



NORTH SEA SWIM MEET 2012



City of Sports



The North Sea Meet

The first «North Sea Swim Meet» was arranged in 1973 after an initiative from the Rogaland Swim Union (RSK) and international connections. Right from the start the meet gave swimming in Rogaland, as well as in Norway as a whole, a real boost.

The North Sea Meet has been arranged every year since the start in 1973 and has through these amazing 39 years achieved the status of being one of the national swimming highlights.

The Rogaland Swim Union 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 through these years we can mention Angel Martino, Mette Jacobsen, Jenny Thompson, Marcel Wouda, Antje Buschshulte, Hinkelien Schreuder, and of course the Norwegian swim team including the medal winners in the Beijing 2008 Olympics Games and the World Championships.

At the 2012 meet we will sadly miss a dear friend and Norway's greatest swimmer – Alexander Dale Oen who tragically died this spring. He was always an avid supporter of the North Sea Swim Meet and an inspiration to all of us.



North Sea Swim Meet 2012

With the approval of the Norwegian Swimming Federation, Rogaland Swimming Union hereby invites to The North Sea Meet in Stavanger, November 30th - December 2nd 2012.

Stavanger Swim Hall

The pool has 6 lanes, is 25m long and the water temperature is 26°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 800m freestyle and 400IM.

One heat in each event irrespective of age group, B finals for 50m and 100m 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 condition for the swimmers)

50m events 4 heats, 100m events 3 heats, 200m and 400m events 2 heats.

Handicapped swimmers

Super finals in the 50m 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 1st 2012 will be used as basis for the selection.

Awards

Direct finals: Medals for 1st – 3rd place, individuals and relays.

Super Finals: 1. place is awarded **NOK 1500,-**. Gift awards for 2nd to 6th place.

Relay teams: Gift awards for 1st – 6th place.

The highest score (ref. Norwegian Swimming Federation tables) irrespective of event, direct or super finals, will be rewarded **NOK 10.000,-** men and women.

An award is divided in case of a tie. Swimmers under the age of 15 are not eligible.

Two swimmers from Rogaland will receive a bike from **Spinn Sykkelshop**.

Awards Handicap classes

Direct finals: Medals for 1st – 3rd place, individuals and relays.

Super Finals: 1st place is awarded **NOK 500,-**

Gift awards for 2nd – 6th place.

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 November 12th, 2012
Qualification period: 13.11.11 - 12.11.12
E-Mail entries are encouraged. E-Mail: nordsjo@medley.no
Mail entries to: John Erlend Christiansen, Varderingen 10, 2054 Mogreina, NORWAY

All entries will be confirmed at receipt.

Start lists will be placed on the following web page: www.livetiming.no/nordsjo12
Here you will find continually updated information as well as the results from the North Sea Meet 2005, 2006, 2007, 2008, 2009, 2010, 2011 + meet records.

Entry fee:

NOK 75, - per start and NOK 150, - per relay payable to:

Domestic payments to bank account: **3201.28.82059**

International payments to bank account: **IBAN NO51 3201 2882 059, SWIFT SPRNO22**

(Bank address to be sent on request)

Please mark all payments with your club name.

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 30th at 8:00am.

Leader meeting: A short info meeting at Friday November 30th at 10:30am, withdrawals to be delivered in writing a.s.a.p. by Email or at the meet office.

Inquiries

Rune Lilledahl, telephone: +47 958 16 415, 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 is 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 194172 Telephone 51 50 25 27 Mail hege.rudshaug@choice.no

		Single	Double	Triple	Four
Thursday	29.Nov	1 295	1 395	1 495	1 595
Friday	30.Nov	995	1 095	1 195	1 295
Saturday	01.Dec	995	1 095	1 195	1 295
Sunday	02.Dec	995	1 095	1 195	1 295

Comfort Hotel Square

Reference when ordering 30618 Telephone 51 56 80 00 Mail kathrine.knoff@choice.no

		Single	Double	Triple
Thursday	29.Nov	1 240	1 340	1 440
Friday	30.Nov	940	1 140	1 240
Saturday	01.Dec	940	1 140	1 240
Sunday	02.Dec	940	1 140	1 240

Comfort Hotel Stavanger

Reference when ordering 1071R090743 Telephone 51 20 14 02 or Mail booking.stavanger@choice.no

		Single	Double	Triple
Thursday	29.Nov	980	1 180	1 280
Friday	30.Nov	595	795	895
Saturday	01.Dec	595	795	895
Sunday	02.Dec	595	795	895

All prices are in Norwegian kroner.

Information about the city of Stavanger is found here: <http://www.regionstavanger.com>

Welcome to the North Sea Swim Meet 2012 **Rogaland Swimming Union**

Rune Lilledahl
Chairman



Events and Qualifying Times 2012

Friday 09:00 Event no.	Event	Classes		Qualification time	Winning time 2011 (heats)
1	800 Free	Open	Women	9:34.00	8.36,46
2	800 Free	Open	Men	8:47.00	8.15,23
Friday 11:00 Event no.	Event	Classes		Qualification time	Winning time 2011 (heats)
3	200 Medley	99 - 98	Women	2:38.00	2.23,46
		97 - 96	Women	2:35.00	2.21,09
		95 - 94	Women	2:33.00	2.17,38
		93 and older	Women	2:30.00	2.16,60
4	200 Medley	99 - 98	Men	2:32:00	2.15,80
		97 - 96	Men	2.25:00	2.09,33
		95 - 94	Men	2.18:00	2.05,23
		93 and older	Men	2:16.00	2.05,88
5	50 Free	99 - 98	Women	30.50	27,97
		97 - 96	Women	29.50	27,34
		95 - 94	Women	29.25	26,40
		93 and older	Women	29.00	25,20
		Handicapped	Women	150% of WR	40,21 (112,07%)
6	50 Free	99 - 98	Men	29.50	25,01
		97 - 96	Men	26.50	23,70
		95 - 94	Men	26.00	23,37
		93 and older	Men	25.00	22,77
		Handicapped	Men	150% of WR	
7	100 Breast	99 - 98	Women	1:23.00	1.16,57
		97 - 96	Women	1:22.00	1.11,33
		95 - 94	Women	1:20.00	1.11,19
		93 and older	Women	1:18.00	1.11,92
		Handicapped	Women	150% of WR	1.48,44 (96,27%)
8	100 Breast	99 - 98	Men	1:20.00	1.08,36
		97 - 96	Men	1:16.00	1.04,93
		95 - 94	Men	1:12.00	1.04,06
		93 and older	Men	1:10.00	1.01,63
		Handicapped	Men	150% of WR	
9	50 Back	99 - 98	Women	36.00	30,40
		97 - 96	Women	35.00	29,99
		95 - 94	Women	34.00	29,19
		93 and older	Women	33.00	28,40
		Handicapped	Women	150% of WR	40,95 (110,05%)
10	50 Back	99 - 98	Men	35.00	28,69
		97 - 96	Men	32.00	26,90
		95 - 94	Men	30.50	26,30
		93 and older	Men	29.00	25,75
		Handicapped	Men	150%of WR	
11	200 Butterfly	99 - 98	Women	2:50.00	2.31,63
		97 - 96	Women	2:45.00	2.16,90
		95 - 94	Women	2:40.00	2.15,47
		93 and older	Women	2:38.00	2.10,21
12	200 Butterfly	99 - 98	Men	2:56.00	2.27,08
		97 - 96	Men	2:35.00	2.04,68
		95 - 94	Men	2.22.00	2.08,35
		93 and older	Men	2:18.00	2.01,89

Saturday @ 09:00					
Event no.	Event	Classes		Qualification time	Winning time 2011 (heats)
13	400 Free	99 - 98	Men	4:40.00	4.13,81
		97 - 96	Men	4:30.00	3.58,36
		95 - 94	Men	4:20.00	3.58,11
		93 and older	Men	4:15.00	3.59,30
14	400 Free	99 - 98	Women	4:55.00	4.38,69
		97 - 96	Women	4:50.00	4.22,24
		95 - 94	Women	4:45.00	4.12,44
		93 and older	Women	4:40.00	4.15,23
15	100 Back	99 - 98	Men	1:13.00	1.01,72
		97 - 96	Men	1:07.00	58,03
		95 - 94	Men	1:06.00	57,17
		93 and older	Men	1:03.00	56,17
		Handicapped	Men	150% of WR	
16	100 Back	99 - 98	Women	1:15.00	1.04,06
		97 - 96	Women	1:12.00	1.04,39
		95 - 94	Women	1:11:00	1.02,39
		93 and older	Women	1:10.00	1.03,00
		Handicapped	Women	150% of WR	1.20,67 (108,49%)
17	50 Butterfly	99 - 98	Men	33.00	26,86
		97 - 96	Men	29.50	26,60
		95 - 94	Men	28.50	25,86
		93 and older	Men	27.50	24,49
		Handicapped	Men	150% of WR	
18	50 Butterfly	99 - 98	Women	34.00	30,08
		97 - 96	Women	32.50	28,43
		95 - 94	Women	32.00	28,16
		93 and older	Women	30.50	26,99
		Handicapped	Women	150% of WR	46,27 (114,22%)
19	100 Free	99 - 98	Men	1:03.00	54,71
		97 - 96	Men	56.50	51,81
		95 - 94	Men	55.00	51,84
		93 and older	Men	54.00	50,24
		Handicapped	Men	150% of WR	
20	100 Free	99 - 98	Women	1:05.50	1.01,56
		97 - 96	Women	1:02.50	58,39
		95 - 94	Women	1:02.00	55,98
		93 and older	Women	1:01.50	54,75
		Handicapped	Women	150% of WR	1.24,92 (110,79%)

Saturday continues...					
Event no.	Event	Classes		Qualification time	Winning time 2011 (heats)
21	200 Breast	99 - 98	Men	2:55.00	2.27,96
		97 - 96	Men	2:48.50	2.25,91
		95 - 94	Men	2:36.00	2.18,36
		93 and older	Men	2:35.00	2.14,59
22	200 Breast	99 - 98	Women	2:58.00	2.41,88
		97 - 96	Women	2:56.00	2.32,53
		95 - 94	Women	2:53.00	2.31,56
		93 and older	Women	2:48.00	2.34,71
23	4 x 50 Free	Open	Men	--:--	1.34,75
24	4 x 50 Free	Open	Women	--:--	1.47,18

Sunday @ 09:00					
Event no.	Event	Classes		Qualification time	Winning time 2011 (heats)
25	400 Medley	Open	Women	5:35.00	4.53,34
26	400 Medley	Open	Men	4:55.00	4.26,48
27	100 Butterfly	99 - 98	Women	1:14.50	1.06,34
		97 - 96	Women	1:11.50	1.02,03
		95 - 94	Women	1:09.00	1.02,02
		93 and older	Women	1:08.00	59,27
		Handicapped	Women	150% of WR	1.40,20(125,03)
28	100 Butterfly	99 - 98	Men	1:13.00	1.00,51
		97 - 96	Men	1:05.00	56,61
		95 - 94	Men	1:02.00	56,85
		93 and older	Men	1:00.50	53,86
		Handicapped	Men	150% of WR	
29	200 Back	99 - 98	Women	2:38.00	2.21,10
		97 - 96	Women	2:33.00	2.19,92
		95 - 94	Women	2:32.00	2.13,01
		93 and older	Women	2:30.00	2.16,71
30	200 Back	99 - 98	Men	2:32.00	2.19,01
		97 - 96	Men	2:24.00	2.05,68
		95 - 94	Men	2:22.00	2.05,79
		93 and older	Men	2:20.00	2.03,44
31	50 Breast	99 - 98	Women	40.00	35,63
		97 - 96	Women	38.50	33,82
		95 - 94	Women	36.50	33,15
		93 and older	Women	36.00	32,71
		Handicapped	Women	150% of WR	51, 24 (97,38%)

Sunday continues...					
Event no.	Event	Classes		Qualification time	Winning time 2011 (heats)
32	50 Breast	99 - 98	Men	38.00	31,69
		97 - 96	Men	35.50	30,62
		95 - 94	Men	33.50	30,03
		93 and older	Men	32.00	28,52
		Handicapped	Men	150% of WR	
33	200 Free	99 - 98	Women	2:22.00	2.13,89
		97 - 96	Women	2:18.00	2.02,66
		95 - 94	Women	2:16.00	2.01,56
		93 and older	Women	2:12.00	2.01,08
34	200 Free	99 - 98	Men	2:17.00	2.02,06
		97 - 96	Men	2:08.00	1.52,93
		95 - 94	Men	2:00.00	1.53,34
		93 and older	Men	1:58.00	1.51,58
35	100 Medley	99 - 98	Women	1:15.00	1.09,31
		97 - 96	Women	1:12.00	1.05,27
		95 - 94	Women	1:10.50	1.06,00
		93 and older	Women	1:10.00	1.03,21
		Handicapped	Women	150% of WR	1.36,67 (85,11%)
36	100 Medley	99 - 98	Men	1:13.00	1.02,59
		97 - 96	Men	1:07.00	58,40
		95 - 94	Men	1:03.00	58,67
		93 and older	Men	1:02.00	56,93
		Handicapped	Men	150% of WR	
37	4 x 50 Medley	Open	Women	--:--	1.57,28
38	4 x 50 Medley	Open	Men	--:--	1.43,68



Super final events 2012 & winning times 2011

Friday @ 17:00		
Event	Women winning time 2011	Men winning time 2011
200 Medley	2.10,49	1.59,21
50 Free	25,12	22,78
50 Free HC	39, 84 (111,04%)	
100 Breast	1.09,13	59,48
50 Back	27,93	25,23
50 Back HC	39, 17 (105,27%)	
200 Butterfly	2.07,73	1.58,38

Saturday @ 17:00		
Event	Women winning time 2011	Men winning time 2011
400 Free	3.54,67	4.07,51
100 Back	59,70	53,96
50 Butterfly	26,52	24,24
50 Butterfly HC	44, 97 (111,01%)	
100 Free	54,55	50,00
200 Breast	2.25,88	2.10,44
4 x 50 Free	1.45,97	1.33,75

Sunday @ 16:00		
Event	Women winning time 2011	Men winning time 2011
100 Butterfly	58,44	53,27
200 Back	2.12,53	1.59,04
50 Breast	31,69	27,65
50 Breast HC	49, 92 (94,87%)	
100 Medley *	1.01,41	54,91
200 Free	1.59,34	1.49,93
4 x 50 Medley	1.56,31	1.42,15

For all results from 2011 go to this [link](#)