



# NORTH SEA SWIM MEET 2010



**PRIZES WORTH NOK. 150.000,-**

# City of Sports



## **The North Sea Meet**

*The first «North Sea Swim Meet», was arranged in 1973 as a result of the cooperation between Phillips Petroleum Co Norway and the Norwegian Swim Federation (NSF) together with Rogaland swimming union (RSK). It gave swimming in Rogaland, as well as in Norway as a whole, a real boost.*

*A great number of Norwegian and international records have been set in the Stavanger Swim Hall during through the years. The most spectacular of these is the world record set in 1993 by Angel Martino in 100 m backstroke and a total of 11 Norwegian records were set during the 2005 short course Norwegian Championship, in the 2006 North Sea Meet 12 national records and 4 world IPC records were set.*

*North Sea Meet has through the 36 years achieved the status as one of four national swimming highlights and is a qualifying meet for the European Short Course Swimming Championships in December.*

*Among top international swimmers who have come to compete in Stavanger we can mention Jenny Thompson, Marcel Wouda, Mark Veens, Mette Jacobsen, Tommy Werner, Karl Heinz Klenz, Antje Buschshulte, Martin Gustavsson, Hinkelien Schreuder, Norway's Olympic medal winners from Beijing 2008 Alexander Dale Oen and Sara Nordenstam.*

*Rogaland swimming union has together with the local community brought the North Sea Meet up to the excellent standard that swimmers have grown to expect. The North Sea Swim Meet achieved great popularity and status with both Norwegian and foreign swimmers. Stavanger Swim Hall is renowned for its special atmosphere and for being a very fast pool.*

# North Sea Swim Meet 2010

*With the approval of the Norwegian Swimming Federation, Rogaland Swimming Union hereby invites to The North Sea Meet in Stavanger, November 12<sup>th</sup> – 14<sup>th</sup>, 2010.*

## Stavanger Swim hall

The pool has 6 lanes, is 25m long and the water temperature is 26° C.

## Direct finals and Super finals

The meet will have direct finals. Participation is limited by qualifying times. Super finals in all individual events and relay events except 800m freestyle and 400IM. One heat in each event irrespective of age group, B finals for 50m and 100m events.

The arranger reserves the right to change the start time for the direct finals.

## Handicapped swimmers

Super finals in the 50m events, one heat in each event irrespective of class.

Swimmers will be ranked according to the Australian model for multi disability meets based on relative proximity to the world record in the respective classes. This procedure applies to selection for participation and for awards. The long course world records official at January 1<sup>st</sup> 2010 will be used as basis for the selection.

## Awards - Total value NOK 150 000,-

Direct finals: Medals for 1<sup>st</sup> – 3<sup>rd</sup> place, individuals and relays.

Super Finals: 1. place is awarded **NOK 1500**, - . Gift awards for 2<sup>nd</sup> to 6<sup>th</sup> place.

Relay teams: Gift awards for 1<sup>st</sup> – 6<sup>th</sup> place.



The highest score ref. FINA 2009 tables irrespective of event, direct or super finals will be rewarded an **OMEGA** Watch, men and women, value **NOK 15.000** each.

The same two swimmers will also be rewarded **NOK 10.000**. The second best score is used in case of a tie. Swimmers under the age of 15 are not eligible.

Two swimmers from Norway will receive a bike from **Spinn sykkelshop**.

## Awards Handicap classes

Direct finals: Medals for 1<sup>st</sup> – 3<sup>rd</sup> place, individuals and relays.  
Super Finals: 1<sup>st</sup> place is awarded NOK 500,-  
Gift awards for 2<sup>nd</sup> – 6<sup>th</sup> place.

**OMEGA** Watch for the best HC swimmer.

In the handicap classes the three best performances in the super finals irrespective of sex will be rewarded as follows: **NOK 5.000,-/ 2.000,-/ 1.000,-**.

An award is divided in case of a tie. Swimmers under the age of 15 are not eligible.

## Entries:

Entries must be received by 24:00 October 27.2010

Qualification period: 28.10.09– 27.10.10

E-Mail entries are encouraged. E-Mail: [nordsjo@medley.no](mailto:nordsjo@medley.no)

Mail entries to: John Erlend Christiansen Varderingen 10 2054 MOGREINA

All entries will be confirmed at receipt.

Start lists will be mailed out and placed on the following web page:

[www.livetiming.no/nordsjo10](http://www.livetiming.no/nordsjo10), here you will find continually updated information as well as the results from the North Sea Meet 2005, 2006, 2007, 2008, 2009 and meet records.

## Entry fee:

NOK 75, - per start and NOK 150, - per relay payable to bank account: 3201.28.82059.

Please bring a stamped receipt of payment to the meet.

Late entries at double entry fee will be accepted.

## Information / registration

**Meet Office:** Stavanger Swim hall, open from Friday November 12th at 8:00am.

**Leader meeting:** A short info meeting at Friday November 12th at 10:30am, withdrawals to be delivered in writing a.s.a.p. by Email or at the meet office.

## Inquiries

Hans Hagenes, telephone: +47 928 11 685, E-Mail: [hans.hagenes@gagdata.no](mailto:hans.hagenes@gagdata.no)

## Warm up periods

Thursday	18:00 – 20:00		Super final swimmers
Friday	07:00 – 08:45	10:00 – 10:45	15:00 – 16:30
Saturday	07:00 – 08:45		15:00 – 16:45
Sunday	07:00 – 08:45		14:00 – 15:45

# Hotels

We recommend the following hotel which is centrally placed in downtown Stavanger. The Stavanger Swim hall is only 3 or 5 minutes walking distance from the hotels.

## Rica Park Hotel Stavanger (large rooms)

Telephone: (47) 51 500 500, E-mail: [rica.park.hotel.stavanger@rica.no](mailto:rica.park.hotel.stavanger@rica.no)

Booking code: **Nordsjøstevnet (Reservation must done by October 1. 2010)**

## Booking Taco buffet Saturday 13.11.2010 – Rica Park

Price: NOK 150, - pr. Person

Reservation, E-mail: [hans.hagenes@gagdata.no](mailto:hans.hagenes@gagdata.no)

## Victoria Hotel Stavanger

Telephone: +47 51 86 70 00, E-mail: [victoria@victoria-hotel.no](mailto:victoria@victoria-hotel.no)

Booking code: **1111NORD (Reservation must done by October 1. 2010)**

## Rica Airport Hotel Stavanger

Telephone: (47) 51 71 64 00, E-mail: [rica.airport.hotel.stavanger@rica.no](mailto:rica.airport.hotel.stavanger@rica.no)

Booking code: **Nordsjøstevnet (Thursday 11.11.2010)**

Room type	Thursday-Friday	Friday-Monday
Single room	Kr 1090,-	Kr 740,-
Double room	Kr 1290,-	Kr 840,-
Tipple room	Kr 1390,-	Kr 1090,-
4 persons	Kr 1490,-	Kr 1290,-

Information about the city of Stavanger is found here: <http://www.regionstavanger.com>

## **Welcome to the North Sea Swim Meet 2010 Rogaland Swimming Union**

**Hans Hagenes  
Chairman**



## Events and Qualifying Times 2010

Friday 09:00 Event no.	Event	Classes		Qualification time	Winning time 2009 (heats)
1	800 Free	Open	Women	9:34.00	<a href="#">8.36,48</a>
2	800 Free	Open	Men	8:47.00	<a href="#">7.58,90</a>

Friday 11:00 Event no.	Event	Classes		Qualification time	Winning time 2009 (heats)
3	200 Medley	97 - 96	Women	2:38.00	<a href="#">2.23,46</a>
		95 - 94	Women	2:35.00	<a href="#">2.15,72</a>
		93 - 92	Women	2:33.00	<a href="#">2.23,39</a>
		91 and older	Women	2:30.00	<a href="#">2.14,64</a>
4	200 Medley	97 - 96	Men	2:32.00	<a href="#">2.19,56</a>
		95 - 94	Men	2:25.00	<a href="#">2.12,16</a>
		93 - 92	Men	2:18.00	<a href="#">2.07,01</a>
		91 and older	Men	2:16.00	<a href="#">2.01,00</a>
5	50 Free	97 - 96	Women	30.50	<a href="#">27,19</a>
		95 - 94	Women	29.50	<a href="#">26,27</a>
		93 - 92	Women	29.25	<a href="#">25,67</a>
		91 and older	Women	29.00	<a href="#">26,05</a>
		Handicapped	Women	150% of WR	<a href="#">33,64</a> (106%)
6	50 Free	97 - 96	Men	29.50	<a href="#">25,57</a>
		95 - 94	Men	26.50	<a href="#">23,83</a>
		93 - 92	Men	26.00	<a href="#">23,47</a>
		91 and older	Men	25.00	<a href="#">22,93</a>
		Handicapped	Men	150% of WR	
7	100 Breast	97 - 96	Women	1:23.00	<a href="#">1.11,70</a>
		95 - 94	Women	1:22.00	<a href="#">1.11,79</a>
		93 - 92	Women	1:20.00	<a href="#">1.13,78</a>
		91 and older	Women	1:18.00	<a href="#">1.09,24</a>
		Handicapped	Women	150% of WR	<a href="#">1.58,26</a> (118%)
8	100 Breast	97 - 96	Men	1:20.00	<a href="#">1.11,85</a>
		95 - 94	Men	1:16.00	<a href="#">1.06,61</a>
		93 - 92	Men	1:12.00	<a href="#">1.03,22</a>
		91 and older	Men	1:10.00	<a href="#">59,93</a>
		Handicapped	Men	150% of WR	
9	50 Back	97 - 96	Women	36.00	<a href="#">30,61</a>
		95 - 94	Women	35.00	<a href="#">30,00</a>
		93 - 92	Women	34.00	<a href="#">30,09</a>
		91 and older	Women	33.00	<a href="#">29,78</a>
		Handicapped	Women	150% of WR	<a href="#">40,31</a> (108%)
10	50 Back	97 - 96	Men	35.00	<a href="#">29,39</a>
		95 - 94	Men	32.00	<a href="#">27,54</a>
		93 - 92	Men	30.50	<a href="#">27,30</a>
		91 and older	Men	29.00	<a href="#">25,10</a>
		Handicapped	Men	150% of WR	
11	200 Butterfly	97 - 96	Women	2:50.00	
		95 - 94	Women	2:45.00	
		93 - 92	Women	2:40.00	
		91 and older	Women	2:38.00	
12	200 Butterfly	97 - 96	Men	2:56.00	
		95 - 94	Men	2:35.00	
		93 - 92	Men	2:22.00	
		91 and older	Men	2:18.00	

## Events and Qualifying Times 2010

<b>Saturday @ 09:00</b>					
<b>Event no.</b>	<b>Event</b>	<b>Classes</b>		<b>Qualification time</b>	<b>Winning time 2009(heats)</b>
13	400 Free	97 - 96	Men	4:40.00	<a href="#">4.20,75</a>
		95 - 94	Men	4:30.00	<a href="#">4.02,08</a>
		93 - 92	Men	4:20.00	<a href="#">3.54,36</a>
		91 and older	Men	4:15.00	<a href="#">3.53,55</a>
14	400 Free	97 - 96	Women	4:55.00	<a href="#">4.21,36</a>
		95 - 94	Women	4:50.00	<a href="#">4.22,52</a>
		93 - 92	Women	4:45.00	<a href="#">4.21,64</a>
		91 and older	Women	4:40.00	<a href="#">4.17,63</a>
15	100 Back	97 - 96	Men	1:13.00	<a href="#">1.03,32</a>
		95 - 94	Men	1:07.00	<a href="#">59,50</a>
		93 - 92	Men	1:06.00	<a href="#">58,29</a>
		91 and older	Men	1:03.00	<a href="#">56,29</a>
		Handicapped	Men	150% of WR	
16	100 Back	97 - 96	Women	1:15.00	<a href="#">1.03,77</a>
		95 - 94	Women	1:12.00	<a href="#">1.01,88</a>
		93 - 92	Women	1:11.00	<a href="#">1.03,48</a>
		91 and older	Women	1:10.00	<a href="#">1.04,90</a>
		Handicapped	Women	150% of WR	<a href="#">1.22,63</a> (107%)
17	50 Butterfly	97 - 96	Men	33.00	<a href="#">29,01</a>
		95 - 94	Men	29.50	<a href="#">26,74</a>
		93 - 92	Men	28.50	<a href="#">25,98</a>
		91 and older	Men	27.50	<a href="#">24,44</a>
		Handicapped	Men	150% of WR	
18	50 Butterfly	97 - 96	Women	34.00	<a href="#">30,19</a>
		95 - 94	Women	32.50	<a href="#">28,26</a>
		93 - 92	Women	32.00	<a href="#">28,55</a>
		91 and older	Women	30.50	<a href="#">28,65</a>
		Handicapped	Women	150% of WR	<a href="#">39,28</a> (116%)
19	100 Free	97 - 96	Men	1:03.00	<a href="#">54,36</a>
		95 - 94	Men	56.50	<a href="#">51,10</a>
		93 - 92	Men	55.00	<a href="#">50,64</a>
		91 and older	Men	54.00	<a href="#">51,11</a>
		Handicapped	Men	150% of WR	
20	100 Free	97 - 96	Women	1:05.50	<a href="#">57,80</a>
		95 - 94	Women	1:02.50	<a href="#">57,19</a>
		93 - 92	Women	1:02.00	<a href="#">56,22</a>
		91 and older	Women	1:01.50	<a href="#">56,94</a>
		Handicapped	Women	150% of WR	<a href="#">1.26,59</a> (111%)

## Events and Qualifying Times 2010

<b>Saturday continues...</b>					
<b>Event no.</b>	<b>Event</b>	<b>Classes</b>		<b>Qualification time</b>	<b>Winning time 2009(heats)</b>
21	200 Breast	97 - 96	Men	2:55.00	<a href="#">2.35,27</a>
		95 - 94	Men	2:48.50	<a href="#">2.25,35</a>
		93 - 92	Men	2:36.00	<a href="#">2.18,72</a>
		91 and older	Men	2:35.00	<a href="#">2.18,22</a>
22	200 Breast	97 - 96	Women	2:58.00	<a href="#">2.37,26</a>
		95 - 94	Women	2:56.00	<a href="#">2.31,91</a>
		93 - 92	Women	2:53.00	<a href="#">2.39,91</a>
		91 and older	Women	2:48.00	<a href="#">2.30,89</a>
23	4 x 50 Free	Open	Men	--:--	<a href="#">1.33,40</a>
24	4 x 50 Free	Open	Women	--:--	<a href="#">1.46,71</a>

<b>Sunday @ 09:00</b>					
<b>Event no.</b>	<b>Event</b>	<b>Classes</b>		<b>Qualification time</b>	<b>Winning time 2009 (heats)</b>
25	400 Medley	Open	Women	5:35.00	<a href="#">4.43,75</a>
26	400 Medley	Open	Men	4:55.00	<a href="#">4.27,64</a>
27	100 Butterfly	97 - 96	Women	1:14.50	<a href="#">1.05,82</a>
		95 - 94	Women	1:11.50	<a href="#">1.03,28</a>
		93 - 92	Women	1:09.00	<a href="#">1.02,30</a>
		91 and older	Women	1:08.00	<a href="#">1.07,14</a>
		Handicapped	Women	150% of WR	
28	100 Butterfly	97 - 96	Men	1:13.00	<a href="#">1.03,61</a>
		95 - 94	Men	1:05.00	<a href="#">58,35</a>
		93 - 92	Men	1:02.00	<a href="#">56,34</a>
		91 and older	Men	1:00.50	<a href="#">55,13</a>
		Handicapped	Men	150% of WR	
29	200 Back	97 - 96	Women	2:38.00	<a href="#">2.22,98</a>
		95 - 94	Women	2:33.00	<a href="#">2.12,92</a>
		93 - 92	Women	2:32.00	<a href="#">2.18,54</a>
		91 and older	Women	2:30.00	<a href="#">2.18,20</a>
30	200 Back	97 - 96	Men	2:32.00	<a href="#">2.16,43</a>
		95 - 94	Men	2:24.00	<a href="#">2.08,53</a>
		93 - 92	Men	2:22.00	<a href="#">2.04,41</a>
		91 and older	Men	2:20.00	<a href="#">2.04,77</a>
31	50 Breast	97 - 96	Women	40.00	<a href="#">33,43</a>
		95 - 94	Women	38.50	<a href="#">32,75</a>
		93 - 92	Women	36.50	<a href="#">34,21</a>
		91 and older	Women	36.00	<a href="#">33,43</a>
		Handicapped	Women	150% of WR	<a href="#">53,16</a> (113%)



Sunday continues...					
Event no.	Event	Classes		Qualification time	Winning time 2009 (heats)
32	50 Breast	97 - 96	Men	38.00	<a href="#">33,21</a>
		95 - 94	Men	35.50	<a href="#">30,75</a>
		93 - 92	Men	33.50	<a href="#">29,49</a>
		91 and older	Men	32.00	<a href="#">29,26</a>
		Handicapped	Men	150% of WR	
33	200 Free	97 - 96	Women	2:22.00	<a href="#">2.07,01</a>
		95 - 94	Women	2:18.00	<a href="#">2.06,63</a>
		93 - 92	Women	2:16.00	<a href="#">2.04,41</a>
		91 and older	Women	2:12.00	<a href="#">2.04,11</a>
34	200 Free	97 - 96	Men	2:17.00	<a href="#">2.01,33</a>
		95 - 94	Men	2:08.00	<a href="#">1.53,24</a>
		93 - 92	Men	2:00.00	<a href="#">1.50,24</a>
		91 and older	Men	1:58.00	<a href="#">1.51,06</a>
35	100 Medley	97 - 96	Women	1:15.00	<a href="#">1.07,29</a>
		95 - 94	Women	1:12.00	<a href="#">1.05,57</a>
		93 - 92	Women	1:10.50	<a href="#">1.05,66</a>
		91 and older	Women	1:10.00	<a href="#">1.04,40</a>
		Handicapped	Women	150% of WR	<a href="#">1.27,82</a> (121%)
36	100 Medley	97 - 96	Men	1:13.00	<a href="#">1.04,25</a>
		95 - 94	Men	1:07.00	<a href="#">1.01,65</a>
		93 - 92	Men	1:03.00	<a href="#">58,54</a>
		91 and older	Men	1:02.00	<a href="#">57,77</a>
		Handicapped	Men	150% of WR	
37	4 x 50 Medley	Open	Women	--:--	<a href="#">1.43,77</a>
38	4 x 50 Medley	Open	Men	--:--	<a href="#">1.58,93</a>



# Super final events 2010 & winning times 2009

Friday @ 17:00		
Event	Men winning time 20009	Women winning time 2009
200 Medley	<a href="#">2.01,46</a>	<a href="#">2.13,84</a>
50 Free HC / 50 Free *	<a href="#">22,50</a>	<a href="#">25,31</a>
100 Breast *	<a href="#">58,75</a>	<a href="#">1.09,18</a>
50 Back HC/ 50 Back *	<a href="#">25,64</a>	<a href="#">27,64</a>
200 Butterfly		
* = A+B finals		

Saturday @ 17:00		
Event	Men winning time 20009	Women winning time 2009
400 Free	<a href="#">3.42,91</a>	<a href="#">4.19,52</a>
100 Back *	<a href="#">54,64</a>	<a href="#">1.01,31</a>
50 Butterfly HC/50 Butterfly *	<a href="#">23,48</a>	<a href="#">27,45</a>
100 Free *	<a href="#">50,40</a>	<a href="#">54,42</a>
200 Breast	<a href="#">2.19,21</a>	<a href="#">2.29,48</a>
4 x 50 Free	<a href="#">1.32,10</a>	<a href="#">1.46,09</a>
* = A+B finals		

Sunday @ 16:00		
Event	Men winning time 20009	Women winning time 2009
100 Butterfly *	<a href="#">53,48</a>	<a href="#">1.00,70</a>
200 Back	<a href="#">2.02,15</a>	<a href="#">2.11,58</a>
50 Breast HC/ 50 Breast *	<a href="#">28,51</a>	<a href="#">31,88</a>
100 Medley *	<a href="#">56,78</a>	<a href="#">1.01,10</a>
200 Free	<a href="#">1.49,30</a>	<a href="#">2.03,09</a>
4 x 50 Medley	<a href="#">1.41,36</a>	<a href="#">1.57,77</a>
* = A+B finals		

**URMAKER THV. THORBJØRNSEN AS**  
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