

The Finnish Swimming Association is pleased to invite you to take part in

Nordic Junior Championships 2012

Date and place: December 14th to 16th 2012 in Vaasa, Finland.

Venue: Vaasa Swimming Center (Address Hietalahdenkatu 8, 65100 Vaasa)
Indoor pool 25 m, 8 lanes, Omega electronic timekeeping.



Age groups: Junior - Girls born 1996–1997, Boys born 1994–1995
Senior - Girls born 1993–1995, Boys born 1991–1993

Invited Nations: Sweden, Norway, Denmark, Iceland, Faroe Islands, Estonia and Finland.

The competition: See program on page 3.

Session 1: Friday 14.12.	at 9:30
Session 2: Friday 14.12.	at 16:30
Session 3: Saturday 15.12.	at 9:30
Session 4: Saturday 15.12.	at 16:30
Session 5: Sunday 16.12.	at 9:30
Session 6: Sunday 16.12.	at 16:30

Each nation may enter 4 swimmers in each individual event in the prelims, 2 swimmers in each event in finals and one team in the relay events. 800/1500 meters events will be swum as timed finals. Warm up 1,5 hours before the start of the session. Training will be possible in the competition pool on Thursday evening December 13th. Please contact us if more training time is needed.

Technical meeting: The technical meeting will take place at the Swimming Center on Thursday evening at 19:00. Changes can be made until 1,5 hour before each session.

Entries: Attached you will find Preliminary and Final Entry Forms. Please return your entries to Finnish Swimming Association, Hämeentie 105 A, 00550 Helsinki. Fax.+358 40 786 5467 or email: krista.teramaa@uimaliitto.fi

Dates:

Preliminary Entry/Booking:	September 1st
Reservation payment 50%:	September 1st
Final Entry/Booking:	November 15th
Final payment:	November 28th
Entry by Name:	November 28th

Accommodation: Accommodation will be arranged at Sokos Hotel Vaakuna in Vaasa (Address: Rewell Center 101, 65100 Vaasa). Website: www.sokoshotels.fi/en/hotels/vaasa/ Full board will include breakfast at the hotel and lunch and dinner at Vaasa Swimming Center. The package includes accommodation from Thursday to Monday and dinner on Thursday and lunch and dinner from Friday to Sunday.

Package prices per person

Single:	410,00 €
Twin:	325,00 €
Triple:	275,00 €
Extra meals:	9,00 € each

The participating Federations will receive an invoice after the preliminary reservation. The invoice will include 50% of the total amount. After the Final entry booking the Federations will receive an invoice of the remaining amount.

Transportation: The organizers will provide transportation from and to the Vaasa airport. This offer is only for the countries that make their accommodation booking through organizers. There will be NO transportation between the hotel and the pool, distance is 900 m.

In case you arrive to any other airport you will have to organize your own transportation to Vaasa. In case you need help concerning the transport arrangements please contact the Finnish Federation.

Information: Information about the city of Vaasa can be found from the following address: www.vaasa.fi/WebRoot/380444/Vaasa2010FrontPage.aspx?id=383468

If you have any questions concerning the Nordic Junior Championships do not hesitate to contact us:

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Program:

FRIDAY 14.12. Heats at 9:30, Finals at 16:30

1. GIRLS 200 m Freestyle
2. BOYS 200 m Freestyle
3. GIRLS 100 m Breaststroke
4. BOYS 100 m Breaststroke
5. GIRLS 100 m Backstroke
6. BOYS 100 m Backstroke
7. GIRLS 50 m Butterfly
8. BOYS 50 m Butterfly
9. GIRLS 200 m Indiv. medley
10. BOYS 200 m Indiv. medley
11. GIRLS 800 m Freestyle
12. BOYS 1500 m Freestyle

Break 15 minutes

13. GIRLS 4x100 m Freestyle
14. BOYS 4x100 m Freestyle

SATURDAY 15.12. Heats at 9:30, Finals at 16:30

15. GIRLS 50 m Breaststroke
16. BOYS 50 m Breaststroke
17. GIRLS 100 m Freestyle
18. BOYS 100 m Freestyle
19. GIRLS 100 m Butterfly
20. BOYS 100 m Butterfly
21. GIRLS 400 m Indiv. medley
22. BOYS 400 m Indiv. medley
23. GIRLS 50 m Backstroke
24. BOYS 50 m Backstroke

Break 15 minutes

25. GIRLS 4x200 m Freestyle
26. BOYS 4x200 m Freestyle

SUNDAY 16.12. Heats at 9:30, Finals at 16:30

27. GIRLS 50 m Freestyle
28. BOYS 50 m Freestyle
29. GIRLS 200 m Backstroke
30. BOYS 200 m Backstroke
31. GIRLS 200 m Breaststroke
32. BOYS 200 m Breaststroke
33. GIRLS 400 m Freestyle
34. BOYS 400 m Freestyle
35. GIRLS 200 m Butterfly
36. BOYS 200 m Butterfly

Break 15 minutes

37. GIRLS 4x100 m Medley
38. BOYS 4x100 m Medley