



NORDIC OPEN MASTERS

2015 OCTOBER 2-3

TÓRSHAVN – FAROE ISLANDS



Manual

2015 October 1

All errors and emissions excepted



The Faroe Islands Swimming Association welcome you
to Tórshavn, Faroe Islands on the occasion of
Nordic Open Masters in swimming 2015, October 2 and 3.

Date: 2015 October 2 and 3

Place: Svímjnhøllin í Gundadali - Gundadalur 4 – 100 Tórshavn – Faroe Islands

Venue: The competition will take place in a 25m pool, 6 lanes, depth 1,6 to 1,8m with water temperature at 26,5°C.

The competition pool is equipped with Omega starting blocks and omega timing.

Warm up and down will be possible in the diving pool, 14x14m depth 4,5m. Water temperature 26,5°.

More information about Svímjnhøllin í Gundadali can be found here:

<http://www.http://svimjihollin.fo/>





Program

Friday October 2, 2015

Possibility to train 8:00 to 10:00 (**only entered swimmers**)

Warmup: 16:00

Session 1: 17:30

Saturday October 3, 2015

Warmup: 7:00

Session 2: 08:30

Saturday October 3, 2015

Warm up: 13:30

Session 3: 15:00

Farewell party: 20:00

Age groups: (individual)

A 25-29 • B 30-34 • C 35-39 • D 40-44 • E 45-49 • F 50-54

G 55-59 • H 60-64 • I 65-69 • J 70-74 • K 75-79 • L 80-84M 85-89 • N 90-94 • O 95-

Please note! There is no age group for pre-masters.

Relay age groups: (sum of the competitor's age)

A 100-119 • B 120-159 • C 160-199 • D 200-239 • E 240-279

F 280-319 • G 320-

Late entry fee will be charged at DKK 230 (aprox €30)/person or relay team/event. Late entry closed on September 29.

Entry cancellation

Must be made no later than 20:00 Thursday October 1 regarding events on Friday October 2 2015.

Regarding events on Saturday October 3 cancellation must be made no later than 30 minutes after the session preceding the session the cancellation refers to.

Late or non-cancellations will be charged at DKK 230 (aprox €30)/person or relay team/event.

Relay participants

Name and order of the relay participants, should be submitted to the competition secretariat no later than one (1) hour prior to the session including the event. The form should state the age of each swimmer and also the total age (agegroup).

Medals

Medals will be awarded to the top three swimmers in each agegroup in each event (including relays), **regardless of nationality**.

Even though the NSF regulation states only medals to the winning relay team, the organisers have decided to award medals to the top three team.



The Medals will be presented according to the schedule, in Order of events. First all winner of gold medals will be called forward, and presented, then silver and finally bronze. No waiting for swimmers, those not present can pick up their medals at the secretariat. No medals will be sent out after the competition.

Starting

Due to the amount of start, we will implement flying starts.

Warm up

45 minutes prior to start of the competition lane 6 will be a sprint lane. 30 minutes prior to start lane 1 will also be a sprint lane.

Records

In case of world or european records, please ask the secretariat for the certificate for the measurement of the pool, according to FINA Facilities Rules FR 2.2.2.

First Aid

There will be a first aid station in the pool area.

Keys for locker

You can get keys for the locker. To obtain a key you have to put down a 50 DKK deposit, that will be refunded when you turn the key in. Only DKK accepted Danish or Faroese notes/coins.

Fysioterapist

There will be authorized fysioterapists working in the pool area. The charge is 50 DKK pr. 5 minutes.

No bags requirements

As we are short of space it will not be allowed to have bags and equipments at the spectator area. Please respect this. The seating is free, no team are allowed to claim an area of the spectators seats!



Order of events

Session 1,

17:30 Friday October 2

1. 400m free Men
2. 400m free Women
3. 50m fly Men
4. 50m fly Women

Medal presentation competition 1-4

5. 100m breast Men
6. 100m breast Women
7. 100m back Men
8. 100m back Women
9. 200m free Men
10. 200m free Women

Medal presentation competition 5-10

11. 4 x 50m free Relay Men
12. 4 x 50m free Relay Women

Medal presentation competition 11-12

Session 2,

08:30 Saturday October 3

13. 100m free Women
14. 100m free Men
15. 100m fly Women
16. 100m fly Men

Medal presentation competition 13-16

17. 50m breast Women
18. 50m breast Men
19. 1500m Men
20. 200m back Women
21. 200m back Men

Medal presentation competition 17-21

22. 4 x 50m medley Relay Women
23. 4 x 50m medley Relay Men

Medal presentation competition 22-23



Session 3,

15:00 Saturday October 3

24. 4 x 50m Medley Mixed

25. 200m medley Men

26. 200m medley Women

27. 1500m free Women

Medal presentation competition 24-27

28. 50m back Men

29. 50m back Women

30. 50m free Men

Medal presentation competition 28-30

31. 50m free Women

32. 4x 50m free Mixed

Medal presentation competition 31-32





Transport / Meals

Those who have purchased Transport package, Meals or only Farewell party will be issued with an ID that show this. Please do not try to board the busses without your ID, as you will be turned away.

Transport

Those who have purchased Transport package receive an ID which states this. They will be picked up at the airport, and for them there will be shuttlebusses between hotels, pool and the buffet. See schedule below. These busses are dedicated to NOM 2015. The busses will be as flexible as possible, within this schedule. Remember to show your ID before boarding the bus. NB! Those lodging at Bládýpi have to enter the busses at Hotel Tórshavn.

Bus 1 - Friday

15.00 Hotel Streym
15.08 Hotel Tórshavn/Bládýpið*
15.13 Hotel Hafnia
15.20 Pool

15.40 Hotel Streym
15.48 Hotel Tórshavn/Bládýpið*
15.53 Hotel Hafnia
16.00 Pool

16.20 Hotel Streym
16.28 Hotel Tórshavn/Bládýpið*
16.33 Hotel Hafnia
16.40 Pool

From Pool

19.45 Skúlaheimið / Buffet
20.15 Skúlaheimið / Buffet
20.45 Skúlaheimið / Buffet

From Skúlaheimið / Buffet

21.15 To Hotels
21.45 To Hotels
22.15 To Hotels

Bus 2 - Friday

15.00 Hotel Føroyar
15.10 Pool

15.20 Hotel Streym
15.28 Hotel Tórshavn/Bládýpið*
15.33 Hotel Hafnia
15.40 Pool

16.00 Hotel Føroyar
16.10 Pool

From Pool

20.00 Skúlaheimið / Buffet
20.30 Skúlaheimið / Buffet
21.15 Skúlaheimið / Buffet

From Skúlaheimið / Buffet

21.30 To Hotels
22.00 To Hotels
22.30 To Hotels

*Those lodging at Bládýpi have to enter the busses at Hotel Tórshavn



Bus 1 - Saturday

06.30 Hotel Streym
 06.38 Hotel Tórshavn/Bládýpið*
 06.43 Hotel Hafnia
 06.50 Pool

07.10 Hotel Streym
 07.18 Hotel Tórshavn/Bládýpið*
 07.23 Hotel Hafnia
 07.30 Pool

07.40 Hotel Føroyar
 07.50 Pool

11.00 Pool to Skúlaheimið/Buffer
 11.30 Pool to Skúlaheimið/Buffer
 12.00 Pool to Skúlaheimið/Buffer
 12.30 Pool to Skúlaheimið/Buffer

13.15 Pool to Skúlaheimið/Buffer
 13.45 Pool to Skúlaheimið/Buffer
 14.15 Pool to Skúlaheimið/Buffer

17.00 To Hotels from pool
 17.30 To Hotels from pool
 18.00 To Hotels from pool

19.00 To Farewell party starting Hotel Streym
 19.30 To Farewell party starting Hotel Streym

00.30 To Hotels from farewell party
 01.30 To Hotels from farewell party

Bus 2 - Saturday

06.40 Hotel Streym
 06.48 Hotel Tórshavn/Bládýpið*
 06.53 Hotel Hafnia
 07.00 Pool

07.10 Hotel Føroyar
 07.20 Pool

07.40 Hotel Streym
 07.48 Hotel Tórshavn/Bládýpið*
 07.53 Hotel Hafnia
 08.00 Pool

11.15 Pool to Skúlaheimið/Buffer
 11.45 Pool to Skúlaheimið/Buffer
 12.00 From Skúlaheimið to Hotels
 12.30 From Skúlaheimið to Hotels

13.00 From Skúlaheimið to pool and hotels
 13.30 From Skúlaheimið to pool and hotels
 14.00 From Skúlaheimið to pool and hotels

17.15 To Hotels from pool
 17.45 To Hotels from pool
 18.30 To Hotels from pool

19.30 To Farewell party from Hotel Føroyar
 20.00 To Farewell party starting Hotel Streym

*Those lodging at Bládýpi have to enter the busses at Hotel Tórshavn

You will be met at the airport by a representative and driven to your hotel.
 The city busses (red busses) are free, and run from "Steinatún". The Line 1 marked to "Undir Brúnni" and line 3 marked "Millum Gilja" vil take you close to the pool.

See more at: <http://www.torshavn.fo/Default.aspx?pageid=1062>

**Meals and farewell party:**

Breakfast will be served at the hotels. The hotels have been informed about the need for an early breakfast saturday morning.

All meals and the farewell party is organised at Skúlaheimið, on google maps Guesthouse Marknagil.

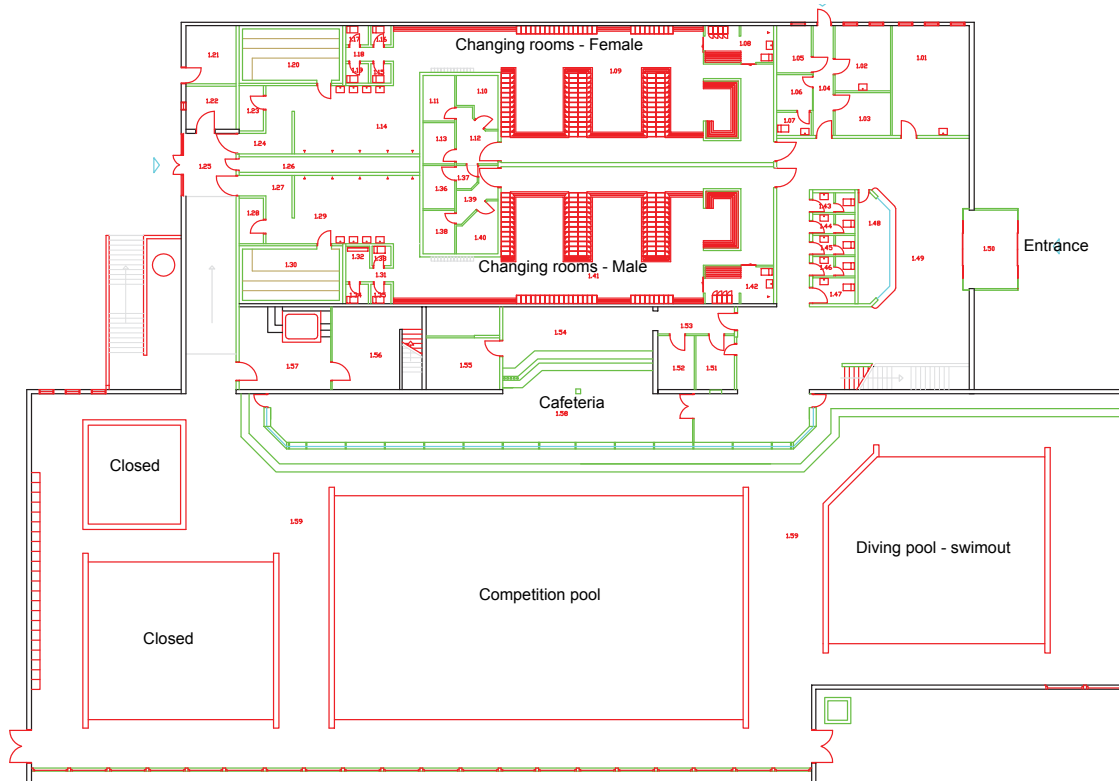
Remember to show your ID.

It includes two Buffets, one on Friday after the competition and one Saturday after the morning competition. Also the Farewell party on saturday night. All meals with water and milk. At the Farewell party there will be a deluxe buffet. After dinner at the Farewell party the dance floor will be open! A bar will also be in function, with a variety of beverages/drinks.

Allergies: There will be catered for those who have informed us about allergies.

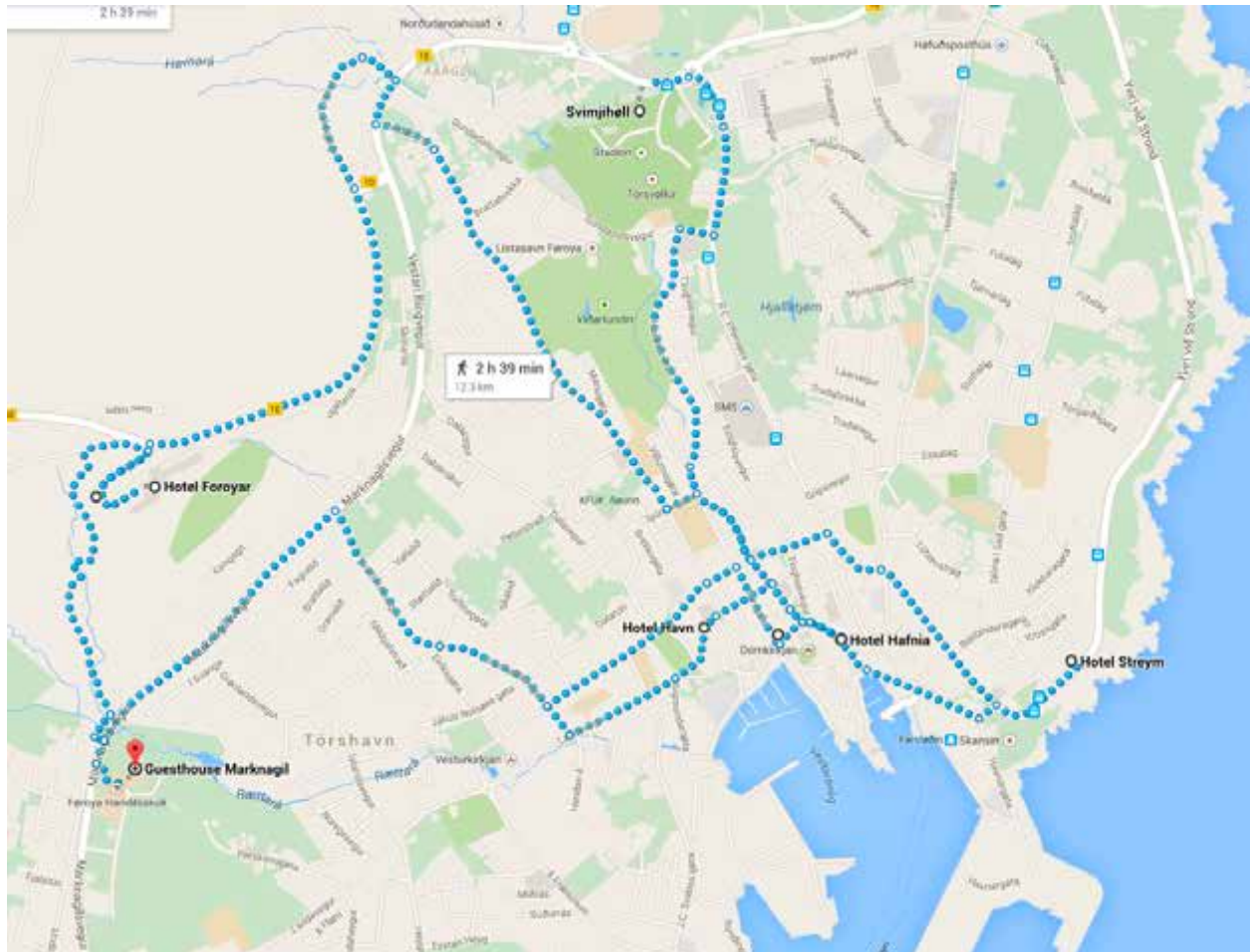


Svimjihöllin í Gundadalur – 25m, 6 lanes, overview





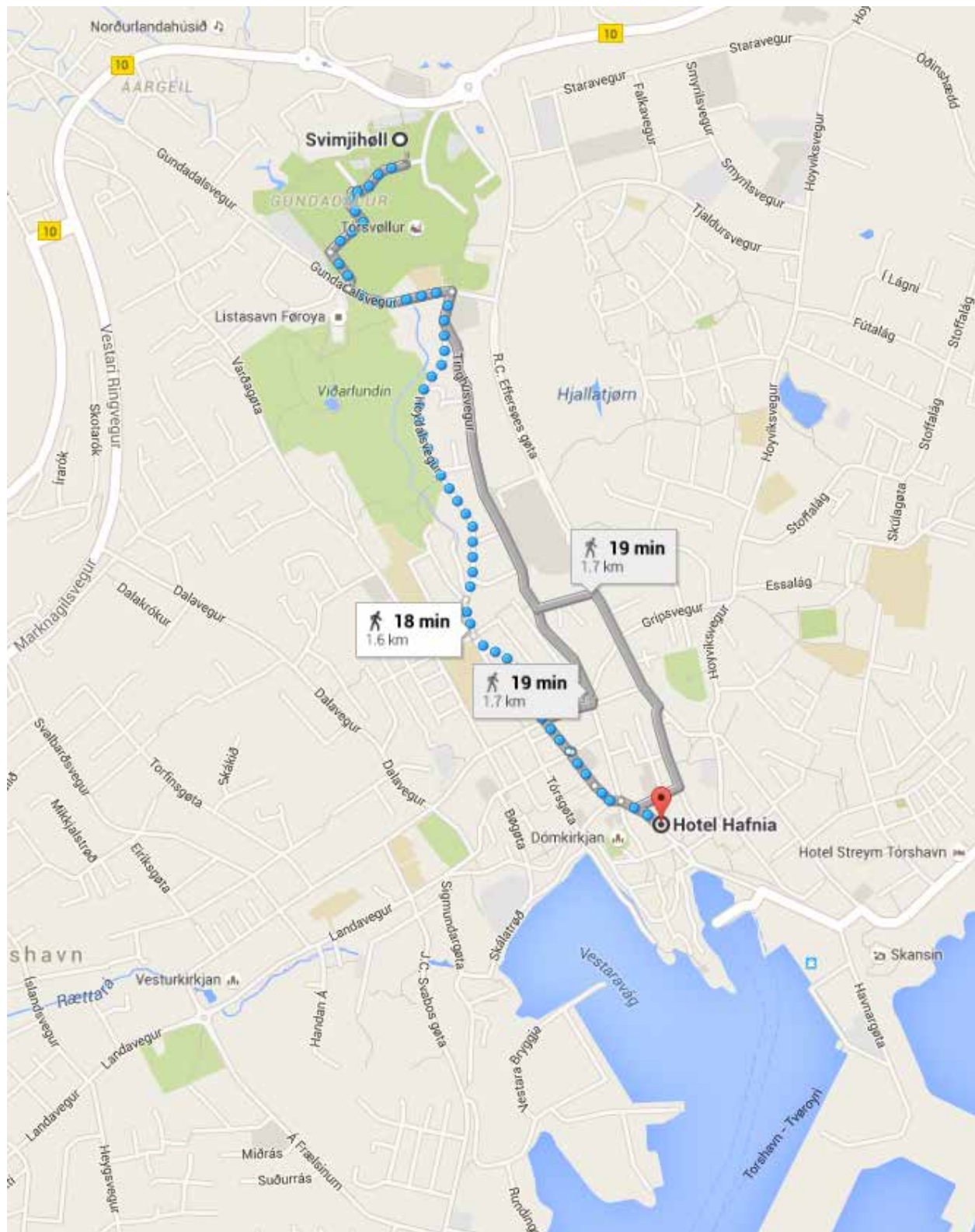
[Aerial view of Tórshavn, Pool and Hotels](https://goo.gl/maps/j7oBrA8CbJK2) <https://goo.gl/maps/j7oBrA8CbJK2>



[Overview Tórshavn](#)

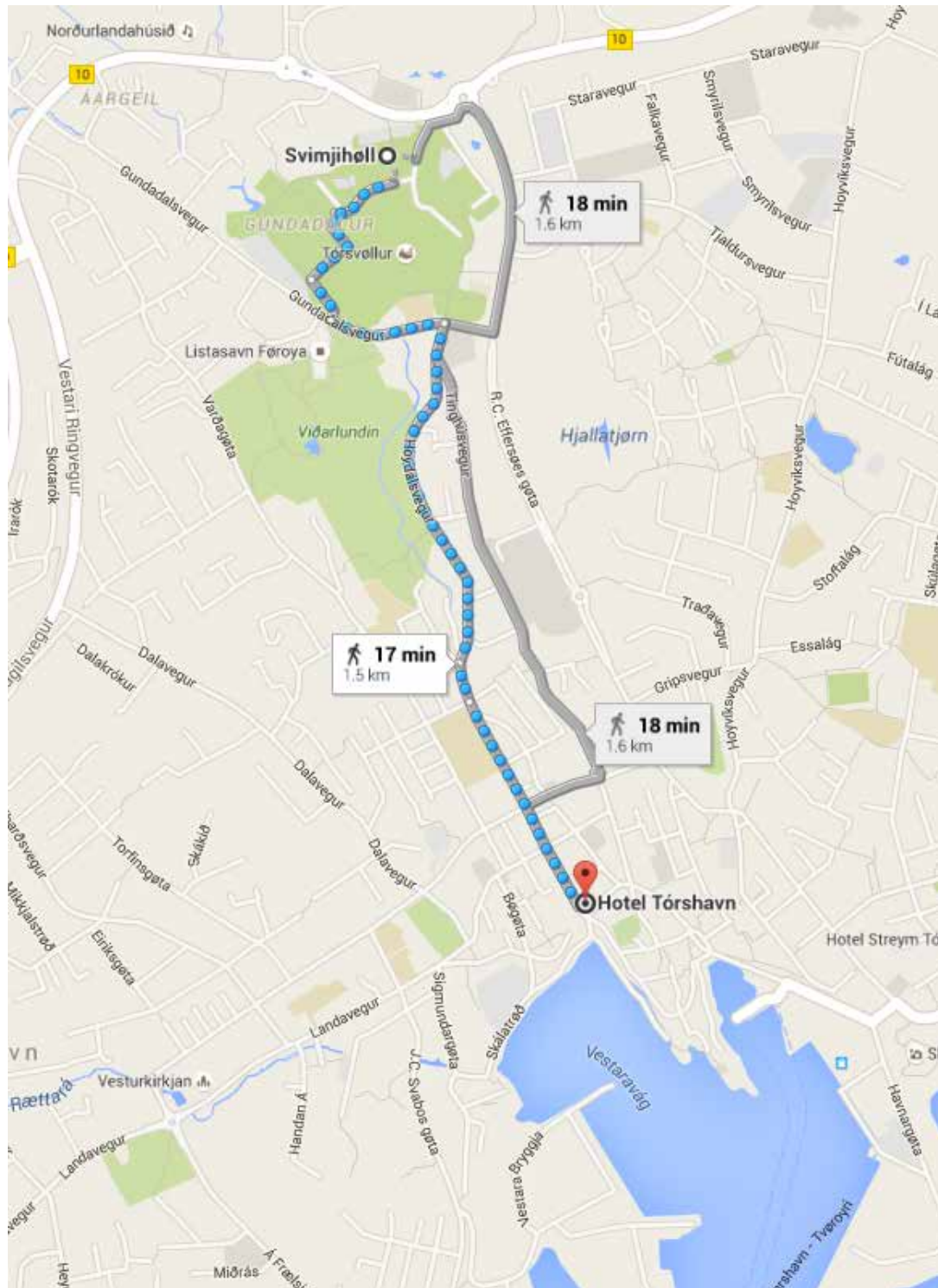


[Pool to Hotel Hafnia](https://goo.gl/maps/ghKotE9Zc3P2) <https://goo.gl/maps/ghKotE9Zc3P2>



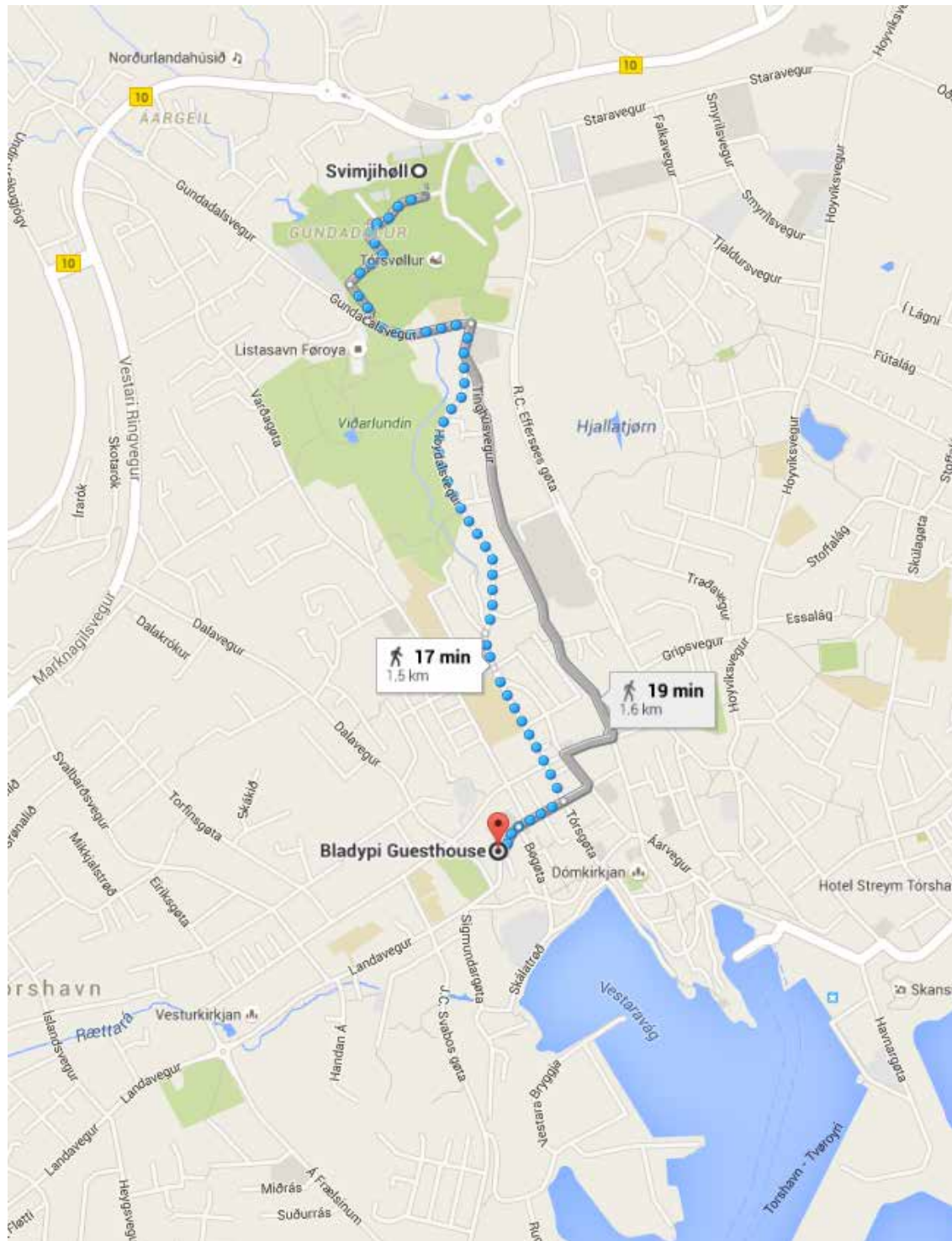


[Pool to Hotel Tórshavn](https://goo.gl/maps/n3gUynZtiwx) <https://goo.gl/maps/n3gUynZtiwx>



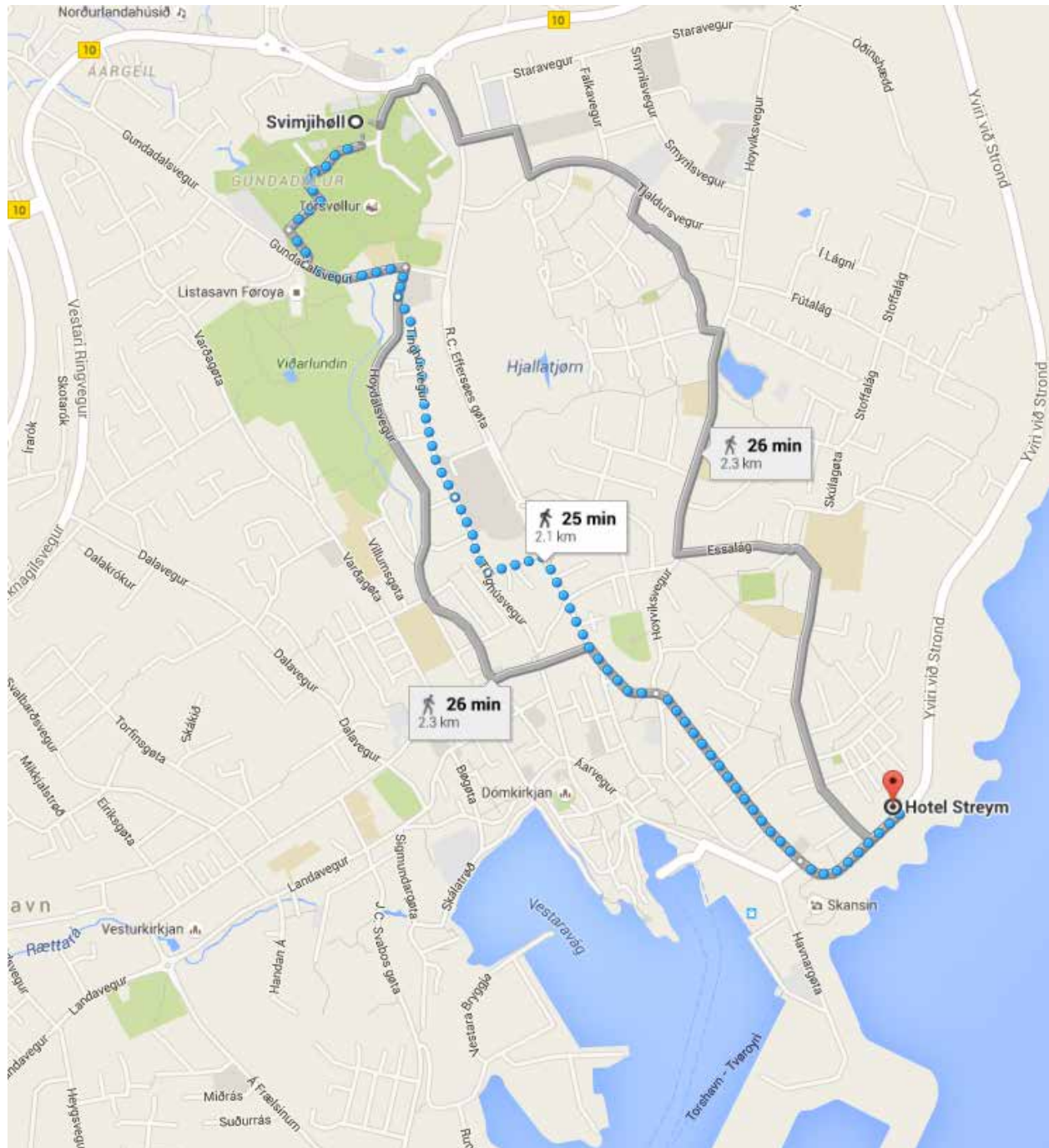


[Pool to Bládýpið](https://goo.gl/maps/tmcksb3rWgL2) <https://goo.gl/maps/tmcksb3rWgL2>



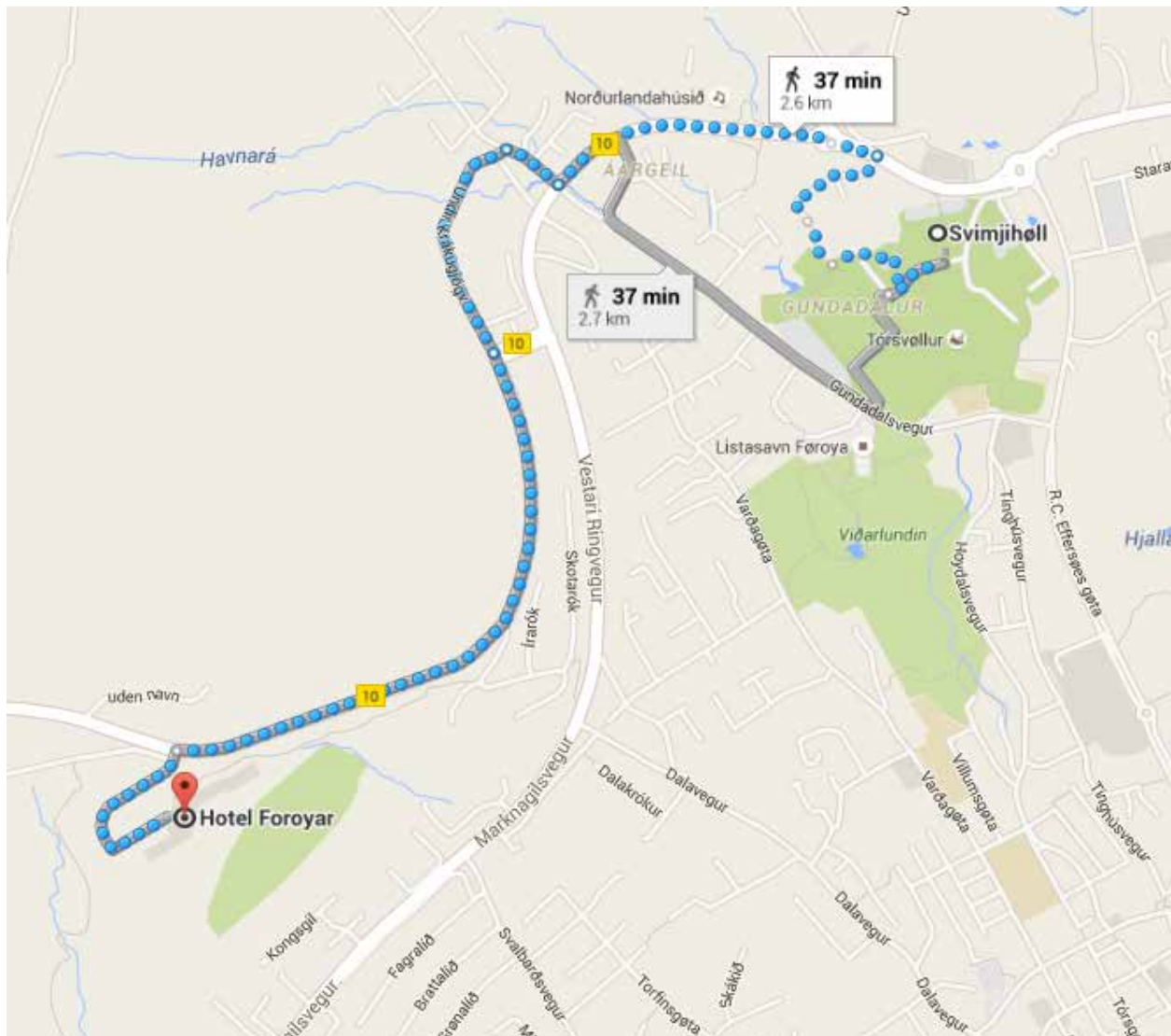


[Pool to Hotel Streym](https://goo.gl/maps/cmL2MBRCxSH2) <https://goo.gl/maps/cmL2MBRCxSH2>



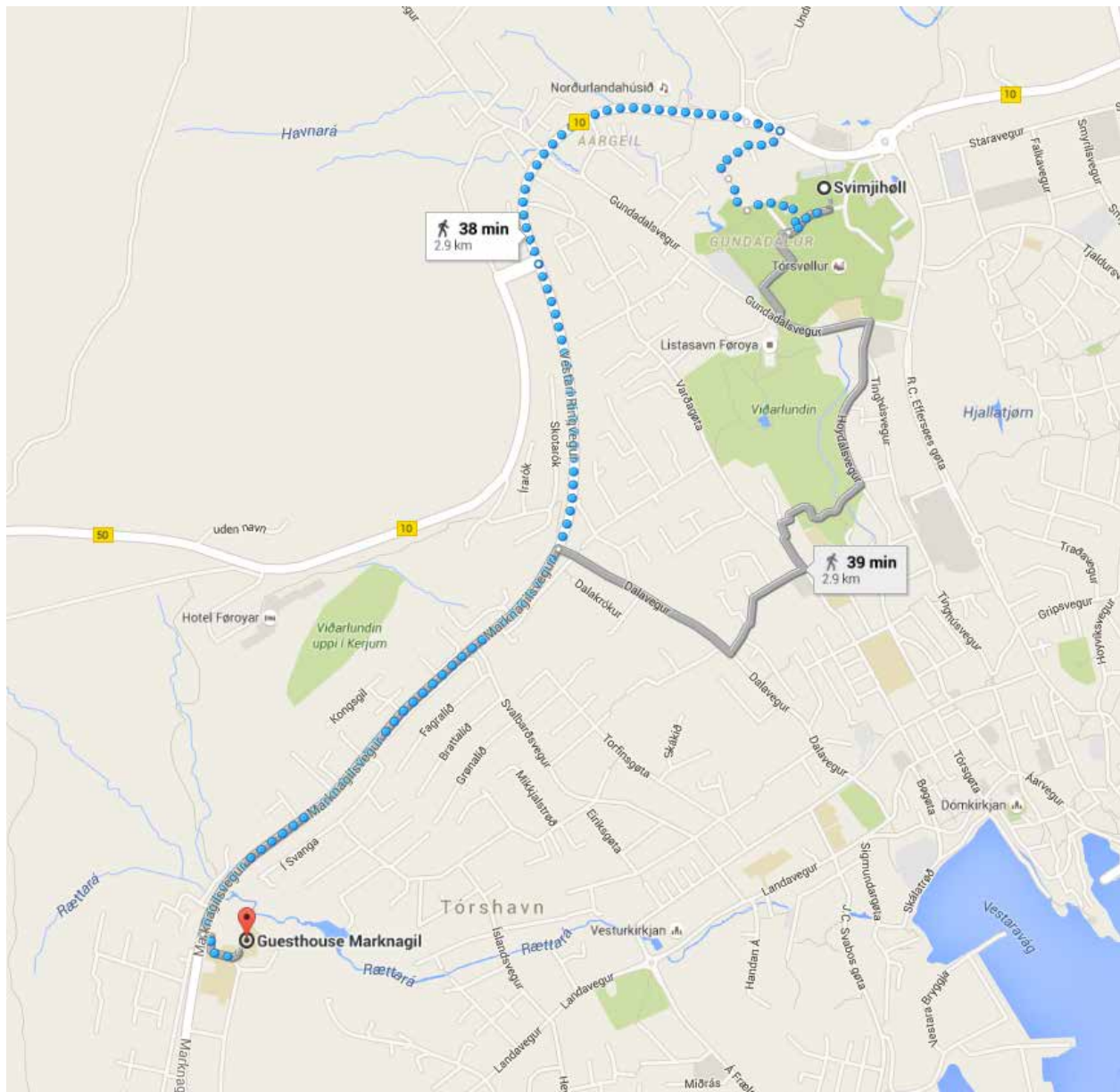


[Pool to Hotel Føroyar](https://goo.gl/maps/SYKhH4sreaA2) <https://goo.gl/maps/SYKhH4sreaA2>





[Pool to Skúlaheimið/Buffer](https://goo.gl/maps/zvxho7ATT9P2) <https://goo.gl/maps/zvxho7ATT9P2>





[Bládýpið to Hotel Tórshavn \(to get the bus\)](https://goo.gl/maps/wMQDC9ki8bC2) <https://goo.gl/maps/wMQDC9ki8bC2>

