



AdO arena
April 12th-14th

BERGEN SWIM FESTIVAL 2024

With the Norwegian Swimming Federation's approval,
we are pleased to welcome you to the
17th annual **Bergen Swim Festival** at
Alexander Dale Oen arena (AdO).



BERGEN KOMMUNE



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BERGEN SWIM FESTIVAL 2024



- Location:** AdO arena. Prelims: 10 lanes; Finals: 8 lanes
- Date:** Friday April 12th- Sunday April 14th 2024
- Rules:** The competition will be conducted under World Aquatics rules
- Coaches meeting:** Thursday April 11, 2024 at 7:00 PM (kl 19.00) Hans Tank Auditorium
- Competition times:** Prelims start each day at 8:30 AM (kl 08.30)
A finals start all days at 6:00 PM (kl 18.00)
B finals start all days at 5:00 PM (kl 17.00)
- Warm-up:** Thursday April 11th- 2:00 PM - 8:00 PM (kl 14.00-20.00)
Friday to Sunday:
A flight: 7:00 AM - 8:15 AM (kl 07.00-08.15)
B flight: 1 hour directly following A flight
Finals: From end of B flight until 4:45 PM (kl 16.45)
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)



BERGEN SWIM FESTIVAL 2024



Qualifications

Period: March 27, 2023 to March 27, 2024 in 25m or 50m pool. Entry times from 50m pools will be seeded ahead of times from 25m pools. 800 og 1500m freestyle will 25m times be converted to 50m times for seeding

Qualifying times: A swimmer qualified in one event will be given the opportunity to compete in more than the one qualified event if space allows. If the swimmer is qualified to 1 event the swimmer can register for additional events, but only events they are WITHIN 10 points of on the World Aquatic table. If unsure which additional events a swimmer could sign up for, send mail to meetoffice@bsf.no and include the best times within the qualifying period for said swimmer

Registrations: *Deadline to send in registrations is March 27, 2024.*

The entries need to be sent electronically by email in 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 April 11th at 8:00 PM (kl 20.00)) Late registration is double price per start-200 NOK (individual) 400 NOK (relay)



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Withdrawals: Withdrawals for preliminary heats friday must be made by Thursday 8pm (kl 20) All other days no later than 30 minutes after the end of the finals the previous day. Withdrawals to finals no later than 15 minutes after then end of B flight.

Price per start: 100 NOK per Individual event. 200 NOK pr relay start (Payment through own club after confirmation).

Heat limitation: The organizer reserves the right to use heat limitations to hold each sessions 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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Prize money: A-finals and para (if there are 6 or more para athletes in the event):

1. place: 300 Euros
2. place: 125 Euros
3. place: 75 Euros

Knockout

- Round 1: 50 Euros to 1. place
Round 2: 150 Euros to 1. place
Round 3: Normal A final prize

Para swimmers (if fewer than 6 athletes in the event):

1. place: 150 Euros
2. place: 65 Euros
3. place: 40 Euros

High Point/SENIOR:

Best World Aquatics 2023 Points for Men and Women after results from the finals (Times swam in the prelims are included in High Point for the knockout events)

1. place: 1000 Euros
2. place: 500 Euros
3. place: 250 Euros

High Point/PARA:

Best 2023 World Para Swimming Point score, irrespective of gender, overall after results from the finals or from the prelims for 200m and longer distances. At least 10 para athletes must participate in the competition for the prize money to be paid out

1. place: 1000 Euros
2. place: 500 Euros
3. place: 250 Euros

Bestemannspremier/JUNIOR:

Best World Aquatics Points for junior men and women

1. place: 250 Euros
2. place: 125 Euros
3. place: 75 Euros

Meet record:

500 Euros

Relay:

Trophy

Bergen Swim Festival records:



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<https://www.medley.no/rekorder.aspx?fraaar=1911&tilaar=2023&basseng=l&kjonn=b&rekordtype=13>

BERGEN SWIM FESTIVAL 2024 - EVENT PROGRAM

Friday April 12th

Age groups: Women Senior: 2005 and older Women Junior: 2006-2011
 Men Senior: 2005 and older Men Junior: 2006-2011

PRELIMS

Warm up at 07:00. Competition starts at 08:30

Event

| | | | |
|----|------------------|-------|-------------------------------------|
| 1 | 1500 freestyle | women | Open class, 1 heat, A flight (9-18) |
| 2 | 800 freestyle | men | Open class, 1 heat, A flight (9-18) |
| 3 | 100 butterfly | women | |
| 4 | 200 IM | men | |
| 5 | 50 backstroke | women | |
| 6 | 50 butterfly | men | |
| 7 | 200 breaststroke | women | |
| 8 | 200 backstroke | men | |
| 9 | 400 IM | women | max 6 heat |
| 10 | 100 breaststroke | men | |
| 11 | 200 freestyle | women | |
| 12 | 100 freestyle | men | |

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

Warm up from after the prelims until 4:45PM (16.45)

Competition starts at 5:00PM (17.00)

Event

| | | |
|----|------------------|-------|
| 3 | 100 butterfly | women |
| 4 | 200 IM | men |
| 5 | 50 backstroke | women |
| 6 | 50 butterfly | men |
| 7 | 200 breaststroke | women |
| 8 | 200 backstroke | men |
| 9 | 400 IM | women |
| 10 | 100 breaststroke | men |
| 11 | 200 freestyle | women |
| 12 | 100 freestyle | men |

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

Warm up from after prelims until 4:45PM (16.45)- after 4:45PM (16.45) the diving pool can be used Competition starts at 6:00PM (18.00)

Event

| | | | |
|----|------------------|-------|-----------------------|
| 1 | 1500 freestyle | women | |
| 2 | 800 freestyle | men | |
| 3 | 100 butterfly | women | |
| 4 | 200 IM | men | |
| 5 | 50 backstroke | women | *Knockout final 8/5/3 |
| 6 | 50 butterfly | men | *Knockout final 8/5/3 |
| 7 | 200 breaststroke | women | |
| 8 | 200 backstroke | men | |
| 9 | 400 IM | women | |
| 10 | 100 breaststroke | men | |
| 11 | 200 freestyle | women | |
| 12 | 100 freestyle | men | |

*Knockout finals- minimum 3 minutes fra start of round to start of next round 1st round for each gender, 2nd round for each gender and then ending with the final round



BERGEN SWIM FESTIVAL 2024 - EVENT PROGRAM

Saturday April 13th

Age groups:

Women Senior: 2005 and older

Men Senior: 2005 and older

Women Junior: 2006-2011

Men Junior: 2006-2011

PRELIMS

Warm up at 07:00. Competition starts at 08:30

Event

| | | | |
|----|------------------|-------|-------------------------------------|
| 13 | 1500 freestyle | men | Open class, 1 heat, A flight (9-18) |
| 14 | 800 freestyle | women | Open class, 1 heat, A flight (9-18) |
| 15 | 100 butterfly | men | |
| 16 | 200 IM | women | |
| 17 | 50 backstroke | men | |
| 18 | 50 butterfly | women | |
| 19 | 200 breaststroke | men | |
| 20 | 200 backstroke | women | |
| 21 | 400 IM | men | |
| 22 | 100 breaststroke | women | |
| 23 | 200 freestyle | men | |
| 24 | 100 freestyle | women | |

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

Warm up from after the prelims until 4:45PM (16.45)

Competition starts at 5:00PM (17.00)

Event

| | | | |
|----|------------------|-------|--|
| 15 | 100 butterfly | men | |
| 16 | 200 IM | women | |
| 17 | 50 backstroke | men | |
| 18 | 50 butterfly | women | |
| 19 | 200 breaststroke | men | |
| 20 | 200 backstroke | women | |
| 21 | 400 IM | men | |
| 22 | 100 breaststroke | women | |
| 23 | 200 freestyle | men | |
| 24 | 100 freestyle | women | |

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

Warm up from after prelims until 4:45PM (16.45)- after 4:45PM (16.45) the diving pool can be used Competition starts at 6:00PM (18.00)

Event

| | | | |
|----|------------------|-------|-----------------------|
| 13 | 1500 freestyle | men | |
| 14 | 800 freestyle | women | |
| 15 | 100 butterfly | men | |
| 16 | 200 IM | women | |
| 17 | 50 backstroke | men | *Knockout final 8/5/3 |
| 18 | 50 butterfly | women | *Knockout final 8/5/3 |
| 19 | 200 breaststroke | men | |
| 20 | 200 backstroke | women | |
| 21 | 400 IM | men | |
| 22 | 100 breaststroke | women | |
| 23 | 200 freestyle | men | |
| 24 | 100 freestyle | women | |

*Knockout finals- minimum 3 minutes fra start of round to start of next round 1st round for each gender, 2nd round for each gender and then ending with the final round



BERGEN SWIM FESTIVAL 2024 - EVENT PROGRAM

Sunday April 14th

Age groups:

Women Senior: 2005 and older

Women Junior: 2006-2011

Men Senior: 2005 and older

Men Junior: 2006-2011

PRELIMS

Warm up at 07:00. Competition starts at 08:30

| | | | |
|----|------------------|-------|--------------------------|
| 25 | 400 freestyle | women | maks 8 heat |
| 26 | 400 freestyle | men | maks 8 heat |
| 27 | 50 breaststroke | women | |
| 28 | 50 breaststroke | women | |
| 29 | 200 butterfly | women | |
| 30 | 200 butterfly | men | |
| 31 | 100 backstroke | women | |
| 32 | 100 backstroke | men | |
| 33 | 50 freestyle** | women | |
| 34 | 50 freestyle** | men | |
| 35 | 4X100 Lag medley | MIX | (national teams allowed) |

**prelim, semi-1st event B final and final- last event A final

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

Warm up from after the prelims until 4:45PM (16.45)

Competition starts at 5:00PM (17.00)

| | | | |
|----|------------------|-------|---------------------|
| 33 | 50 freestyle** | women | semifinal (best 16) |
| 34 | 50 freestyle** | men | semifinal (best 16) |
| 25 | 400 freestyle | women | |
| 26 | 400 freestyle | men | |
| 27 | 50 breaststroke | women | |
| 28 | 50 breaststroke | women | |
| 29 | 200 butterfly | women | |
| 30 | 200 butterfly | men | |
| 31 | 100 backstroke | women | |
| 32 | 100 backstroke | men | |
| 35 | 4X100 Lag medley | MIX | |

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 | 200 butterfly | women | |
| 30 | 200 butterfly | men | |
| 31 | 100 backstroke | women | |
| 32 | 100 backstroke | men | |
| 33 | 50 freestyle | women | |
| 34 | 50 freestyle | men | |
| 35 | 4X100 Lag medley | MIX | (national teams allowed) |

*Knockout finals- minimum 3 minutes fra start of round to start of next round 1st round for each gender, 2nd round for each gender and then ending with the final round





BERGEN SWIM FESTIVAL 2024



| Qualifying Times- Female | 2010-2011 | | 2008-2009 | | 2006-2007 | | 2005 - 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 | 30,88 |
| 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 | 2.33,65 | 2.37,37 | 2.27,29 | 2.30,86 | 2.23,94 | 2.27,43 | 2.22,89 | 2.26,35 |
| 400m Freestyle | 5.13,92 | 5.20,84 | 5.01,83 | 5.08,49 | 4.51,41 | 4.57,84 | 4.42,30 | 4.48,53 |
| | SC | | | | LC | | | |
| 800m Freestyle | 9.42,70 | | | | 9.51,69 | | | |
| 1500m Freestyle | 18.28,52 | | | | 18.43,46 | | | |
| 50m backstroke | 39,06 | 41,74 | 35,82 | 38,28 | 34,86 | 37,24 | 33,71 | 36,02 |
| 100m backstroke | 1.24,92 | 1.28,88 | 1.17,88 | 1.21,52 | 1.15,78 | 1.19,31 | 1.13,29 | 1.16,71 |
| 200m backstroke | 3.04,02 | 3.10,84 | 2.48,77 | 2.55,03 | 2.44,21 | 2.50,29 | 2.38,82 | 2.44,71 |
| 50m Breaststroke | 42,37 | 43,76 | 40,25 | 41,57 | 38,50 | 39,76 | 37,58 | 38,81 |
| 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 | 3.27,56 | 3.10,95 | 3.17,16 | 3.02,63 | 3.08,58 | 2.58,28 | 3.04,09 |
| 50m Butterfly | 36,41 | 36,49 | 34,59 | 34,66 | 33,08 | 33,15 | 32,3 | 32,36 |
| 100m Butterfly | 1.20,73 | 1.22,87 | 1.16,69 | 1.18,72 | 1.13,35 | 1.15,29 | 1.11,60 | 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: Qualifying times are 150% of the 50m world record per January 1st 2023. (if unclear, list can be sent to club- send mail to meetoffice@bsf.no) 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 | 2010-2011 | | 2008-2009 | | 2006-2007 | | 2005- OE | |
|---------------------------|-----------|---------|-----------|---------|-----------|---------|----------|---------|
| | SC | LC | SC | LC | SC | LC | SC | LC |
| 50m Freestyle | 29,47 | 30,57 | 27,59 | 28,61 | 26,70 | 27,70 | 26,30 | 27,28 |
| 100m Freestyle | 1.04,88 | 1.07,81 | 1.00,85 | 1.03,59 | 58,95 | 1.01,61 | 58,08 | 1.00,70 |
| 200m Freestyle | 2.22,37 | 2.26,14 | 2.13,76 | 2.17,30 | 2.09,67 | 2.13,10 | 2.07,80 | 2.11,19 |
| 400m Freestyle | 4.55,65 | 5.06,54 | 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 | 17.13,63 | | | | 17.43,09 | | | |
| 50m backstroke | 35,57 | 38,15 | 31,67 | 33,97 | 30,52 | 32,73 | 29,52 | 31,66 |
| 100m backstroke | 1.17,77 | 1.23,03 | 1.09,24 | 1.13,93 | 1.06,72 | 1.11,23 | 1.04,53 | 1.08,90 |
| 200m backstroke | 2.49,97 | 3.00,09 | 2.31,34 | 2.40,35 | 2.25,83 | 2.34,51 | 2.21,04 | 2.29,44 |
| 50m Breaststroke | 38,60 | 40,14 | 35,74 | 37,18 | 33,86 | 35,21 | 33,05 | 34,38 |
| 100m Breaststroke | 1.25,52 | 1.28,00 | 1.19,20 | 1.21,49 | 1.15,02 | 1.17,19 | 1.13,23 | 1.15,35 |
| 200m Breaststroke | 3.05,91 | 3.14,86 | 2.52,16 | 3.00,45 | 2.43,08 | 2.50,94 | 2.39,19 | 2.46,86 |
| 50m Butterfly | 33,65 | 34,45 | 31,16 | 31,9 | 29,51 | 30,22 | 28,81 | 29,5 |
| 100m Butterfly | 1.13,92 | 1.16,50 | 1.08,93 | 1.11,34 | 1.04,84 | 1.07,11 | 1.03,30 | 1.05,51 |
| 200m Butterfly | 2.45,31 | 2.50,71 | 2.31,61 | 2.36,57 | 2.25,01 | 2.29,75 | 2.21,56 | 2.26,18 |
| 200m Medley | 2.47,57 | 2.54,25 | 2.35,56 | 2.41,76 | 2.27,57 | 2.33,45 | 2.24,13 | 2.29,88 |
| 400m Medley | 5.58,91 | 6.12,72 | 5.33,19 | 5.46,00 | 5.16,07 | 5.28,22 | 5.08,72 | 5.20,59 |

Para swimming: Qualifying times are 150% of the 50m world record per January 1st 2023. (if unclear, list can be sent to club- send mail to meetoffice@bsf.no) 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
Swim meet photographer: <https://www.aglenphoto.com/bsf24>

HOTEL INFORMATION (2024)

SCANDIC ØRNEN (Full board) Fullboard includes hotel room, breakfast, lunch* and dinner per person.
From dinner arrival day-lunch departure day

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

Single room per room/per night: NOK 1890,-

Double room per room/per night: NOK 2690,-

Triple room per room/per night: NOK 3380,-

Booking to meeting@scandichotels.com with reference code BADO100424

*lunch buffet or deluxe lunchbox depending on time that fits each persons staying at Ørnen

SCANDIC BERGEN CITY (Full board) Fullboard includes hotel room, breakfast, lunch* and dinner per person
From dinner arrival day-lunch departure day

<https://www.scandichotels.no/hotell/norge/bergen/scandic-bergen-city>

Single room per room/per night: NOK 1540,-

Double room per room/per night: NOK 2140,-

Triple room per room/per night: NOK 2855,-

Booking to meeting@scandichotels.com with reference code BADO100424

*lunch buffet or deluxe lunchbox depending on time that fits each persons staying at Bergen City

ZANDER K: Hotel room and breakfast.

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

Single room: per room/per night NOK 950,-

Double room per room/per night NOK 1150,-

Triple room per room/per night: NOK 1450,-

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

Overnighting at the school, connected to the swimming hall, is available. Friday-Sunday. (no school overnighting is available on Thursday night) We have 50 places with camping beds and 50 places that air mattresses would have to be provided by you including all meals served in the cafeteria

We can offer dinner Thursday, Friday and Saturday, and lunch Friday, Saturday and Sunday in the cafeteria at the swimming hall for those not staying at Scandic Ørnen or Bergen City.

Please contact for meetoffice@bsf.no for prices and availability