

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

# Nordic Long Course Age Group Championships 2016

- Date:** 9.– 10.7.2016
- Venue:** Tampereen Uintikeskus, Tampere
- Address:** Joukahaisenkatu 7  
33540 Tampere
- Age groups:** Girls 13–15 years (2001-2003)  
Boys 14–16 years (2000-2002)
- Invited nations:** Denmark  
Estonia  
Faroe Islands  
Finland  
Iceland  
Latvia  
Lithuania  
Norway  
Sweden



## Competition hours:

- Session 1:** Saturday July 9th at 10:00
- Session 2:** Saturday July 9th at 16:00
- Session 3:** Sunday July 10th at 10:00

Warm-up starts 1.5 hours before the start of each session.

## Competition format:

Each nation may enter four swimmers in each individual event and one team in relay events, however only two individual swimmers will be counted in the team competition. It is possible to train in the competition pool on Friday 8th from 18.00.



## Team Leaders meeting:

Team leaders meeting will be held at the swimming pool on Friday 8th at 18.00. Changes to entries can be made until one hour before each session.

## Entries:

Attached you will find the Preliminary and Final Entry forms. Please return your entries to Finnish Swimming Association, e-mail: [annimari.korhonen@uimaliitto.fi](mailto:annimari.korhonen@uimaliitto.fi)

Preliminary Entry/Booking: **April 15th 2016**

Reservation payment 50 %: **May 2nd 2016**

Final Entry/Booking/Entry by Name: **June 24th 2016**

Final payment: **July 1st 2016**

## Accommodation:

The package includes accommodation for two nights (Friday to Sunday), first meal is dinner on Friday and last meal is lunch on Sunday. Meals are served in Swimming hall. Package includes travel card for city buses. We offer three hotels, all located in Tampere city center.

Transport from airport/train station is not included, teams will take care of their own transport.

The participating Federations will receive an invoice after Preliminary Booking. Invoice is 50 % of the total amount. After the Final Booking, the federations will receive an invoice of the remaining amount.

## Cumulus Koskikatu

Koskikatu 5, 33100 Tampere

<https://www.cumulus.fi/en/hotels/cumulus-koskikatu-tampere>

Distance to Bus station 0,5 km, to Tampere railway station 0,3 km, to Pirkkala Airport 16 km, to swimming hall 2,5 km.

Single room: 240 € per person/package

Double room: 162 € per person/package

Triple room: 137 € per person/package (double room with extra bed)

Reservation: 50 rooms



### **Cumulus Hämeenpuisto**

Hämeenpuisto 47, 33200 Tampere

<https://www.cumulus.fi/en/hotels/cumulus-hameenpuisto-tampere>

Distance to Bus station 1,2 km, to Tampere railway station 1,3 km, to Pirkkala Airport 16 km, to swimming hall 3,7 km.

Single room: 233 € per person/package

Double room: 155 € per person/package

Triple room: 132 € per person/package (double room with extra bed)

Reservation: 30 rooms

### **Holiday Inn Tampere - Central Station**

Rautatienkatu 21, 33100 Tampere

<http://www.ihg.com/holidayinn/hotels/gb/en/reservation>

Distance to Bus station 0,8 km, to Tampere railway station 0,2 km, to Pirkkala Airport 17 km, to swimming hall 2,1 km.

Single room: 245 € per person/package

Double room: 165 € per person/package

Triple room: 140 € per person/package (double room with extra bed)

Reservation: 30 rooms

### **Transportation:**

There is public transport from/to Pirkkala Airport. From Helsinki there is bus and train connections. Please check different options on <http://visittampere.fi/article/getting-to-and-around-tampere>.

### **Contact:**

If you have any questions concerning the Nordic Age-Group Championships do not hesitate to contact us.

Annimari Korhonen

Phone: +358 44 549 0350

Email: [annimari.korhonen@uimaliitto.fi](mailto:annimari.korhonen@uimaliitto.fi)



## Program:

### Saturday 10.00

1. 8x50 Freestyle Mixed (four girls, four boys)
2. 800m Freestyle Girls
3. 1500m Freestyle Boys
4. 100m Freestyle Girls
5. 100m Freestyle Boys
6. 200m Butterfly Girls
7. 200m Butterfly Boys
8. 200m Breaststroke Girls
9. 200m Breaststroke Boys
10. 4x100m Medley Girls
11. 4x100m Medley Boys

### Saturday 16.00

12. 4 x 100 Freestyle Mixed (two girls, two boys)
13. 400m Individual medley Girls
14. 400m Individual medley Boys
15. 200m Freestyle Girls
16. 200m Freestyle Boys
17. 100m Backstroke Girls
18. 100m Backstroke Boys
19. 50m Freestyle Girls
20. 50m Freestyle Boys
21. 100m Butterfly Girls
22. 100m Butterfly Boys
23. 4x100m Freestyle Girls
24. 4x100m Freestyle Boys

### Sunday 10.00

25. 4 x 100 Medley Mixed (two girls, two boys)
26. 400m Freestyle Girls
27. 400m Freestyle Boys
28. 200m Backstroke Girls
29. 200m Backstroke Boys
30. 100m Breaststroke Girls
31. 100m Breaststroke Boys
32. 200m Individual medley Girls
33. 200m Individual medley Boys
34. 4x200m Freestyle Girls
35. 4x200m Freestyle Boys

