



NORDIC CHAMPIONSHIPS 2023

TARTU (EST)

December 01-03

VENUE Aura Waterpark, Tartu <https://www.aurakeskus.ee>
25 m, 8 lanes, indoor
Address: Turu 10, 51013

SWIMMING EVENTS

JUNIORS Girls 13–17 years (2010–2006)
Boys 13–17 years (2010–2006)

SENIORS: Girls 18 years and older (2005-...)
Boys 18 years and older (2005-...)

PARASWIMMING EVENTS

CLASSES S1-10 (no age limitation)
S11-S13 (no age limitation)
S14 (no age limitation)

COUNTRIES Denmark, Faroe Islands, Finland, Iceland, Latvia, Lithuania, Norway, Sweden and Estonia

KEY DATES **October 2nd** – Preliminary entry
November 6th– Rooming list, extra meals order
November 20th– Final entries and payment
November 30th – Team Managers Meeting

TEAM MANAGERS MEETING Thursday, November 30th, 19:00, place will be updated.
At the team manager meeting it is only allowed to make withdrawals or changes, but not additional entries.

TRAINING SESSION Will be organised on Thursday by Estonian Swimming Federation, according to teams arriving times.

WARM-UP START **Morning session** – all days 8:00
Evening session – all days 15:30

COMPETITION START **Morning session** – all days 09:30
Evening session – all days 17:00

COMPETITION FORMAT

Each participating country may enter an unlimited number of individual swimmers in individual events and one team in team events (one in senior events, one in junior events and one in para events). A maximum of two swimmers per age group (junior and senior) and country may swim the finals. 50m disciplines are swum as open. The relay events are swum only in the final session. The mixed 8x50m relay is swum so that all swimmers can be juniors but with a maximum 50% from the senior team.



PARASWIMMING

- If there are 3 or less swimmers in the event, the event will be swum as direct final in the morning.
- If there are 4-8 swimmers in the event, the event will be swum as a direct final in the evening.
- When there are 9 or more swimmers in the event, the event will be swum as heats in the morning and a final for 8 swimmers in the evening.

ENTRIES

Lenex file will be sent directly to all team's contact persons. Final entries also could be submitted using Online Entry System that can be found on the address: <https://www.swimrankings.net/manager>. Please e-mail the entry lenex file or entry report from Swimrankings to entries2023@swimming.ee no later than **20.11.2023**.

Late entries allowed until three days before the start of first session. Changes are allowed until the end of the team managers meeting. All relays must be entered with an entry time (sum of four individual times and no withdraw from relay takeover).

COMPETITION PROGRAMME

01.12	02.12	03.12
FRIDAY, 9:30	SATURDAY, 09:30	SUNDAY, 09:30
1. 400m freestyle W Para S1-S14	20. 400 m IM W	42. 400m IM M
2. 400m freestyle W	21. 1500m freestyle M	43. 800m freestyle W
3. 400m freestyle M Para S1-S14	22. 50m backstroke M Para S1-14	44. 100m butterfly W Para S1-14
4. 400 m freestyle M	23. 50m backstroke M	45. 100m butterfly W
5. 50m backstroke W Para S1-S14	24. 200m freestyle W Para S1-14	46. 50m butterfly M Para S1-14
6. 50m backstroke W	25. 200m freestyle W	47. 50m butterfly M
7. 200 m backstroke M	26. 150m IM M Para SM1-4	48. 200m backstroke W
8. 200 m butterfly W	27. 200m IM M Para SM5-14	49. 100m backstroke M Para S1-14
9. 100m butterfly M Para S1-S14	28. 200m IM M	50. 100m backstroke M
10. 100m butterfly M	29. 100m backstroke W Para S1-14	51. 50m breaststroke W Para SB1-14
11. 200m breaststroke W	30. 100m backstroke W	52. 50m breaststroke W
12. 100m breaststroke M Para SB1-14	31. 50m breaststroke M Para SB1-14	53. 200m breaststroke M
13. 100m breaststroke M	32. 50m breaststroke M	54. 100m freestyle W Para S1-14
14. 50m freestyle W Para S1-14	33. 50m butterfly W Para S1-14	55. 100m freestyle W
15. 50m freestyle W	34. 50m butterfly W	56. 200m freestyle M Para S1-14
16. 50m freestyle M Para S1-14	35. 100m freestyle M Para S1-14	57. 200m freestyle M
17. 50m freestyle M	36. 100m freestyle M	58. 150m IM W Para SM1-4
15-minute break	37. 100m breaststroke W Para SB1-14	59. 200m IM W Para SM5-14
18. 4x200m freestyle W	38. 100m breaststroke W	60. 200m IM W
19. 4x200m freestyle M	39. 200m butterfly M	15-minute break
	15-minute break	61. 4x100m freestyle W
	40. 4x100m medley W	62. 4x100m freestyle M
	41. 4x100m medley M	63. 8x50m freestyle Mix

AWARDS

The winner of the junior final is the Nordic Junior Champion, the winner of the para final by WPS points is the Nordic Para Champion and the winner of the senior final is the Nordic Champion. NSF logo medals are awarded to swimmers who finish first, second and third in each age group and discipline, and the same for teams in team events. A trophy will be awarded to the winning team in the

junior group, the winning team in the para group and the winning team in the senior group. Six trophies will be awarded in the "Best performance award".

PARTICIPATION FEE

20€ for each competitor, will be collected by Estonian Swimming Federation.

ACCOMMODATION AND MEALS

All participants live in Dorpat Hotel, Soola 6, Tartu, <https://www.dorpat.ee>

Packages (per person/full board):

Single room 353€

Twin 293€

The packages include accommodation for 3 nights (Thursday to Sunday) and meals, starting with dinner on Thursday night and ends with lunch on Sunday after the morning session. Possible to add extra night and extra meal.

The preliminary booking form must be filled in latest 02.10.2023.

AIRPORTS

Tallinn airport – 177 km, 2h by bus

FERRY

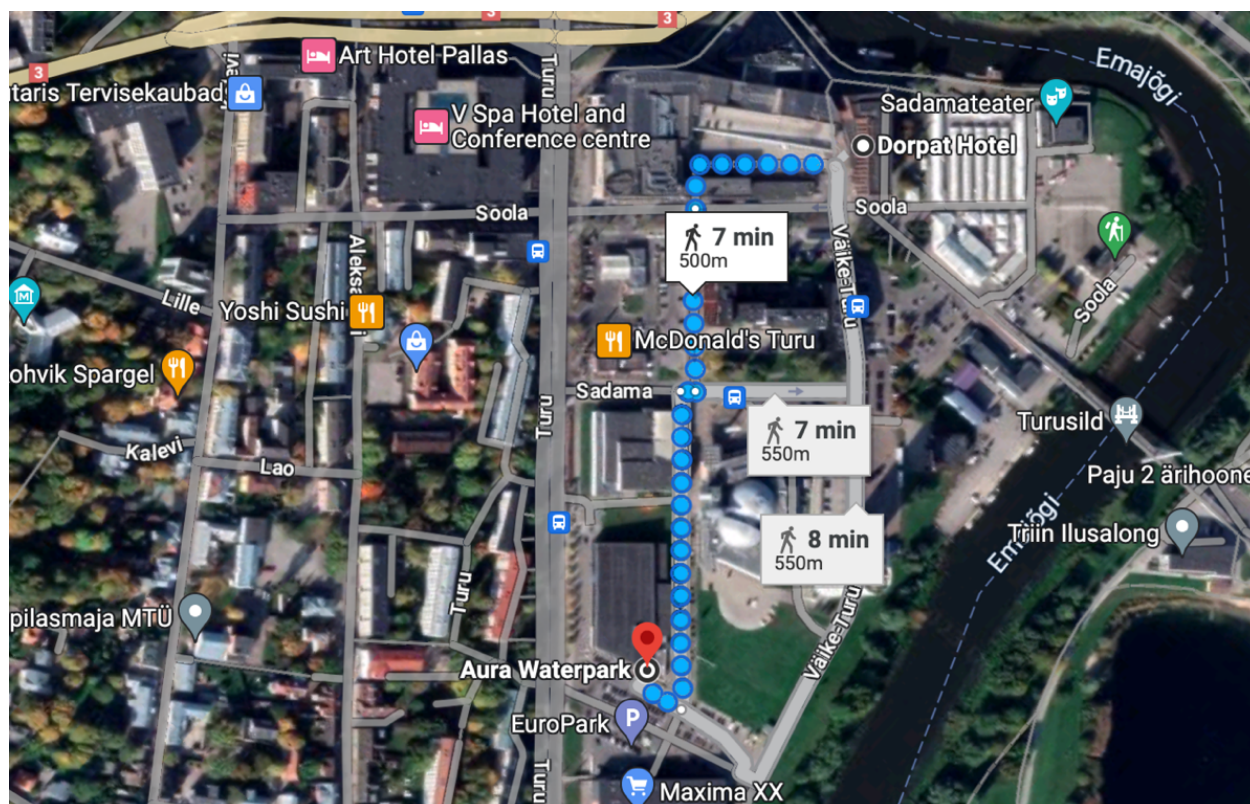
Port of Tallinn, Terminal D - 187 km, 2h15min by bus

TRANSFERS

Transfers are not included. Transfer is organized if marked accordingly in preliminary entry form. Public transport from airport or Tallinn Coach Station to Tartu Coach Station <https://www.tpilet.ee/en/>.

TRANSPORTATION TO VENUE

In walking distance, 500m



Hotel Dorpat



Aura swimming pool



CONTACT INFORMATION

If you have any questions concerning the Nordic Championships 2023 please do not hesitate to contact us.
Accommodation, meal and transportation information Katriin Kersa – nordic2023@swimming.ee
Entries, competition information Toomas-Tanel Tammer - entries2023@swimming.ee
Competition Manager Mihhail Strungar – mihhail.strungar@gmail.com
Paraswimming Manager Marge Kõrkjas – marge.korkjas@gmail.com
General questions – Pille Tali, pille@swimming.ee, +372 53 498496

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