



**NORGES  
SVØMMEFORBUND**  
*Norwegian Swimming Federation*



**BJERKVIK**  
SVØMMEKLUBB

**NM Masters Swimming  
Narvik 2024**

**Idrettens hus, Narvik  
Friday 26. – Sunday 28. April 2024**

# OPEN NM MASTERS 2024 NARVIK

On behalf of the Norwegian Swimming Federation (NSF) and Bjerkvik Svømmeklubb, we would like to welcome you to the Open Norwegian Championship in Swimming for Masters at Idrettens Hus in Narvik on 26. - 28. April 2024.

The championship will be conducted in accordance with the rules and regulations set down by the Norwegian Swimming Federation.

The pool is 25 m with 6 lanes, and the pool maintains a temperature of approximately 26°C. There will be a child's pool available for warm-up and cool-down for the duration of the competition. Lockers are available in the wardrobes which can be locked using a Norwegian 10 kr coin.

## Timings

The following start times are approximate and may be adjusted depending on the number of participants.

Thursday:	Training at 5:00 pm – 7:00 pm	
Friday:	Warm-up starts at 10:00 am	Session 1 starts at 12:00 (noon)
Friday:	Warm-up starts at 02:30 pm	Session 2 starts at 04:00 pm (Opening ceremony begins at 03:45 pm)
Saturday:	Warm-up starts at 07:30 am	Session 3 starts at 09:00 am
Saturday:	Warm-up starts at 01:00 pm	Session 4 starts at 02:00 pm
Sunday:	Warm-up starts at 10:30 am	Session 5 starts at 12:00 (noon)

## Registration

The registration must be sent electronically and club wise in the NSF standard form (Victoria, uni\_p-file) by email to the email address [oppmann@bjerkviksk.no](mailto:oppmann@bjerkviksk.no) with the subject «Påmelding NM Masters og bankett <club name>», no later than 11:59 pm on the Friday 22. March 2024. Notice that you also have to include a name-list of participants to register for the Kuraas-banquet on Saturday (more information on this event is written further down in the document).

Remember to notify any allergies and food intolerances to each individual registration for the banquet. Please give the name and email address to the point of contact in each group/club in the registration email.

The entry fee and the registration fee for the banquet should be paid to the account number 4545.20.56007. The payment must be marked with the club's name.



### International payment information:

All payment to account 4545.20.56007.

SWIFT: NARVNO21XXXX

IBAN: NO6745452056007

Bank: Sparebanken Narvik, PObox 102, 8502 Narvik, Norway

The event list can be downloaded from [www.medley.no](http://www.medley.no).

**Note:** *No late entries will be accepted.*

A confirmation will be sent to the club when an entry has been received.

## Entry Fee

The entry fee will be NOK 100 for an individual start and NOK 200 per team for a relay start

## Team Leader Meeting

The team leader meeting will take place Friday at 01:30 pm. Cancellation of registrations can be done electronically in advance. The clubs will receive an entry code to do the cancellations when the registrations are confirmed.

## Prizes

A medal for the first, second and third place will be awarded in all events/classes.

Pre-masters are not included in calculating points towards the Best Club, nor any award prizes given.

## Age Group / Classes

Class	Age	Class	Age	Class	Age
O, Pre masters	20-24				
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	95-99

The age of the athlete as of 2024-12-31 determines their class.

## Relay Classes

Class	Age	Class	Age	Class	Age
0, Pre masters	80-99				
A	100-119	B	120-159	C	160-199
D	200-239	E	240-279	F	280-319
G	320-359				

Note: Pre-masters are not allowed to participate in the other classes for the relay events.

## Para Swimmers

The championships will use the Australian model for each individual class (A-G and 0). The ranking will be within each class, where the completed time in percentage is measured against the world record (per 1. January) for each para class respectively.

## License and Club Affiliation

NSF would like to remind all participants that they must have paid and registered their license for 2024 to the NSF at the start of the competitions. A penalty fee of NOK 1000 will be given to competitors without a registered license.

If a competitor is representing a club that he or she is not eligible for, the club is liable to pay a penalty fee of NOK 1000.

In addition to the penalty fees, the results obtained by the competitor during the competitions will be cancelled, and any prizes received must be returned.

## Drug Control

Drug control and blood sampling may be conducted during the competitions.

## Swimwear Sales

Swimwear from ARENA will be available for purchase during the event.

## General Information

For additional information please contact:

Event Coordinator: Terje Brinck Løyning [tloyning@proton.me](mailto:tloyning@proton.me) +47 481 05 929

Registrations: Linda Strøm [oppmann@bjerkviksk.no](mailto:oppmann@bjerkviksk.no) +47 418 08 785

Umpires: Anneline Vassbakk Løyning [leder@bjerkviksk.no](mailto:leder@bjerkviksk.no) +47 970 44 608

Other business: Renate Remlo [renateremlo@hotmail.com](mailto:renateremlo@hotmail.com) +47 995 12 196



## Facebook

The event can be found on Facebook as [NM Masters 2024 - Narvik](#)

Some information can also be found in the Facebook-group [Norske Masters svømmere](#).



## Event Program NM Masters 2024

<b>Friday 26. April at 12 (noon)</b> (Warm-up starts at 10 am)	<b>Friday 26. April at 4 pm</b> (Warm-up starts at 2:30 pm)
Event 1. 1500 m freestyle Men Event 2. 800 m freestyle Women	Event 3. 100 m freestyle Men Event 4. 100 m freestyle Women Event 5. 200 m butterfly Men Event 6. 200 m butterfly Women Event 7. 50 m breaststroke Men Event 8. 50 m breaststroke Women Event 9. 400 m individual medley Men Event 10. 400 m individual medley Women Event 11. 4x50 m medley relay Men Event 12. 4x50 m medley relay Women
<b>Saturday 27. April at 9 am</b> (Warm-up starts at 07:30 am)	<b>Saturday 27. April at 2 pm</b> (Warm-up starts at 1 pm)
Event 13. 400 m freestyle Men Event 14. 400 m freestyle Women Event 15. 200 m individual medley Men Event 16. 200 m individual medley Women Event 17. 100 m breaststroke Men Event 18. 100 m breaststroke Women Event 19. 50 m butterfly Men Event 20. 50 m butterfly Women Event 21. 200 m backstroke Men Event 22. 200 m backstroke Women Event 23. 4x50 m freestyle relay Men Event 24. 4x50 m freestyle relay Women	Event 25. 200 m freestyle Men Event 26. 200 m freestyle Women Event 27. 100 m backstroke Men Event 28. 100 m backstroke Women Event 29. 200 m breaststroke Men Event 30. 200 m breaststroke Women Event 31. 100 m butterfly Men Event 32. 100 m butterfly Women Event 33. 4x50 m medley relay Mix
<b>Sunday 28. April at 12 (noon)</b> (Warm-up starts at 10:30 am)	
Event 34. 50 m freestyle Men Event 35. 50 m freestyle Women Event 36. 50 m backstroke Men Event 37. 50 m backstroke Women Event 38. 100 m individual medley Men Event 39. 100 m individual medley Women Event 40. 4x50 m freestyle relay Mix	

The organizer has the right to make changes to the program. Any changes will be published online and can be found on the competition page on [livetiming.no](http://livetiming.no).

## Hotel offers

Three bargain hotel offers has been made for this event. The accommodation will be paid directly to the hotel by the individuals.

**Quality Hotel Grand Royal.** (900m walking distance to the swimming arena Idrettens Hus).

The bus transportation from the airport, Flybussen, will stop across the street.

Booking reference for the hotel offer 1099GR012620.

Single room NOK 1190.

Double room NOK 1390.

Room for three persons NOK 1690.

Room for four persons NOK 1990.

There is a limited number of rooms, especially the rooms for three or four persons. First to order will get the rooms, until all rooms are taken.

The time limit to order a room with the given booking reference to Quality Hotel Grand Royal is 29. March 2024.

The Get-together on Friday night and the Kuraas-Banquet on Saturday night will be at this hotel.

**Scandic Narvik** (750m walking distance to the swimming arena Idrettens Hus).

The bus transportation from the airport, Flybussen, will stop at the Hotel entrance.

Single room NOK 1290.

Double room NOK 1490.

The accommodation order is done individually on the Scandic web-page, as well as the payment. Use the booking code BBJE260224 when the accommodations are ordered.

You can use this code until 29. February 2024.

The latest cancellation is 14. March 2024.

**Thon Hotel Narvik** (1,8 km walking distance to the swimming arena Idrettens Hus). The Thon Hotel has an accommodation agreement with NSF of NOK 795 per night for a single room and a double room. The accommodations must be ordered directly to the Hotel, with reference to the agreement with Norwegian Swimming Federation.

## Parking

All the parking spaces in Narvik are offered through payments, also the parking lot outside the swimming arena Idrettens Hus. You can use the apps EasyPark and ParkLink to pay for the parking.



## How to travel to Narvik

### Car:

The city of Narvik is located at the European Route E6, 230 km South of the city of Tromsø, and 300 km North of the city of Bodø.

### Airplane:

The nearest airport is Harstad/Narvik Airport Evenes. The bus transport from the Airport to Narvik takes about 1 hour. Be aware that the bus transport from the airport does not always correspond very well with all arrivals. Please check the itineraries when you plan your journey. Here is the itinerary for the bus transport to and from the airport, Flybussen:

<https://flybussen.no/tur>

### Railroad and Bus:

It is possible to enjoy the railroad from the south of Norway to Fauske and then the bus from Fauske to Narvik. The journey will take approximately 30 hours from Oslo.

You can also travel by train through Sweden, all the way to the city of Narvik.

## Get-together on Friday night

On Friday night there will be an informal get-together at the Linken Bar on the top floor of the Quality Hotel Grand Royal from 7:30 pm. Food and drinks can be ordered at the bar at own costs. This is not a closed event, and the bar will be open for other guests. The hotel has two other restaurants open at the same time, and tables can be ordered at the Hotel reception in the lobby.

## Kuraas-banquet on Saturday night

In cooperation with our local meat manufacturer , we invite to a banquet Saturday night. The Kuraas-banquet will take place at the Quality Hotel Grand Royal. Registration of participation on the banquet will happen together with your registration of the swimming competition events. There is a limitation of 400 guests on the banquet, so sign on early if you want to join the event. If there are more than 250 guests, the dinner will be served in two halls.

On the banquet you will be served a dinner with 3 dishes, and a DJ will create a good ambiance with a good music entertainment. All kinds of drinks can be ordered, but is not included in the banquet registration fee. The banquet registration fee will cost NOK 600 per person and is not refundable. The banquet registration fee must be paid together with the entry fee for the swimming event.

### **The Kuraas-banquet will open the doors at 6:30 pm and dinner starts at 7:00 pm.**

After dinner there will be some information given in the Royal Hall, followed by socializing and taking advantage of the music in any ways.

Remember to notify about any allergies or food intolerances when registering to the banquet.





## Restaurants in Narvik

Here is a list of restaurants in Narvik. We recommend you to order a table in advance.

<https://www.visitnarvik.com/no/restaurant-narvik>

## Other offers - Narvik World War II Museum

Narvik has a comprehensive war museum that is worth a visit. Athletes and officials on the NM Masters Swimming event will be given a reduced ticket price of NOK 110 per person (ordinary price is NOK 130). The opening hours are extended and is open on Thursday 25. April 10 am – 4 pm, Friday 26. April 10 am – 6 pm and Saturday 27. April 10 am – 4 pm. You will order the ticket at the reception of the museum and ask for a reduced price as a participant of the NM Master Swimming event. The museum is located in the center of the city, the address is Kongens gate 39. Here is the web-page of the museum:

<https://krigsmuseet.no/>

## Finally

Welcome to Narvik! We look forward to see you!

