

AdO arena
April 1st-3rd

**BERGEN
SWIM FESTIVAL
2022**

- Competition:** 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 18 swimmers will be swimming the 800 meter and 1500 meter freestyle. These will take place during A flight (9-18) and finals (1-8) Friday and Saturday.



Practicalities

- A “Coaches corner” with coffee and fruit will be arranged in the AdO coach office located next to the diving pool.
- Cancellation for finals must be delivered to the secretary at latest 1500 all days
- Cancellation for flights must be executed electronically through <http://app.livetiming.se>, no later than 20.00 the day before.
- Accreditation must be carried by all whom have been awarded these, and only personnel with accreditation is allowed at pool deck.
- Accreditation for athletes is used when entering Call Room
- During the flights and finals, only athletes are allowed at pool deck, including Call room

Questions during the weekend?

Please contact the Meet Office located next to the main pool – please use the entrance from the reception during flights and finals

