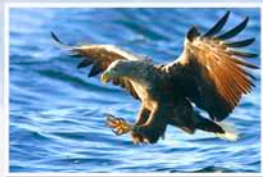


# Open Norwegian Masters Championship

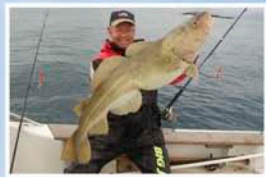
## 1-2 April 2011



"Havørn" - by Wigdis Wollan

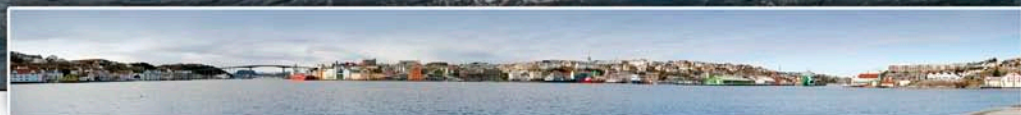
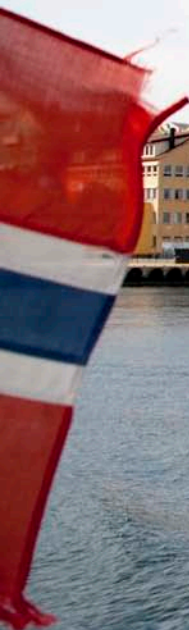


Diving by the Atlantic Road



Fishing trip and accommodation in boat

**For more information:**  
<http://www.kslk.no>



# Kristiansund, Norway



# Welcome to Open Norwegian Master Championship 1-2 April 2011 (Kristiansund, Norway)

**Information will be presented on [www.KSLK.no](http://www.KSLK.no)**

Norwegians Swimming Association and KS&LK (Kristiansund Svømme & Livredningsklubb) have the pleasure to invite you to participate in the Open Norwegian Masters Championship in swimming 1.-2. April 2011 in Atlanterhavsbadet, Kristiansund N, Norway.

**DATE:** 1.-2. April 2011  
**PLACE:** ATLANTERHAVSBADET, KRISTIANSUND N  
**POOL SIZE:** 25 meters, 6 lanes  
**Secondary pool:** 12,5 m warm up pool



## **Warm up:**

The facilities will be open for warm up 1.5 hours before time of competition.



[www.atlanterhavsbadet.no](http://www.atlanterhavsbadet.no)



# Information Norwegian Masters Championship 2011

The Norwegian Master Championship is open to all registered masters swimmers within the Nordic countries and the world.

Swimmers must represent a club within a national swimming federation and be registered as a masters swimmer.

## **TRAVEL INFORMATION:**

Transfers to and from KVERNBERGET airport

Airport bus or taxi brings passengers to center of Kristiansund.

Duration: 10 minutes

## **Airport bus departure**

Operated all year daily from the kristiansund Bus Terminal to Kvernberget Airport in connection with all departing flights.

## **ALTERNATIVE AIRPORT;**

It is also possible to travel to/from Årø Airport, Molde. There is bus connection to Kristiansund directly from the airport to center of Kristiansund. Travel time approx. 65 minutes.

For large groups, we can arrange transport in our own bus.



*Photo Wigdis Wollan/Hopen Aktivitetsgård*

## **Information:**

Questions will be answered by  
Terje Ovesen

e-mail: [terje.ovesen@kslk.no](mailto:terje.ovesen@kslk.no)

cellphone: +4795294010

**For more information: [www.kslk.no](http://www.kslk.no)**

# Map Kristiansund



**SPAREBANKEN MØRE**



# Scandic



## Age groups

### Individual:

A 25-29 • B 30-34 • C 35-39 • D 40-44 • E 45-49 • F 50-54  
G 55-59 • H 60-64 • I 65-69 • J 70-74 • K 75-79 • L 80-84  
M 85-89 • N 90-94 • O 95-99

### Relay: (sum of the competitor's age)

A 100-119 • B 120-159 • C 160-199 • D 200-239 • E 240-279  
F 280-319 • G 320-359



<http://www.visitkristiansund.com>



**SPAREBANKEN MØRE**



# Scandic



## Rica Hotel Kristiansund

Det Gode Vertskapet



*Fishing trip and accommodation in boats.*

*Photo: Pim Pos*



## Friday - Session 1

14:30 Friday 1. April (approx.time)

1. 4x50 BUTTERFLY MIX	14.30
2. 800 FREESTYLE MEN	14.45
3. 100 BACKSTROKE WOMEN	15.39
4. 100 BACKSTROKE MEN	15.50
5. 100 BREAST WOMEN	16.00
6. 100 BREAST MEN	16.17
7. 4X50 FREESTYLE WOMEN	16.38
8. 4X50 FREESTYLE MEN	16.49

## Friday - Session 2

18:10 Friday 1. April (approx.time)

9. 100 FREESTYLE WOMEN	18:10
10. 100 FREESTYLE MEN	18:25
11. 400 MEDLEY WOMEN	18.52
12. 400 MEDLEY MEN	19:01
13. 50 BUTTERFLY WOMEN	19:21
14. 50 BUTTERFLY MEN	19:38
15. 4X50 MEDLEY WOMEN	20:01
16. 4X50 MEDLEY MEN	20:13

## Saturday - Session 1

09:00 Saturday 2. April (approx.time)

17. 1500 FREESTYLE WOMEN	09:00
18. 50 BACKSTROKE WOMEN	10:00
19. 50 BACKSTROKE MEN	10:12
20. 4X50 MEDLEY MIX	10:24

## Saturday - Session 2

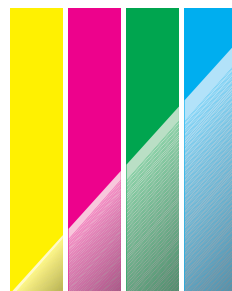
11:00 Saturday 2. April (approx.time)

21. 50 BREAST WOMEN	11:00
22. 50 BREAST MEN	11:14
23. 100 BUTTERFLY WOMEN	11:37
24. 100 BUTTERFLY MEN	11:43
25. 200 FREESTYLE WOMEN	11:58
26. 200 FREESTYLE MEN	12:24

## Saturday - Session 3

13:30 Saturday 2. April (approx.time)

27. 50 FREESTYLE WOMEN	13:30
28. 50 FREESTYLE MEN	13:50
29. 200 BACKSTROKE WOMEN	14:23
30. 200 BACKSTROKE MEN	14:32
31. 100 MEDLEY WOMEN	14:45
32. 100 MEDLEY MEN	15:15
33. 4X50 FREESTYLE MIX	15:34



**KVERNBERGET**  
Print & Reklame AS



# Get together party:

Saturday evening

Center of Kristiansund (not decided yet)

- see homepage for **price and location: [www.kslk.no/nm2011](http://www.kslk.no/nm2011)**

Music and entertainment.

*Reservation latest on 18.march 2011 to [post@kslk.no](mailto:post@kslk.no), with list of names.*

*Registration fee has to be paid latest on 18. march 2011.*

*SPAREBANKEN MØRE kontonr 39103085644*

*IBAN: NO8739103085644, SWIFT: Sparno22*

*Please mark your clubs name in the payment detail field.*

*Late entries are not accepted.*

## Accomodation

### MS HAGBART WAAGE

*NOK 950,- pr. bed, 2 nights, Friday-Sunday*

*Including 3 hour fishing trip on Sunday.*

*Payment at arrival ship.*

*The ship will be located 5 min walk from swimming pool.*

*1 room 4 beds*

*3 rooms 2 beds*

*2 rooms double beds*

*Breakfast is provided, but self-service.*

*Booking: [post@kslk.no](mailto:post@kslk.no)*

***Reservation latest on 18.march 2011 to [post@kslk.no](mailto:post@kslk.no), with list of names.***

***Registration fee has to be paid latest on 18. march 2011.***

*See also: [www.baatskyss.no](http://www.baatskyss.no)*





# ATLANTEN MOTELL OG CAMPING (2 min walk from swimming pool)

**Atlanten**  
TURISTSENTER

*Motell room 1 person including breakfast 595,- NOK pr. Person*  
*Motell room 2 persons including breakfast 695,- NOK pr. person*  
*Motell room extra person including breakfast 350,- NOK pr. Person*  
*Aparthment A 1-2 persons 400,- NOK pr. Person*  
*Aparthment B 2-5 persons 180,- NOK pr. Person*  
*Aparthment C 3-6 persons 165,- NOK pr. Person*  
*Aparthment D 1-2 persons 500,- NOK pr. Person*  
*Aparthment E 2-3 persons 365,- NOK pr. Person*  
*Breakfast can be ordered for NOK 55,-*



## **CABINS (WINTER-SOMMER)**

*Cabin A 2-4 persons 214,- NOK pr. Person*  
*Cabin B 3-6 persons 250,- NOK pr. Person*

*These cabins are equipped with ; separate bed-rooms, fully equipped beds, WC/toilet, fully Breakfast can be ordered for NOK 55,-*

## **CABINS (SUMMER)**

*Cabin C 4 persons 100,- NOK pr. Person Refrigerator and cooking facility, shower/WC outside*  
*Cabin D 4 persons 125,- NOK pr. Person Seperate be room, minikitchen, , shower/WC outside*  
*Cabin E 3-6 persons 150,- NOK pr. Person As D pluss shower/WC*  
*Breakfast can be ordered for NOK 55,-*

*<http://www.atlanten.no/>*  
*Tel: +47 71 67 11 04*

## **RICA HOTEL**

*Rica Hotel Kristiansund*

*Telefon: +47 71 57 12 00*

*Bank: DnB Nor ASA*

*Storgata 41*

*Telefaks: +47 71 57 12 01*

*IBAN: NO44 70500629582*

*6508 Kristiansund*

*rica.hotel.kristiansund@rica.no*

*Swift: DNBANOKK*

## **ASTORIA HOTEL**

*Tlf: +47 71678437*

*<http://www.astoriahotell.no>*

## **THON HOTEL KRISTIANSUND**

*Tlf.: +47 71 57 30 00*

*E-mail: [kristiansund.booking@thonhotels.no](mailto:kristiansund.booking@thonhotels.no)*

*Web: [www.thonhotels.no/kristiansund](http://www.thonhotels.no/kristiansund)*

***For prices, please contact the hotels. We recommend all swimmers to  
book rooms as soon as possible!***

## Registration

*Registration latest 18.march 2010*

*Mail for registration: [jech@medley.no](mailto:jech@medley.no)*

*Responsible person: John Erlend Christiansen: 90973709*

*Link to event registration form : [gagdata.no/nom2010/event-registration.xls](http://gagdata.no/nom2010/event-registration.xls)*

*Late entries are not accepted.*

*Questions regarding registration: John Erlend Christiansen: 90973709*

## Registration fee

*Registration fee is 75 NOK for each individual start and 150 NOK for each relay start.*

*Registration fee has to be paid latest on 18th of March 2010.*

*SPAREBANKEN MØRE kontonr 39103085644*

*IBAN: NO8739103085644, SWIFT: Sparno22*

*Please mark your clubs name in the payment detail field.*

*Entry cancellation must be made latest 60 minutes before the session the event takes place.*

*Participants failing to arrive to start on time are not allowed to participate in any following event on the same session, not even in relays.*

## Other Arrangements

### **3 hour fishing trip w/lunch.**

*MS HAGBART WAAGE*

*NOK 350,- Sunday 10.00 -13.00*

*Min. . 25 persons*

*Booking: [post@kslk.no](mailto:post@kslk.no)*

***Reservation latest on 18.march 2011 to [post@kslk.no](mailto:post@kslk.no), with list of names.***

***Registration fee has to be paid latest on 18. march 2011.***

*See also: [www.baatskyss.no](http://www.baatskyss.no)*



## Results

*Will be published on [www.medley.no](http://www.medley.no)*

## Startlist

*Startlist will be available on [www.medley.no](http://www.medley.no) after 25th of March 2011*

## Additional information

*Doping control and blood test may be taken*

*Medals will be awarded in all classes for places 1-3 for individual events and for the winning team in the relays. Open Norwegian Masters Championship medals may also be awarded to non-Norwegians. Medals must be collected during the championships, and will not be sent afterwards. Also swimmers outside Norway can win medals.*

*The Open Norwegian Masters Championship is open to all registered masters swimmers within the world.*

*Swimmers must represent a club within a national swimming federation and be registered as a masters swimmer.*

*NSF reminds everybody to arrange with a valid masters license for 2011 before the start of the event, and to ensure they compete for their official club.*

## Arrangement Responsible

*Terje Ovesen*

*[terje.ovesen@kslk.no](mailto:terje.ovesen@kslk.no)*

*+47 95294010*

## Team leader meeting

*Meets at Atlanterhavsbadet, meeting room at Friday 1st of april 13:30.*