



The Nordic Swimming Federation and Aquatics Finland are pleased to invite you to take part in the

Nordic Age Group Championships 2024

- Date:** 2nd – 3rd of July 2024
- Venue:** Mäkelänrinne Swimming Centre, Helsinki
Address: Mäkelänkatu 49, 00550 Helsinki
- Age groups:** Girls 13-16 years (2008-2011) / Boys 13-16 years (2008-2011)
- Invited Nations:** Denmark, Estonia, Faroe Islands, Finland, Iceland, Latvia, Lithuania, Norway and Sweden
- Competition Hours:** Session 1: Tuesday 2nd July at 10.00
Session 2: Tuesday 2nd July at 16.00
Session 3: Wednesday 3rd July at 10.00
- Warm-up:** Monday 15:00-19:30
Tuesday 08:30-09:50 and 14:30-15:50
Wednesday 08:30-09:50
- Rules:** The competition will be run by World Aquatics rules and by the Nordic Swimming Federation rules (October 2022).
- Competition Format:** Each team may enter an unlimited number of swimmers in individual 50-400 m events, two swimmers per team in 800 and 1500 m Freestyle, and one team in relay event. Only two individual swimmers will be counted in the team competition.
- In 800 and 1500 m Freestyle additional swimmers can be entered if there are open lanes in already created heats. Additional swimmers will be prioritized according to entry times.
- Team Leaders Meeting:** The team leaders meeting will be held at Mäkelänrinne Swimming Centers' Meeting Room at the 3rd floor on Monday 1st of July at 19.00.

Entries: Attached you will find the preliminary and final entry forms. Please return your entries to the Aquatics Finland e-mail: kilpailut@uimaliitto.fi

- Preliminary entry/booking 6 May
- Accommodation booking 6 May
- Final entry/entry by name 17 June
- Rooming list 23 June

Entries by name shall be made in Lenex-format. Relay teams shall have entry times by adding individual swimmers' time.

Accommodation: There are two hotels available:

- 1) Sokos Hotel Presidentti
- 2) Radisson RED

Triple rooms are only available in Sokos Hotel Presidentti. Single and twin rooms are available in both hotels.

The package includes accommodation for two nights (Monday to Wednesday). Dinner on Monday evening, breakfast, lunch and dinner on Tuesday & breakfast and lunch on Wednesday. Breakfast will be served at the hotel and lunch & dinner next building to the Venue called URHEA.

Package price includes a shuttle service between hotels and the pool on the competition days.

Package for 2 nights and 4 meals (Monday dinner, Tuesday breakfast, lunch & dinner and Wednesday breakfast and Lunch) 1.-3.7.2024

Single room: 390 € per person

Twin room: 290 € per person

Triple room: 230 € per person (only possible in Sokos Hotel Presidentti)

The number of rooms is limited. Be in time with your booking.

The participating Federations will receive an invoice from Aquatics Finland for 50% deposit after the preliminary entry and 50% after final entry date.

Booking:

Accommodation packages to be reserved by mail kilpailut@uimaliitto.fi **no later than the 6th of May.**

The booking must include preferred hotel, Team name, number and desired kind of rooms, number of persons and contact person.

Transportation: There is no shuttle service from the airport or harbour. There is a direct train from Airport to Helsinki city Center and to Pasila, which is only 10 minutes walking distance from the Venue (Mäkelänrinne Swimming Center).

Information:

Information about the city of Helsinki can be found from the following address: <https://www.hel.fi/en>

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

Aquatics Finland

Contact:

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Mäkelänrinne Swimming Center, 50m pool, 10 lanes



Hotel 1 = Sokos Hotel PRESIDENTTI



Hotel 2 = Radisson RED, Helsinki



Nordic Age Group Swimming Championships 2024

Order of Events

Tuesday 10.00

1. 800m Freestyle Girls
2. 1500m Freestyle Boys
3. 100m Freestyle Girls
4. 100m Freestyle Boys
5. 200m Butterfly Girls
6. 200m Butterfly Boys
7. 200m Breaststroke Girls
8. 200m Breaststroke Boys
9. 4x100m Medley Girls
10. 4x100m Medley Boys

Tuesday 16.00

11. 400m Individual medley Girls
12. 400m Individual medley Boys
13. 200m Freestyle Girls
14. 200m Freestyle Boys
15. 100m Backstroke Girls
16. 100m Backstroke Boys
17. 50m Freestyle Girls
18. 50m Freestyle Boys
19. 100m Butterfly Girls
20. 100m Butterfly Boys
21. 4x100m Freestyle Girls
22. 4x100m Freestyle Boys



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Wednesday 10.00

23. 400m Freestyle Girls
24. 400m Freestyle Boys
25. 200m Backstroke Girls
26. 200m Backstroke Boys
27. 100m Breaststroke Girls
28. 100m Breaststroke Boys
29. 200m Individual medley Girls
30. 200m Individual medley Boys
31. 4x200m Freestyle Girls
32. 4x200m Freestyle Boys



Nordic Age Group Swimming Championships 2024

Preliminary Entry Form

Please send this form to Aquatics Finland no later than 6th May 2024. Email: kilpailut@uimaliitto.fi

Team

Federation	
Address	
Contact person	
Phone	
E-mail	
HOTEL 1 or 2 (1=Presidentti and 2= Radisson RED)	

Number of participants

Boys	
Girls	
Team Staff	
Total	
Number of single rooms	
Number of twin rooms	
Number of triple rooms (only available in 1=Presidentti)	



Nordic Age Group Swimming Championships 2024

Final Entry Form

Please send this form to Aquatics Finland no later than 17 June 2024. Email: kilpailut@uimaliitto.fi

Team

Federation	
Address	
Contact person	
Phone	
E-mail	
Head of delegation	
Phone	
E-mail	

Number of participants

Boys	
Girls	
Team Staff	
Total	
Number of single rooms	
Number of twin rooms	
Number of triple rooms (only available in 1=Presidentti)	