

Iceland, 23.April. 2013

Dear friends

The Icelandic Swimming Association is pleased to invite you to take part in:

**The Nordic Age Group Championships**

Girls born 1999 – 2000

Boys born 1997 – 1998

**Date and place:**

The Championships will take place the 13th – 14th July 2013 in Reykjavík at

**Laugardalslaug**

**V/Sundlaugarveg**

**104 Reykjavík**

The pool is 50 meters and has 10 lanes. There will be electronic timekeeping (Omega)

**Invited nations:**

Denmark, Estonia, Faroe Islands, Finland, Iceland, Norway and Sweden

**The event:**

Session 1: Saturday 13th Starting time: 09:30

 Session2: Saturday 13th Starting time: 16:30

Session 3: Sunday 14th Starting time: 09:30

Session 4: Sunday 14th Starting time: 16:30

Warm up 1 ½ hour before the start of the session. Training will be possible in the competition pool on Friday the 12th of July from 18:00 to 21:00. Please contact us if more training time is needed.

**Technical meeting:**

The technical meeting will be held Friday the 12th at 21.00 in the Pálsstofa in Laugardalslaug. Changes in the starting list for the next session can be made until ½ hour after the session before.

**Entries:**

Attached you will find the preliminary and final entry forms for girls and boys.

The preliminary entry form must reach us no later than the 20th of May 2013.

If the preliminary entry form is not received by this date, the federations will be responsible for their own accommodation.

When you send your preliminary entry please transfer 50% of the amount for accommodation and food by an electronic money transfer to :

**Landsbankinn**

**Tjarnargata 12**

**230 Keflavík**

**Account nr. 0121 – 05 – 413089**

**SWIFT: NBIIISRE**

**IBAN: IS850121054130896402692359**

Remember to write – NAG and your country – on the payment

We need your final entries by the 20th of june 2013. The entries must include name, year of birth and the best time.

When making your final reservation the remaining of the amount due must be paid (20th of june).

**Accommodation:**

We have arranged accommodation at: <http://www.hiltonreykjavik.com/is>

**Hilton Reykajvík**

**Suðurlandsbraut 2**

**105 Reykjavík**

The prices for single and double rooms are described on the preliminary and final entry form.

Transport : At Keflavík airport are flybus which will take you to Hilton Hotel. You can buy ticket onboard Icelandair Aircraft or at Keflavík Airport. Round trip costs for 12- 15 years old 13 euros and for adults 26 euros.

There will not be arranged any shuttle bus transportation between the pool and hotel. The walking distance is 800 meters. Please, prepare your team.

**Further information:**

If you have any further questions concerning The Nordic age group Championship then do not hesitate to contact us for further information.

**The Icelandic Swimming Association**

Engjavegi 6

104 Reykjavík

Phone: +354 514 4070

sundsamband@sundsamband.is

We look forward to welcome you to Iceland.

Best regards,

The Icelandic Swimming Association

**Program**

Session 1

 1- 400 m freestyle - GIRLS

 2- 100 m freestyle - BOYS

 3- 100 m butterfly - GIRLS

 4- 200 m backstroke - BOYS

 5- 200 m breaststroke- GIRLS

 6- 200 m individual medley- BOYS

 7- 4 x 100 m Freestyle relay- GIRLS

 8- 4 x 100 m Freestyle relay- BOYS

Session 2

 9- 400 m freestyle - BOYS

 10- 100 m freestyle - GIRLS

 11- 100 m butterfly - BOYS

 12- 200 m backstroke - GIRLS

 13- 200 m breaststroke - BOYS

 14- 200 m individual medley - GIRLS

 15- 4 x 200 m freestyle relay- G/B

Session 3

 16- 50 m freestyle - GIRLS

 17- 1500 m freestyle - BOYS

 18- 400 m individual medley - GIRLS

 19- 200 m butterfly - BOYS

 20- 100 m backstroke - GIRLS

 21- 100 m breaststroke - BOYS

 22- 200 m freestyle - GIRLS

 23- 50 m freestyle - BOYS

Session 4

 24- 800 m freestyle - GIRLS

 25- 400 m individual medley - BOYS

 26- 200 m butterfly - GIRLS

 27- 100 m backstroke - BOYS

 28- 100 m breaststroke - GIRLS

 29- 200 m freestyle - BOYS

 30- 4 x 100 m medley relay - GIRLS

 31- 4 x 100 m Freestyle relay - BOYS

**Preliminary Entry Form**

Please send the Preliminary Entry Form to the Icelandic Swimming Association **before the** **20th of May 2013**. Fax number: +345 514 4071 or email: sundsamband@sundsamband.is

**Federation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Code:\_\_\_\_\_\_\_\_\_**

**Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Fax:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Contact person: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**We intend to participate with the following delegation:**

Number of male swimmers: \_\_\_\_\_\_\_\_\_\_\_

Number of female swimmers: \_\_\_\_\_\_\_\_\_\_\_

Team Managers: \_\_\_\_\_\_\_\_\_\_\_ Coaches: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Others: \_\_\_\_\_\_\_\_\_\_\_ Total: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Please maket he following reservations for our team at Hilton:**

Single rooms: \_\_\_\_\_\_\_\_\_\_ price per person **610**  EUR x \_\_\_\_\_\_\_\_\_\_ = EUR \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Double rooms: \_\_\_\_\_\_\_\_\_\_ price per person **380**  EUR x \_\_\_\_\_\_\_\_\_\_ = EUR \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

We arrive on the \_\_\_\_\_\_\_\_\_July 2013 on:

Reykjavik airport:\_\_\_\_\_\_\_\_\_ Keflavik airport: \_\_\_\_\_\_\_\_\_\_

The above prices includes: Accommodation and full board (3 meals per day) breakfast, lunch and dinner at Café Easy, starting from friday with dinner and ending at monday with breakfast.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date Signature and stamp

**Deadline: 20th of May 2013**

Deposit (50% of total amount) paid by: International Transfer (enclose copy of receipt)

**Final Entry Form**

Please send the Final Entry Form to the Icelandic Swimming Association **before the 20th of June 2013**. Fax number: +345 514 4071 or email: sundsamband@sundsamband.is

Federation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date Signature and stamp

**Deadline: 20th of June 2013**

The rest of the amount is paid by: International Transfer (enclose copy of receipt)

**Travel Guide**

**Arrival: Date: Time:**

**We arrive at Keflavík airport: Reykjavík airport:**

**Flight details:**

**Time of arrival: Flight no: No. of Persons:**

**Departure: Date: Time:**

**We departure from Keflavík airport: Reykjavík airport:**

**Flight details:**

**Time of arrival: Flight no: No. of Persons:**

**Deadline: 20th of June 2013**

**Tentative time schedule**

**Friday the 12th of July 2013**

 Arrival from Airport

18:00 – 21:00 Training, Laugardalslaug

19:00 Dinner, Cafe Easy

21:00 Technical Meeting, Laugardalslaug

**Saturday the 13th of July 2013**

06:30 – 10:00 Breakfast, Cafe Easy

08:00 – 09:15 Warm up, Laugardalslaug

09:30 Start session 1

12:00 Lunch, Cafe Easy

16:00 – 17:15 Warm up, Laugardalslaug

17:30 Start session 4

20:00 Dinner, Cafe Easy

**Sunday the 14th of July 2013**

06:30 – 10:00 Breakfast, Cafe Easy

08:00 – 09:15 Warm up, Laugardalslaug

09:30 Start session 3

12:00 Lunch, Cafe Easy

16:00 – 17:15 Warm up, Laugardalslaug

17:30 Start session 4

20:00 Dinner, Cafe Easy

**Monday the 15th of July 2013**

04:00 – 9.30 Breakfast, Hilton

 Departure

09:30 Start session 3

12:00 Lunch, Cafe Easy

16:00 – 17:15 Warm up, Laugardalslaug

17:30 Start session 4

20:00 Dinner, Cafe Easy

**Final Entry Form**

Federation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Event | First name | Last name | Year of birth | Entry time |
| 1 | 400 freestyle Girls |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 2 | 100 Freestyle Boys |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 3 | 100 m butterfly Girls  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 4 | 200mbackstrokeBoys  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 5 | 200breaststrokeGirls |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 6 | 200 m individual medley Boys |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 7 | 4 x 100 m Freestyle relayGirls |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  | Events | First Name | Last name | Year of Birth | Entry time |
| 8 | 4 x 100 m Freestyle relayBoys |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 9 | 400 m freestyleBoys |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  | Event | First name | Last name | Year of birth | Entry time |
| 10 | 100 m freestyleGirls |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 11 | 100 m butterflyBoys |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 12 | 200 m backstrokeGirls |  |  |  |  |
|  |  |  |  |  |  |
| 13 | 200 m breaststrokeBoys |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 14 | 200 m individual medleyGirls |  |  |  |  |
|  |  |  |  |  |  |
| 15 | 4 x 200 m freestyle relayBOYS/ GIRLS |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 16 | 50m freestyle Girls |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

**Final Entry Form**

Federation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Event | First name | Last name | Year of birth | Entry time |
| 17 | 1500m freestyle Boys |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 18 | 400m individual medley Girls |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 19 | 200 m butterflyBoys |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 20 | 100 m backstrokeGirls |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 21 | 100 m breaststrokeBoys |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 22 | 200 m freestyleGirls |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

**Final Entry**

Federation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Event | First name | Last name | Year of birth | Entry time |
|  |  |  |  |  |  |
| 24 | 800 m freestyle |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 25 | 400 m individual medley - |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 26 | 200 m butterfly |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 27 | 100 m backstroke |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 28 | 100 m breaststroke |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 29 | 200 m freestyle |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 30 | 4 x 100 m medley relay |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 31 | 4 x 100 m Freestyle relay |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

Head of delegation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coaches: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date Signature and stamp

**Deadline: 20th of June 2013**