



The Nordic Swimming Federation and Sweden Aquatics are pleased to invite you to take part in the

Nordic Age Group Championships 2023

- Date:** 8-9 July 2023
- Venue:** Rosenlundsbadet, Jönköping
Address: Elmiavägen 4, 554 54 Jönköping
- Age groups:** Girls 13-15 years (2008-2010) / Boys 14-16 years (2007-2009)
- Invited Nations:** Denmark, Estonia, Faroe Islands, Finland, Iceland, Latvia, Lithuania, Norway and Sweden
- Competition Hours:** Session 1: Saturday 8 July at 10.00
Session 2: Saturday 8 July at 16.00
Session 3: Sunday 9 July at 10.00
- Warm-up:** Friday 15:00-19:30
Saturday 08:30-09:45 and 14:30-15:45
Sunday 08:30-09:45
- Rules:** The competition will be run by World Aquatics rules and by the Nordic Swimming Federation rules (October 2022).
- Competition Format:** Each team may enter an unlimited number of swimmers in individual 50-400 m events, two swimmers per team in 800 and 1500 m Freestyle, and one team in relay event. Only two individual swimmers will be counted in the team competition.
- In 800 and 1500 m Freestyle additional swimmers can be entered if there are open lanes in already created heats. Additional swimmers will be prioritized according to entry times.
- Team Leaders Meeting:** The team leaders meeting will be held at conference room at the entry of Rosenlundsbadet on Friday 7th July at 19.00.
- Entries:** Attached you will find the preliminary and final entry forms. Please return your entries to the Swedish Swimming Federation e-mail: kenneth.magnusson@svensksimidrott.se
- Preliminary entry/booking 15 April
 - Accommodation booking 5 May
 - Need of transfer travels 10 June
 - Final entry/entry by name 23 June
 - Rooming list and information of special diets to SCANDIC hotel 23 June



Accommodation:

Entries by name shall be made in Lenex-format. Relay teams shall have entry times by adding individual swimmers' time.

Scandic Hotel Elmia, Elmiavägen 8, 554 54 Jönköping
The hotel and the pool are in the same building complex with direct indoor access between hotel and pool.
The package includes accommodation for two days (Friday to Sunday). Dinner on Friday evening, breakfast, lunch and special dinner on Saturday and breakfast and lunch on Sunday. and also transfer from and to the train/bus station.

Package prices per person for the entire stay

Single room: 4760 SEK
Double room: 2820 SEK per person
Triple room: 2440 SEK per person
Quad room: 2150 SEK per person

The number of triple and quad rooms is limited. A lot of events are taking place in Jönköping this weekend. Be in time with your booking.

The participating Federations will pay their accommodation directly to the hotel either in advance or on arrival with card.

Booking:

Accommodation and food is to be reserved by mail to mice.elmia@scandichotels.com no later than the 5th of May.

Booking code: JSS 2023. **The booking must include, Team name, number and desired kind of rooms, number of persons, any additional meals, contact person and if you want to pay in advance or at the arrival.**

Transportation:

Jönköping is served by Gothenburg Landvetter Airport (GOT) approx. 130 km from Jönköping. There is also a train service to Jönköping station. From Landvetter you can go directly to Jönköping by bus. Jönköping train/bus station is the official entry points. Each team will have one free transfer in each direction. If more transfers are needed or from the airport in Gothenburg it may be organized at cost.
The hotel and the pool are in the same building complex with direct indoor access between hotel and pool.

Information:

Information about the city of Jönköping can be found from the following address:

www.destinationjonkoping.se
www.jonkoping.se

If you have any questions concerning the Nordic Age Group Championships do not hesitate to contact us.

Sweden Aquatics

Contact:

Kenneth Magnusson
kenneth.magnusson@svensksimidrott.se
+46 10 476 53 09



SCANDIC Elmia with direct indoor access to the pool



Standard twin room



Rosenlundbadet, 50 m pool, 8 lanes



DESTINATION
JÖNKÖPING

Nordic Age Group Swimming Championships 2023

Order of Events

Saturday 10.00

1. 800m Freestyle Girls
2. 1500m Freestyle Boys
3. 100m Freestyle Girls
4. 100m Freestyle Boys
5. 200m Butterfly Girls
6. 200m Butterfly Boys
7. 200m Breaststroke Girls
8. 200m Breaststroke Boys
9. 4x100m Medley Girls
10. 4x100m Medley Boys

Saturday 16.00

11. 400m Individual medley Girls
12. 400m Individual medley Boys
13. 200m Freestyle Girls
14. 200m Freestyle Boys
15. 100m Backstroke Girls
16. 100m Backstroke Boys
17. 50m Freestyle Girls
18. 50m Freestyle Boys
19. 100m Butterfly Girls
20. 100m Butterfly Boys
21. 4x100m Freestyle Girls
22. 4x100m Freestyle Boys

Sunday 10.00

23. 400m Freestyle Girls
24. 400m Freestyle Boys
25. 200m Backstroke Girls
26. 200m Backstroke Boys
27. 100m Breaststroke Girls
28. 100m Breaststroke Boys
29. 200m Individual medley Girls
30. 200m Individual medley Boys
31. 4x200m Freestyle Girls
32. 4x200m Freestyle Boys



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Preliminary Entry Form

Please send this form to Svenska Simförbundet no later than 15 April 2023. Email:

kenneth.magnusson@svensksimidrott.se

Team

Federation	
Address	
Contact person	
Phone	
E-mail	

Number of participants

Boys	
Girls	
Team Staff	
Total	

Don't forget !!

Accommodation and food is to be reserved by mail to mice.elmia@scandichotels.com no later than the 5th of May. Booking code: JSS 2023. **The booking must include, Team name, number and desired kind of rooms, number of persons, any additional meals, contact person and if you want to pay in advance or at the arrival.**



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Transfer

Don't forget to reserve your transfer no later than 10 June to tavling@jonkopingss.se

Federation	
Contact person	
Phone	
E-mail	

Group no	Place of arrival	Date of arrival	Time of arrival	Flight or train/bus no	From
Group no	Place of departure	Date of departure	Time of departure	Flight or train/bus no	To

Each team has one free transfer in each direction from/to Jönköping Train station/bus station. Additional transfers can be made at cost.



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Nordic Age Group Swimming Championships 2023

Final Entry Form

Please send this form to Svenska Simförbundet no later than 23 June 2023. Email:

kenneth.magnusson@svensksimidrott.se

Team

Federation	
Address	
Contact person	
Phone	
E-mail	
Head of delegation	
Phone	
E-mail	

Number of participants

Boys	
Girls	
Team Staff	
Total	