



SVIMJISAMBAND FØROYA

Faroe Islands Swimming Association
Fédération des Îles Féroé de Natation

Limaskapur/Affiliation:
Ítróttasamband Føroya (ÍSF)
Nordic Swimming Federation (NSF)
Ligue Européenne de Natation (LEN)
International Life Saving Federation (ILS)
Fédération Internationale de Natation (FINA)

Faroe Islands Swimming Association is pleased to announce the

Nordic Open Masters 2022 Invitation



- Date:** Friday 30 September - Saturday 1 October 2022
- Venue:** Svímjihøllin í Gundadali, Gundadalur 5, FO-100 Tórshavn - www.svimjihollin.fo
6x25m indoor pool, water temperature 27°C, Omega Ares Electronic Timing
Omega OSB14 starting blocks and OBL2 backstroke ledges
- Age Groups:** According to FINA Masters Swimming rule MSW 1, as prescribed by NSF:
Individual events: 25–29, 30–34, 35–39, 40–44, 45–49, 50–54, 55–59, 60–64,
65–69, 70–74, 75–79, ... (five year age groups as high as necessary).
Relays: 100–119, 120–159, 160–199, 200–239, 240–279, 280–319, 320–359,
and ... (forty-year increments as high as is necessary).
- Invited:** Anyone registered as representing a FINA affiliated club in the NSF countries
(DEN, EST, FAR, FIN, ISL, LAT, LTU, NOR, SWE) or elsewhere.

In cooperation with





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Competition Schedule

Please Note - These session times are subject to change, in order to better fit the activities.

Session 1 - Friday 2 October from 17:30

Session 2 - Saturday 3 October from 09:00

Session 3 - Saturday 3 October from 16:30

Warm-up is possible from 1.5 hours before the start of each session

The competition pool will also be available for training on Thursday 29 September from 18:00.

Order of Events

Session 1 - Friday Afternoon	Session 2 - Saturday Morning	Session 3 - Saturday Afternoon
1. 400 Freestyle Men	13. 100 Freestyle Men	26. 4x50 Medley Mix
2. 400 Freestyle Women	14. 100 Freestyle Women	27. 800 Freestyle Women*
3. 50 Butterfly Men	15. 100 Butterfly Men	28. 400 Ind. Medley Men
4. 50 Butterfly Women	16. 100 Butterfly Women	29. 400 Ind. Medley Women
5. 100 Breaststroke Men	17. 50 Breaststroke Men	30. 50 Backstroke Men
6. 100 Breaststroke Women	18. 50 Breaststroke Women	31. 50 Backstroke Women
7. 100 Backstroke Men	19. 100 Ind. Medley Men	32. 50 Freestyle Men
8. 100 Backstroke Women	20. 100 Ind. Medley Women	33. 50 Freestyle Women
9. 200 Butterfly Men	21. 200 Breaststroke Men	34. 4x50 Freestyle Mix
10. 200 Butterfly Women	22. 200 Breaststroke Women	
11. 4x50 Freestyle Men	23. 800 Freestyle Men*	
12. 4x50 Freestyle Women	24. 4x50 Medley Men	
	25. 4x50 Medley Women	

All events are swum as direct finals

*In the 800 Free, there will be a maximum of 3 heats per event, that is 3 for men and 3 for women



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Concerning participants and prizes, as listed in the current NSF rules 1.4 and 1.5

1.4 Participant

To participate, a competitor must be a member of an association that is a member of the respective country's "Swimming Federation".

1.5 Prizes

Nordic Championship medals are awarded to 1st, 2nd and 3rd placing swimmers. In team events, medals are only awarded for first place. Medals are awarded to all members of the winning team.

Opening & Closing Ceremonies

A short opening ceremony will begin the first final session, and a closing ceremony will end the last.

Farewell Party

The Farewell Party will be on Saturday 1 October from 20:00 and will include a gala dinner w/drinks.

Sunday Excursions

Excursions will be planned for Sunday morning and afternoon, for those wanting to purchase this.

Medical Staff

Medical personnel will be available on-site during the championships.

Doping Control

All swimmers must be prepared for doping control during the championships.



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Map

Please visit [this map](#) to see the location of the pool, accommodation and the gala dinner venue.

Accommodation & Meals & Entries etc

IMPORTANT - Please go to our event landing page <https://ssf.fo/nom2022/> for all relevant and possible updated information and links with regards to accommodation, meals, entries, etc.

For this event, we have reserved rooms at [Hotel Føroyar](#) which has a fantastic view over Tórshavn, and at the [Hilton Garden Inn](#) which is within easy walking distance from the pool.



We highly recommend that you consider staying at [Hotel Føroyar](#) or [Hotel Hilton Garden Inn](#) and that you book early due to the possibility of them being sold out.

Other excellent options are for instance [Hotel Djurhuus](#), [Hotel Brandan](#), and [Hotel Hafnia](#)

As of now, we are **not** planning to have a shuttle service between the different locations in Tórshavn, but please note that the city buses are free of charge.

We are, though, considering a shuttle service between the airport and the hotels, and between [Hotel Føroyar](#) and the pool since this hotel is located up on a hill, away from the city bus circuits.

All options are limited, to be distributed first-come, first-served.

Any other requests will have to be specially arranged.



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Entry Deadline & Procedure

The registration deadline for sport entries is **30 August 2022** by email to nom@ssf.fo, together with documented proof of payment of the following registration fee.

The registration fee is DKK 75 for individual entries and DKK 150 for relay entries.

Late entries will be accepted until 1 hour before the relevant session starts for an additional charge of 3 times the entry fee, which is DKK 225 for individual entries and DKK 450 for relays.

Entry cancellations must be made via <http://app.livetiming.se/> or by email to nom@ssf.fo no later than 1½ hours before the relevant session start. Later cancellations and no-shows will be charged at 4 times the entry fee, which is DKK 225 for individual entries and DKK 450 for relays.

The registration fee shall be transferred to:

Reg. No.: 6460, Account No.: 151.845.5

IBAN: FO0764600001518455

SWIFT: FIFBFOTX

The individual entries should be the swimmers' best times achieved between 1 October 2021 and 30 August 2022 and must be made by using the provided LENEX-files.

Entries with "no time" will not be accepted.

Names of relay participants must be submitted via <http://app.livetiming.se/> no later than 1½ hours before the relevant session start. If a relay team needs to change the age group, it will be regarded as a cancellation and a late entry, to be charged at 3 times the entry fee (DKK 225 / DKK 450).

Contact Information

If you have any questions or concerns, then please do not hesitate to contact us.

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