

# **FAQ - Nordic Open Masters Swimming Championships**

Got questions about the Nordic Open Masters Swimming Championships? Here are some early answers to the most common ones!

## **Are there time standards for participation? Who can take part?**

There are no time standards for participation. Whether you're a world champion or have just learned how to swim — as long as you can complete your chosen distances according to the rules, you're welcome to compete!

Masters age groups begin at 25 years of age (as of December 31 of the current year), meaning you qualify as a Masters swimmer in 2025 if you were born in 2000 or earlier.

We have also added a pre-masters age group (ages 20–24, i.e., born in 2001–2005), who are also welcome to participate — however, they are not eligible for records.

The competition is open to all swimmers from WA (World Aquatics) member federations. We welcome athletes not just from the Nordic countries but from across Europe and beyond — interest has already been shown from outside of Europe as well.

Each swimmer must be a member of a swimming club that belongs to their country's federation and must hold a valid license from that federation.

## **Why are some 200 m events not included in the competition program?**

In the Nordic Masters Championships, the 200 m distances and 200/400 IM events alternate annually. This year, the program includes 200 m breaststroke and butterfly, and 400 m individual medley. Last year, it featured 200 m backstroke, freestyle, and IM.

## **How can relay teams be formed?**

Relay teams must consist of swimmers from the same club.

Please also register swimmers who participate only in relays.

Pre-masters (ages 20–24) cannot compete in masters relay teams but may form separate relay teams in the 80–99 age group, provided all members are from the same club.

## **How and where to send entries?**

All entries must be submitted via the clubs. Each club representative is responsible for submitting entries according to the procedure described in the meet info. If a swimmer doesn't have an official entry time, feel free to enter an estimated time.

### **Where should the entry fees be paid?**

Invoices for entry fees will be sent to clubs (or to the person who submitted the entries, if requested) after October 5.

### **How to register for the official after-party at Kochi Aidad?**

The after-party will take place on Saturday, October 11, at Pub Kochi Aidad (Lootsi 10, Tallinn). Doors open at 19:00.

The evening will feature live music by In Mood.

Participation fee is €39/person, which includes a welcome drink, main course, snacks, and dessert.

Register and pay here: <https://payment.lhv.ee/lp/jmexgu4k5b>

Deadline for registration and payment: October 3, 2025.

If you have any dietary restrictions, please let us know in advance at [pille@swimming.ee](mailto:pille@swimming.ee)