



# Nordic Youth Championships 2026

**29-30<sup>th</sup> June**  
**Oslo, Norway**



The Norwegian Swimming Federation is pleased to invite you to participate in

## Nordic Youth Championships 2026

**Date and place:** The championships will take place from June 29<sup>th</sup> to June 30<sup>th</sup> in Oslo, Norway.

**Venue:** Tøyenbadet  
indoor pool 10 x 50 m. Omega electronic timekeeping.  
Adress: Helgensensgate 90, Oslo

**Age groups:** **Girls 13-16 years (2010-2013) / Boys 13-16 years (2010-2013)**

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

**The competition**  
Session 1: Monday June 29<sup>th</sup> at 10.00  
Session 2: Monday June 29<sup>th</sup> at 17.00  
Session 3: Tuesday June 30<sup>th</sup> at 10.00

Warm-up starts 1,5 hour before the start of each session.  
It is possible to train in the competition pool on Sunday 28<sup>th</sup> of June from 16.00-18.00

**Technical meeting:** The technical meeting will be held at the swimming arena on Sunday 28<sup>th</sup> of June at 18.15.  
Changes can be made until one hour before each session.

**Entries:** Please use Lenex File for Entries, and send to:  
[jech@medley.no](mailto:jech@medley.no), latest June 10<sup>th</sup>  
Lenex-file with events will be published here:  
<https://www.medley.no/stevne.aspx?stevneid=5896>

The participating Federations will receive an invoice after the Championship for participation fee of Euro 20 per participant.

**Transportation:** Participating teams are advised to use train and Subway (T-bane) to get to Tøyenbadet. Trains leave from Oslo airport Gardermoen (take local train towards Skien/Kongsberg and not Flytoget which is more expensive) and T-bane from Oslo Central station.

**Vy or RUTER app can be used for ticket purchase.**  
<https://ruter.no/en/plan-journey/the-ruter-app>

**Link to Ruter App**



**Information:**

Information about the city of Oslo can be found from the following address: [www.oslo.no](http://www.oslo.no)

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

The Norwegian Swimming Federation and organizing committee:

Contact person:

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Entries contact:

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Meet Director

Kristian Nygaard

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## Order of Events

### Monday 29.6.2026 at 10.00 am

- |    |                  |       |
|----|------------------|-------|
| 1. | 800 Freestyle    | Girls |
| 2. | 1500 Freestyle   | Boys  |
| 3. | 100 Freestyle    | Girls |
| 4. | 100 Freestyle    | Boys  |
| 5. | 200 Butterfly    | Girls |
| 6. | 200 Butterfly    | Boys  |
| 7. | 200 Breaststroke | Girls |
| 8. | 200 Breaststroke | Boys  |

15 minutes break

- |     |                |       |
|-----|----------------|-------|
| 9.  | 4 x 100 Medley | Girls |
| 10. | 4 x 100 Medley | Boys  |

### Monday 29.6.2026 at 17.00 pm

- |     |                       |       |
|-----|-----------------------|-------|
| 11. | 400 Individual medley | Girls |
| 12. | 400 Individual medley | Boys  |
| 13. | 200 Freestyle         | Girls |
| 14. | 200 Freestyle         | Boys  |
| 15. | 100 Backstroke        | Girls |
| 16. | 100 Backstroke        | Boys  |
| 17. | 50 Freestyle          | Girls |
| 18. | 50 Freestyle          | Boys  |
| 19. | 100 Butterfly         | Girls |
| 20. | 100 Butterfly         | Boys  |

15 minutes break

- |     |                   |       |
|-----|-------------------|-------|
| 21. | 4 x 100 Freestyle | Girls |
| 22. | 4 x 100 Freestyle | Boys  |

### Tuesday 30.6.2026 at 10.00 am

- |     |                       |       |
|-----|-----------------------|-------|
| 23. | 400 Freestyle         | Girls |
| 24. | 400 Freestyle         | Boys  |
| 25. | 200 Backstroke        | Girls |
| 26. | 200 Backstroke        | Boys  |
| 27. | 100 Breaststroke      | Girls |
| 28. | 100 breaststroke      | Boys  |
| 29. | 200 Individual medley | Girls |
| 30. | 200 Individual medley | Boys  |

15 minutes break

- |     |                   |       |
|-----|-------------------|-------|
| 31. | 4 x 200 Freestyle | Girls |
| 32. | 4 x 200 Freestyle | Boys  |

## Competition Format, see NSF rules 2.4

Each participating country may enter an unlimited number of individual swimmers in each individual event (50, 100, 200 and 400) and one team in relay events, however only two individual swimmers will count in the point competition for teams. All entries will be seeded by time.

Maximum two swimmers per country can be entered in 800 and 1500m freestyle unless there are empty lanes. Extra swimmers are to be decided at the team managers meeting. Extra swimmers are selected based on entry times. Extra swimmers in 800 and 1500m free will count in the point competition for teams if their result ranks them in top 2 of their country.

Late entries are allowed until three days before the start of the first session. Changes are allowed until the end of the team managers meeting the day before the competition starts. Withdrawals can be made until one hour before the relevant preliminary session.

All relays must be entered with an entry time (sum of four individual times and no withdrawal from relay takeovers). Names to be submitted at least 60 minutes before the start of the relevant session.

Each country will be Invoiced Euro 20 per Participant.

## Hotel agreement

### Scandic Hotel Helsfyr

Single room: NOK 990,-  
Double room: NOK 1,190,-  
Triple room: NOK 1,390,-  
Quadruple room: NOK 1,560,-

Lunch buffet: NOK 285,-  
Dinner buffet: NOK 285,-



To receive the agreed rates and secure the hotel, booking must be made before **01. April 2026**. After this date, different rates will apply.

Please send an email to [meeting@scandichotels.com](mailto:meeting@scandichotels.com) and include the reference number: **97921868**.

### Lunch packs for travel Tuesday.

If you would like lunch packs for travel Monday June 29<sup>th</sup> after competition end (in order to get to airport faster), please notify Beda: [beda@svomming.no](mailto:beda@svomming.no) by April 1.2026.

### Distance from Scandic Helsfyr to Tøyenbadet:

2.2 km walking distance 20–25 minutes (including short walk) by public transport T bane numbers 1,2,3 and 4 (only 2 stops).