



KU Svømning og Vandpolo



SVØM
DANMARK

Nordic Open Masters 2023 Team Guide

25. september 2023

Date: Saturday 30 September - Sunday 1 October 2023.

Venue: Bellahøj Svømmestadion, Bellahøjvej 1-3, DK-2700 København

<https://svoemkbh.kk.dk/bellahoej-svoemmestadion>

Idrættens Hus
Brøndby Stadion 20
2605 Brøndby

www.svoem.org

8x25m indoor pool, water temperature 27°C, Omega Electronic Timing



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).

Protector:
Hendes
Kongelige Højhed
Kronprinsesse Mary



TrygFonden

Invited: Anyone registered as representing a FINA affiliated club in the NSF countries (DEN, EST, FAR, FIN, ISL, LAT, LTU, NOR and SWE) or elsewhere.

Competition Schedule

Session 1 - Saturday 30 September from 09:00

Session 2 - Saturday 30 September from 14:00

Session 3 - Sunday 1 October from 11:00

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

Swim-down under the competition will be at the 25m diving pool behind the blocks.

Order of Events

Session 1. Saturday Morning	Session 2. Saturday Afternoon	Session 3 – Sunday
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.

Time schedules

The time schedule will be available by this [link](#)



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TrygFonden

Livetiming and steaming

Livetiming by [Swimify](#)

You can follow the championships by YouTube. See more at this [link](#).

Program

There will not be provide paper start list, please find them at Swimify or livetiming.

Entry cancellations must be made by <http://app.livetiming.se/> or by e-mail to Jette Jørgensen, jette.j@hsk.dk no later than 1½ hours before the relevant session start. If you need username and password to the app, please contact Jette Jørgensen by her e-mail.

Names of relay participants must be submitted via <http://app.livetiming.se/> or by e-mail to Jette Jørgensen, jette.j@hsk.dk no later than 1½ hours before the relevant session start.

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.

Shower and good personal hygiene

Every competitor needs to go to the locker room and take a shower before entering to swimming pool. In serious cases the competition can be cancelled by the swimming pool staff if the water gets too much chlorine supplying in the pool due poor hygiene.

Swimmer Party

KU swimming Club does a swimming party is on Saturday 30. September 2023. Find more information about the party by this [link](#)

Contact Information

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

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Entries Jette Jørgensen, jette.j@hsk.dk

King regards
Danish Swimming Federation and KU Swimming Club