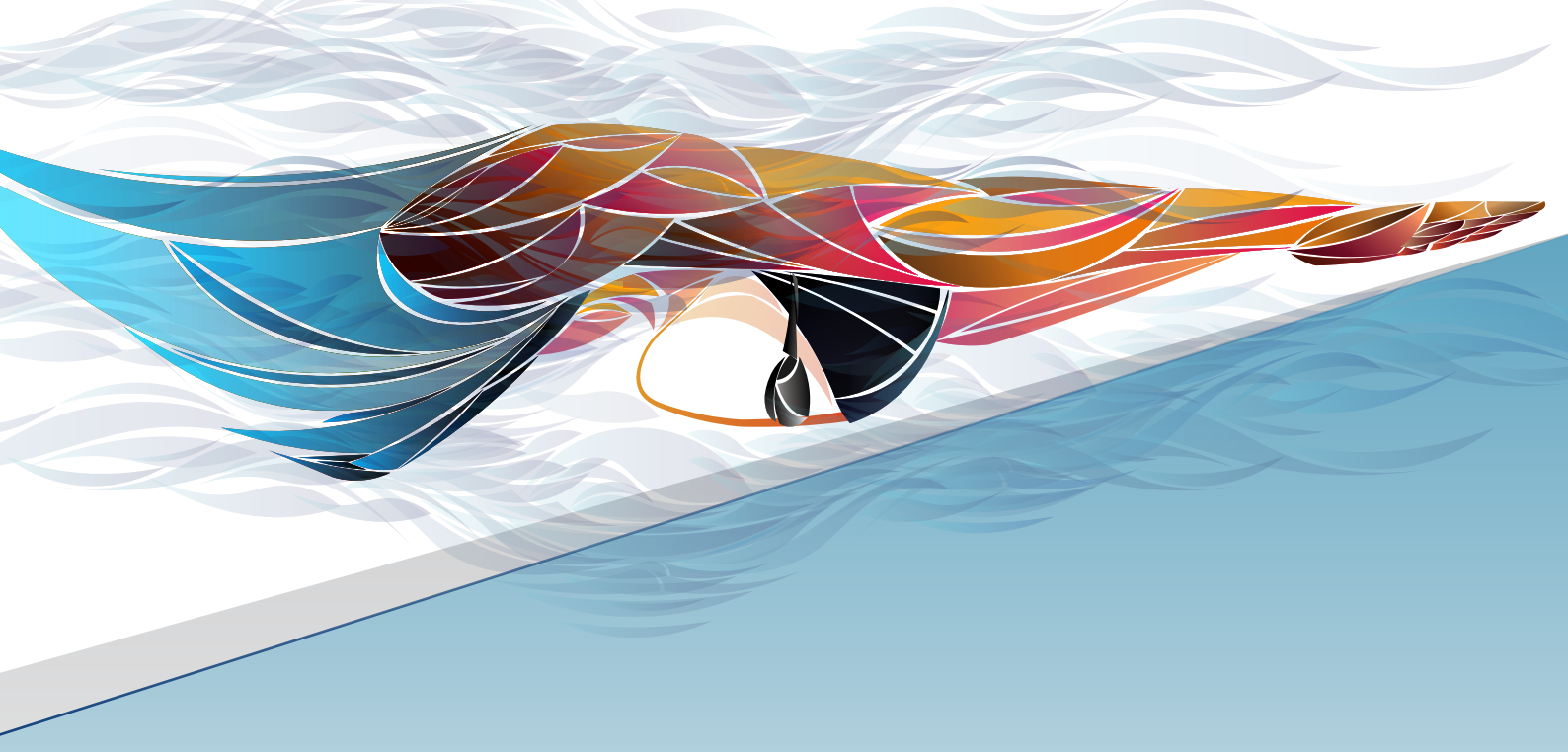

Payment details

Bergen Swim Festival
Account number: 9521.34.41257

IBAN: NO1595213441257

SWIFT: HANDOKK
Address: Handelsbanken, postboks 1342 Vika, 0113 Oslo.

Hotel/Catering:
Booking of hotel accommodations and catering at
www.bsf.no/BSF/overnatting

Bergen
Swim Festival