

AdO arena
April 1st-3rd

BERGEN SWIM FESTIVAL 2022

With the Norwegian Swimming Federation's approval,
we are pleased to welcome you to the
15th annual Bergen Swim Festival at
Alexander Dale Oen arena (AdO).



BERGEN KOMMUNE



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BERGEN SWIM FESTIVAL 2022



- Location:** AdO arena. Prelims: 10 lanes; Finals: 8 lanes
- Date:** Friday April 1st- Sunday April 3rd 2022
- Rules:** The competition will be conducted under FINA rules
- Competition times:** Prelims start each day at 9:00 AM (09.00)
A finals start all days at 6:00 PM (18.00)
B finals start all days at 5:00 PM (17.00)
- Warm-up:** Thursday March 31st- 2:00 PM - 8:00 PM (14.00-20.00)
Friday to Sunday:
A flight: 7:00 AM - 8:45 AM (07.00-08.45)
B flight: 1 hour directly following A flight
Finals: From end of B flight until 4:50 PM (16.50)
The diving pool can be used throughout the competition for warm-up.
- Prelims:** There will be an A-flight and B-flight in the prelims. A-flight will consist of 6/5/4/3 heats for 50/100/200/400 meters with the swimmers with the best times competing in the A-flight. The remaining swimmers will swim in the B-flight.
- 800/1500:** Only the best 16 swimmers will be swimming the 800 meter and 1500 meter freestyle. These will take place during A flight (9-16) and finals (1-8) Friday and Saturday.



BERGEN SWIM FESTIVAL 2022



Qualifications

Period: March 17th, 2021 to March 16th, 2022

Registrations:

Deadline to send in registrations is March 16th, 2022.
The entries will be forwarded electronically by email by one of these methods: Stevnebørsen, Prima-format or on Lenex.

Registrations are to be sent to: meetoffice@bsf.no

Late Registration:

Registration after the deadline can be accepted as long as they are done before the end of the information meeting. (Thursday March 31st 2022 at 8:00 PM (20.00))

Price per start:

100 NOK per Individual event.
(Payment through own club after confirmation).

Heat limitation:

The organizer reserves the right to use heat limitations to hold each session to a maximum of 4 hours.

Accreditation:

100 NOK per swimmer, manager and coach. Everyone must be accredited. Please include names of managers and coaches with registration email. Accreditation gives access to the pool and grandstands.



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BERGEN SWIM FESTIVAL 2022 - EVENT PROGRAM

Friday April 1st

Age groups: Women Senior: 2004 and older
Men Senior: 2003 and older

Women Junior: 2005-2009
Men Junior: 2004-2009

PRELIMS

Warm up at 07:00 AM. Competition starts at 09:00 AM

Event

1	100 freestyle	women	
2	100 freestyle	men	
3	400 IM	women	max 6 heat
4	400 IM	men	max 6 heat
5	50 backstroke	women	
6	50 backstroke	men	
7	100 breaststroke	women	
8	100 breaststroke	men	
9	200 butterfly	women	
10	200 butterfly	men	
11	800 freestyle	women	Open class, 1 heat, A flight (9-16)
12	1500 freestyle	men	Open class, 1 heat, A flight (9-16)

B-FINALS (NUMBER 9-16, ALL CLASSES)

Warm up from after the prelims until 4:50PM (16.50)

Competition starts at 5:00PM (17.00)

Event

1	100 freestyle	women
2	100 freestyle	men
3	400 IM	women
4	400 IM	men
5	50 backstroke	women
6	50 backstroke	men
7	100 breaststroke	women
8	100 breaststroke	men
9	200 butterfly	women
10	200 butterfly	men

A-FINALS (NUMBER 1-8, ALL CLASSES)

Warm up from after prelims until 4:50PM (16.50)- after 4:50PM (16.50) the diving pool can be used

Competition starts at 6:00PM (18.00)

Event

1	100 freestyle	women	
2	100 freestyle	men	
3	400 IM	women	
4	400 IM	men	
5	50 backstroke	women	Knockout final 8/5/3
6	50 backstroke	men	Knockout final 8/5/3
7	100 breaststroke	women	
8	100 breaststroke	men	
9	200 butterfly	women	
10	200 butterfly	men	
11	800 freestyle	women	Open class, 8 best swimmers
12	1500 freestyle	men	Open class, 8 best swimmers



BERGEN SWIM FESTIVAL 2022 - EVENT PROGRAM

Saturday April 2nd

Age groups:

Women Senior: 2004 and older

Men Senior: 2003 and older

Women Junior: 2005-2009

Men Junior: 2004-2009

PRELIMS

Warm up at 07:00 AM. Competition starts at 09:00 AM

Event

13	200 freestyle	men	
14	200 freestyle	women	
15	50 butterfly	men	
16	50 butterfly	women	
17	200 breaststroke	men	
18	200 breaststroke	women	
19	100 backstroke	men	
20	100 backstroke	women	
21	200 IM	men	
22	200 IM	women	
23	800 freestyle	men	Open class, 1 heat, A flight (9-16)
24	1500 freestyle	women	Open class, 1 heat, A flight (9-16)

B-FINALS (NUMBER 9-16, ALL CLASSES)

Warm up from after the prelims until 4:50PM (16.50)

Competition starts at 5:00PM (17.00)

Event

13	200 freestyle	men
14	200 freestyle	women
15	50 butterfly	men
16	50 butterfly	women
17	200 breaststroke	men
18	200 breaststroke	women
19	100 backstroke	men
20	100 backstroke	women
21	200 IM	men
22	200 IM	women

A-FINALS (NUMBER 1-8, ALL CLASSES)

Warm up from after prelims until 4:50PM (16.50)- after 4:50PM (16.50) the diving pool can be used

Competition starts at 6:00PM (18.00)

Event

13	200 freestyle	men	
14	200 freestyle	women	
15	50 butterfly	men	Knockout final 8/5/3
16	50 butterfly	women	Knockout final 8/5/3
17	200 breaststroke	men	
18	200 breaststroke	women	
19	100 backstroke	men	
20	100 backstroke	women	
21	200 IM	men	
22	200 IM	women	
23	800 freestyle	men	Open class, 8 best swimmers
24	1500 freestyle	women	Open class, 8 best swimmers



BERGEN SWIM FESTIVAL 2022 - EVENT PROGRAM

Sunday April 3rd

Age groups:

Women Senior: 2004 and older

Men Senior: 2003 and older

Women Junior: 2005-2009

Men Junior: 2004-2009

PRELIMS

Warm up at 07:00 AM. Competition starts at 09:00 AM

25	400 freestyle	women	Max 6 heat
26	400 freestyle	men	Max 6 heat
27	50 breaststroke	women	
28	50 breaststroke	men	
29	100 butterfly	women	
30	100 butterfly	men	
31	200 backstroke	women	
32	200 backstroke	men	
33	50 freestyle	women	
34	50 freestyle	men	

B-FINALS (NUMBER 9-16, ALL CLASSES)

Warm up from after the prelims until 4:50PM (16.50)

Competition starts at 5:00PM (17.00)

25	400 freestyle	women	
26	400 freestyle	men	
27	50 breaststroke	women	
28	50 breaststroke	men	
29	100 butterfly	women	
30	100 butterfly	men	
31	200 backstroke	women	
32	200 backstroke	men	
33	50 freestyle	women	
34	50 freestyle	men	

A-FINALS (NUMBER 1-8, ALL CLASSES)

Warm up from after prelims until 4:50PM (16.50)- after 4:50PM (16.50) the diving pool can be used

Competition starts at 6:00PM (18.00)

Event

25	400 freestyle	women	
26	400 freestyle	men	
27	50 breaststroke	women	Knockout final 8/5/3
28	50 breaststroke	men	Knockout final 8/5/3
29	100 butterfly	women	
30	100 butterfly	men	
31	200 backstroke	women	
32	200 backstroke	men	
33	50 freestyle	women	Knockout final 8/5/3
34	50 freestyle	men	Knockout final 8/5/3
35	4X100 Lag medley	MIX	Open class, 8 best teams, only 1 heat (national teams allowed)





Qualifying Times- Female	2009		2007-2008		2005-2006		2004 - OE	
	SC	LC	SC	LC	SC	LC	SC	LC
50m Freestyle	32,53	33,58	31,12	32,12	30,37	31,35	29,92	30,89
100m Freestyle	1.10,63	1.12,68	1.07,64	1.09,60	1.06,06	1.07,98	1.05,09	01.06,98
200m Freestyle	2.33,82	2.37,37	2.27,45	2.30,86	2.24,10	2.27,43	2.23,05	2.26,35
400m Freestyle	5.17,47	5.20,92	5.05,25	5.08,56	4.54,72	4.57,92	4.45,50	4.48,60
	SC				LC			
800m Freestyle	9.45,04				9.51,69			
1500m Freestyle	18.40,45				18.43,46			
50m backstroke	39,71	41,74	36,42	38,28	35,44	37,24	34,27	36,02
100m backstroke	1.24,92	1.29,07	1.17,88	1.21,69	1.15,78	1.19,48	1.13,29	1.16,87
200m backstroke	3.04,47	3.10,84	2.49,18	2.55,03	2.44,61	2.50,30	2.39,20	2.44,71
50m Breaststroke	42,66	43,91	40,52	41,71	38,76	39,9	37,83	38,95
100m Breaststroke	1.33,15	1.35,79	1.28,48	1.30,99	1.24,63	1.27,03	1.22,61	1.24,96
200m Breaststroke	3.21,02	3.27,80	3.10,95	3.17,39	3.02,63	3.08,80	2.58,28	3.04,30
50m Butterfly	36,41	36,49	34,59	34,66	33,08	33,15	32,3	32,36
100m Butterfly	1.21,57	1.22,87	1.17,49	1.18,72	1.14,11	1.15,29	1.12,35	1.13,50
200m Butterfly	2.58,67	3.01,95	2.49,72	2.52,84	2.42,33	2.45,32	2.38,46	2.41,38
200m Medley	3.00,05	3.06,35	2.51,30	2.57,28	2.44,03	2.49,76	2.40,21	2.45,81
400m Medley	6.22,60	6.33,56	6.03,99	6.14,42	5.48,55	5.58,54	5.40,44	5.50,20

Para swimming: WPS rules and classification will be used. 50m og 100m events will have a dedicated para preliminary and final heat. Para swimmers are welcome to compete in the longer distances, seeded together with all other competitors, with prizes according to the WPS classifications



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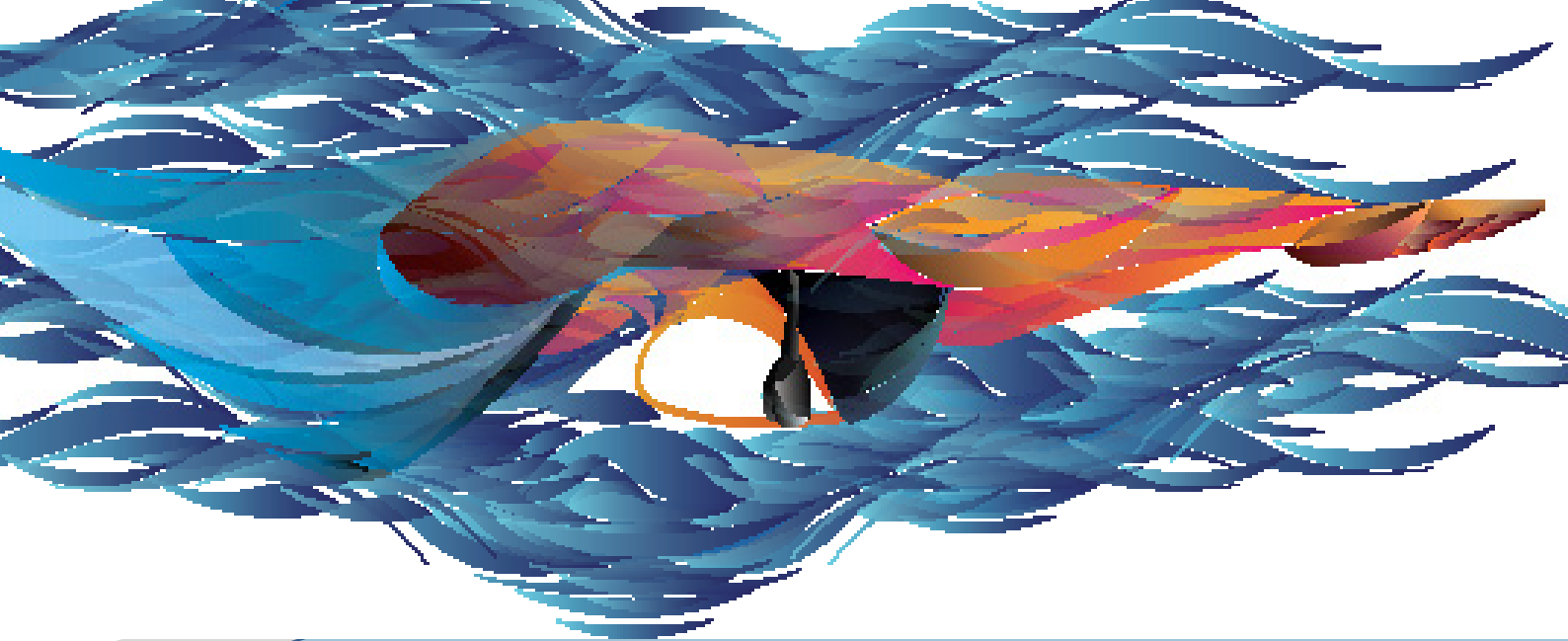


Qualifying times- Male	2008-2009		2006-2007		2004-2005		2003 - OE	
	SC	LC	SC	LC	SC	LC	SC	LC
50m Freestyle	28,99	29,95	27,7	28,61	26,81	27,7	26,41	27,28
100m Freestyle	1.03,76	1.06,56	1.00,99	1.03,66	59,08	1.01,67	58,21	1.00,76
200m Freestyle	2.19,68	2.23,38	2.13,76	2.17,30	2.09,67	2.13,10	2.07,80	2.11,19
400m Freestyle	4.50,50	5.01,21	4.39,05	4.49,34	4.27,41	4.37,27	4.19,05	4.28,60
	SC				LC			
800m Freestyle	9.01,20				9.11,82			
1500m Freestyle	17.15,07				17.43,09			
50m backstroke	34,81	37,6	31,83	34,38	30,67	33,13	29,67	32,04
100m backstroke	1.16,58	1.21,23	1.10,03	1.14,28	1.07,48	1.11,58	1.05,27	1.09,23
200m backstroke	2.45,49	2.55,35	2.31,34	2.40,35	2.25,83	2.34,51	2.21,04	2.29,44
50m Breaststroke	38,14	39,2	36,17	37,18	34,26	35,21	33,45	34,38
100m Breaststroke	1.24,01	1.25,93	1.19,67	1.21,49	1.15,47	1.17,19	1.13,67	1.15,36
200m Breaststroke	3.01,53	3.10,53	2.52,16	3.00,69	2.43,08	2.51,17	2.39,19	2.47,09
50m Butterfly	32,85	33,64	31,16	31,9	29,51	30,22	28,81	29,5
100m Butterfly	1.12,63	1.14,78	1.08,88	1.10,92	1.05,25	1.07,18	1.03,70	1.05,58
200m Butterfly	2.43,52	2.47,28	2.33,59	2.37,12	2.26,90	2.30,28	2.23,40	2.26,70
200m Medley	2.43,76	2.50,29	2.35,56	2.41,76	2.27,57	2.33,45	2.24,13	2.29,88
400m Medley	5.50,75	6.04,24	5.33,19	5.46,00	5.16,07	5.28,22	5.08,72	5.20,59

Para swimming: WPS rules and classification will be used. 50m og 100m events will have a dedicated para preliminary and final heat. Para swimmers are welcome to compete in the longer distances, seeded together with all other competitors, with prizes according to the WPS classifications



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Contact information

meetoffice@bsf.no- Practical details, registration
manager@bsf.no- swim meet information, press inquiries

HOTEL INFORMATION

SCANDIC ØRNEN (Full board) Fullboard includes hotel room, breakfast, lunch and dinner per person. Free wifi throughout the entire hotel.

<https://www.scandichotels.com/hotels/norway/bergen/scandic-ornen>

Single room per room/per night: NOK 1440,-

Double room per room/per night: NOK 2040,- (NOK 1020,- per person/per night)

Triple room per room/per night: NOK 2745,- (NOK 915,- per person/per night)

Booking to meeting@scandichotels.com with reference code 47765984

ZANDER K: Hotel room and breakfast. Free wifi throughout the entire hotel.

<https://www.zanderk.no/en/>

Single room: per room/per night NOK 750,-

Double room per room/per night NOK 890,- (NOK 445,- per person/per night)

Triple room per room/per night: NOK 1090,- (NOK 363,34 per person/per night)

Lunch buffet kr 250,- pr person/pr day; Dinner buffet kr 299,- pr person/per day

Booking to booking@zanderk.no with reference code Bergen Swim Festival

THON HOTEL BRISTOL BERGEN: Hotel room and breakfast. Free wifi throughout the entire hotel

<https://www.thonhotels.com/our-hotels/norway/bergen/thon-hotel-bristol-bergen/>

Single room per room/per night: NOK 956,-

Double room per room/per night: NOK 1116,-

Booking to bristol.bergen.resepsjon@olavthon.no with reference code 29724031

