

Invitation to NUSS older and younger 50 m



2-4 july 2010 Centralbadet, Norrköping

Friday 10 july kl. 16.00

Saturday 11 july kl. 8.30 and 15.00

Sunday 12 july kl. 8.30 and 15.00

Competitions classes: Boys and Girls

16 and older, 14-15 years

12-13, 11 and younger

Disciplines and Distances

	Free	Breast	Back	Fly	IM
All classes	50	50	50	50	200
All classes	100	100	100	100	
16 o older, 14-15	200	200	200	200	400
All classes	400				
B/G open classes	1500/800				
13 and younger	4x50	4x50	4x50	4x50	

Welcome to one of Sweden's largest competitions for Younger swimmers!

Friday session 1 16.00

Nr	Distance	Age-group	Heats
1	50 Fly	G 16 a old	4
2	50 Fly	G 14-15	4
3	50 Fly	G 12-13	4
4	50 Fly	G 11 a y	4
5	50 Fly	B 16 a old	4
6	50 Fly	B 14-15	4
7	50 Fly	B 12-13	4
8	50 Fly	B 11 a y	4
Prize Cermony 1-8			
9	100 Back	G 16 a old	3
10	100 Back	G 14-15	3
11	100 Back	G 12-13	3
12	100 Back	G 11 a y	3
13	100 Back	B 16 a old	3
14	100 Back	B 14-15	3
15	100 Back	B 12-13	3
16	100 Back	B 11 a y	3
Prize Cermony 9-16			
17	200 Fly	G 16 a old	2
18	200 Fly	G 14-14	2
19	200 Fly	B 16 a old	2
20	200 Fly	B 14-15	2
21	1500 Free	B Open class	2
Prize Cermony 17-21			

Saturday session 2 08.30

Nr	Distance	Age-group	Heats
22	400 Free	G 16 a old	2
23	400 Free	G 14-15	2
24	400 Free	G 12-13	2
25	400 Free	G 11 a y	2
26	400 Free	B 16 a old	2
27	400 Free	B 14-15	2
28	400 Free	B 12-13	2
29	400 Free	B 11 a y	2
Prize Cermony 22-29			
30	50 Back	G 16 a old	4
31	50 Back	G 14-15	4
32	50 Back	G 12-13	4
33	50 Back	G 11 a y	4
34	50 Back	B 16 a old	4
35	50 Back	B 14-15	4
36	50 Back	B 12-13	4
37	50 Back	B 11 a y	4
Prize Cermony 30-37			
38	100 Breast	G 16 a old	3
39	100 Breast	G 14-15	3
40	100 Breast	G 12-13	3
41	100 Breast	G 11 a y	3
42	100 Breast	B 16 a old	3
43	100 Breast	B 14-15	3
44	100 Breast	B 12-13	3
45	100 Breast	B 11 a y	3
Prize Cermony 38-45			
46	4x50 Fly	G 13 a y	2
47	4x50 Fly	B 13 a y	2
Prize Cermony 46-47			

Saturday session 3 15.00

Nr	Distance	Age-group	Heats
48	100 Free	G 16 a old	3
49	100 Free	G 14-15	3
50	100 Free	G 12-13	3
51	100 Free	G 11 a y	3
52	100 Free	B 16 a old	3
53	100 Free	B 14-15	3
54	100 Free	B 12-13	3
55	100 Free	B 11 a y	3
Prize Cermony 48-56			
56	200 Breast	G 16 a old	2
57	200 Breast	G 14-14	2
58	200 Breast	B 16 a old	2
59	200 Breast	B 14-15	2
Prize Cermony 56-59			
60	100 Fly	G 16 a old	3
61	100 Fly	G 14-15	3
62	100 Fly	G 12-13	3
63	100 Fly	G 11 a y	3
64	100 Fly	B 16 a old	3
65	100 Fly	B 14-15	3
66	100 Fly	B 12-13	3
67	100 Fly	B 11 a y	3
Prize Cermony 60-67			
68	4x50 Back	G 13 a y	2
69	4x50 Back	B 13 a y	2
Prize Cermony 68-69			

Sunday session 4 08.30

Nr	Distance	Age-group	Heats
70	200 IM	G 16 a old	2
71	200 IM	G 14-15	2
72	200 IM	G 12-13	2
73	200 IM	G 11 a y	2
74	200 IM	B 16 a old	2
75	200 IM	B 14-15	2
76	200 IM	B 12-13	2
77	200 IM	B 11 a y	2
Prize Cermony 70-77			
78	50 Breast	G 16 a old	4
79	50 Breast	G 14-15	4
80	50 Breast	G 12-13	4
81	50 Breast	G 11 a y	4
82	50 Breast	B 16 a old	4
83	50 Breast	B 14-15	4
84	50 Breast	B 12-13	4
85	50 Breast	B 11 a y	4
Prize Cermony 78-85			
86	200 Free	G 16 a old	2
87	200 Free	G 14-14	2
88	200 Free	B 16 a old	2
89	200 Free	B 14-15	2
Prize Cermony 86-89			
90	800 Free	G Open class	2
91	4x50 Breast	G 13 a y	2
92	4x50 Breast	B 13 a y	2
Prize Cermony 90-92			

Sunday session 5 15.00

Nr	Distance	Age-group	Heats
93	400 IM	G 16 a old	2
94	400 IM	G 14-14	2
95	400 IM	B 16 a old	2
96	400 IM	B 14-15	2
Prize Cermony 93-96			
97	50 Free	G 16 a old	4
98	50 Free	G 14-15	4
99	50 Free	G 12-13	4
100	50 Free	G 11 a y	4
101	50 Free	B 16 a old	4
102	50 Free	B 14-15	4
103	50 Free	B 12-13	4
104	50 Free	B 11 a y	4
Prize Cermony 97-104			
105	200 Back	G 16 a old	2
106	200 Back	G 14-14	2
107	200 Back	B 16 a old	2
108	200 Back	B 14-15	2
Prize Cermony 105-108			
109	4 50 Free	G 13 a y	2
110	4x50 Free	B 13 a y	2
Prize Cermony 109-110			

Entry date

We need your entries at latest Friday 2010 - 06-11 at address:

Norrköpings Kappsimmingsklubb
Albrektsvägen 19
603 50 Norrköping
Sweden

Phone: + 4611-10 15 40

E – mail: kansli@nkk.se

Entry Fee / Start Fee

Contact us for more details regarding your terms of payment!

General rules

Start Fee of SEK 50:- per individual start and SEK 70:- per relay start, has to be paid for the number of starts you have in the final Start list.

Start List

The Start List will be presented at our Web-site

Forms for Signing of and Relays

You will find forms for Signing of and Relays at the competitions office!

Signing of has to be done latest one hour before each session starts!

General rules!

Swimmers are not allowed to participate in more than one age group, individually and relays!

Awards

NUSS- medal: Gold, Silver, Bronze for place 1 – 3.

NUSS Completion record: Special NUSS T-shirt

Best Club: 1000:- kronor + a Special NUSS-medal

Accommodations

There is a range of different accommodations, please contact us for more information.

Food around the competition

We can offer you breakfast, lunch and dinner, please contact us for more information.

Info and Contact

For more specific information please call or send us an E-mail at:

Phone: + 4611-10 15 40

E-Mail: kansli@nkk.se

Website: www.nkk.se



Please add information regarding your club!
 Has to be sent together with your Entries!

Club		
Address		
Zip	City	Country
Cell phone	Phone	Responsible team leader at NUSS O
Cell phone to team leader at NUSS O	Number of escorts at NUSS O	Number of swimmers at NUSS O
Mail		