



AdO arena
April 21st-23rd

BERGEN SWIM FESTIVAL 2023

With the Norwegian Swimming Federation's approval, we are pleased to welcome you to the 16th annual **Bergen Swim Festival** at **Alexander Dale Oen arena (AdO)**.



BERGEN KOMMUNE





BERGEN SWIM FESTIVAL 2023



- Location:** AdO arena. Prelims: 10 lanes; Finals: 8 lanes
- Date:** Friday April 21st- Sunday April 23rd 2023
- Rules:** The competition will be conducted under FINA rules
- Coaches meeting:** Thursday April 20, 2023 at 8:00 PM (kl 20.00) Hans Tank Auditorium
- Competition times:** Prelims start each day at 9:00 AM (kl 09.00)
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 20th- 2:00 PM - 8:00 PM (kl 14.00-20.00)
Friday to Sunday:
A flight: 7:00 AM - 8:45 AM (kl 07.00-08.45)
B flight: 1 hour directly following A flight
Finals: From end of B flight until 4:50 PM (kl 16.50)
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 2023



Qualifications

Period: April 6th, 2022 to April 5th, 2023

Registrations:

Deadline to send in registrations is April 5th, 2023.

The entries will be forwarded electronically by email by 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 20, 2023 at 8:00 PM (kl 20.00)) Late registration is double price per start

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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BERGEN SWIM FESTIVAL 2023



Prize money:	A-finals:	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:	1. place: 150 Euros 2. place: 65 Euros 3. place: 40 Euros

High Point/SENIOR:	<i>Best FINA 2022 Points for Men and Women after results from the finals (Times swam in the prelims are included in High Point for the knockout events)</i>
	1. place: 1000 Euros 2. place: 500 Euros 3. place: 250 Euros

Bestemannspremier/JUNIOR:	<i>Best FINA 2022 Points for junior men and women</i>
	1. place: 250 Euros 2. place: 125 Euros 3. place: 75 Euros

Meet record: 500 Euros

Bergen Swim Festival records:

<https://www.medley.no/rekorder.aspx?fraaar=1911&tilaar=2022&basseng=l&kjonn=b&rekordtype=13>

Relay: Trophy



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BERGEN SWIM FESTIVAL 2023 - EVENT PROGRAM

Friday April 21st

Age groups: Women Senior: 2005 and older Women Junior: 2006-2010
 Men Senior: 2004 and older Men Junior: 2005-2010

PRELIMS

Warm up at 07:00 AM. Competition starts at 09:00

AM

Event

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

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

Warm up from after the prelims until 4:50PM (16.50)

Competition starts at 5:00PM (17.00)

Event

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

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

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

*Knockout finals- 3 minutes fra start of round, to start of next round



BERGEN SWIM FESTIVAL 2023 - EVENT PROGRAM

Saturday April 22nd

Age groups:

Women Senior: 2005 and older

Men Senior: 2004 and older

Women Junior: 2006-2010

Men Junior: 2005-2010

PRELIMS

Warm up at 07:00 AM. Competition starts at 09:00

AM

Event

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

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

Warm up from after the prelims until 4:50PM (16.50)

Competition starts at 5:00PM (17.00)

Event

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

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

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

*Knockout finals- 3 minutes fra start of round, to start of next round



BERGEN SWIM FESTIVAL 2022 - EVENT PROGRAM

Sunday April 23rd

Age groups:

Women Senior: 2005 and older

Women Junior: 2006-2010

Men Senior: 2004 and older

Men Junior: 2005-2010

PRELIMS

Warm up at 07:00 AM. Competition starts at 09:00

AM

25	400 freestyle	women	Max 6 heat
26	400 freestyle	men	Max 6 heat
27	50 breaststroke	women	
28	50 breaststroke	men	
29	200 butterfly	women	
30	200 butterfly	men	
31	200 backstroke	women	
32	200 backstroke	men	
33	50 freestyle	women	
34	50 freestyle	men	
35	4X100 Lag medley	MIX	(national teams allowed)

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

Warm up from after the prelims until 4:50PM (16.50)

Competition starts at 5:00PM (17.00)

25	400 freestyle	women	
26	400 freestyle	men	
27	50 breaststroke	women	
28	50 breaststroke	men	
29	200 butterfly	women	
30	200 butterfly	men	
31	200 backstroke	women	
32	200 backstroke	men	
33	50 freestyle	women	
34	50 freestyle	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	200 backstroke	women	
32	200 backstroke	men	
33	50 freestyle	women	*Knockout final 8/5/3
34	50 freestyle	men	*Knockout final 8/5/3
35	4X100 Lag medley	MIX	

*Knockout finals- 3 minutes fra start of round, to start of next round





BERGEN SWIM FESTIVAL 2023



Qualifying Times- Female	2010		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	30,89
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	2.33,82	2.37,37	2.27,45	2.30,86	2.24,10	2.27,43	2.23,05	2.26,35
400m Freestyle	5.17,47	5.20,92	5.05,25	5.08,56	4.54,72	4.57,92	4.45,50	4.48,60
	SC				LC			
800m Freestyle	9.45,04				9.51,69			
1500m Freestyle	18.40,45				18.43,46			
50m backstroke	39,71	41,74	36,42	38,28	35,44	37,24	34,27	36,02
100m backstroke	1.24,92	1.29,07	1.17,88	1.21,69	1.15,78	1.19,48	1.13,29	1.16,87
200m backstroke	3.04,47	3.10,84	2.49,18	2.55,03	2.44,61	2.50,30	2.39,20	2.44,71
50m Breaststroke	42,66	43,91	40,52	41,71	38,76	39,9	37,83	38,95
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	3.27,80	3.10,95	3.17,39	3.02,63	3.08,80	2.58,28	3.04,30
50m Butterfly	36,41	36,49	34,59	34,66	33,08	33,15	32,3	32,36
100m Butterfly	1.21,57	1.22,87	1.17,49	1.18,72	1.14,11	1.15,29	1.12,35	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 2022. (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	2009-2010		2007-2008		2005-2006		2004 - OE	
	SC	LC	SC	LC	SC	LC	SC	LC
50m Freestyle	28,99	29,95	27,7	28,61	26,81	27,7	26,41	27,28
100m Freestyle	1.03,76	1.06,56	1.00,99	1.03,66	59,08	1.01,67	58,21	1.00,76
200m Freestyle	2.19,68	2.23,38	2.13,76	2.17,30	2.09,67	2.13,10	2.07,80	2.11,19
400m Freestyle	4.50,50	5.01,21	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	17.15,07				17.43,09			
50m backstroke	34,81	37,6	31,83	34,38	30,67	33,13	29,67	32,04
100m backstroke	1.16,58	1.21,23	1.10,03	1.14,28	1.07,48	1.11,58	1.05,27	1.09,23
200m backstroke	2.45,49	2.55,35	2.31,34	2.40,35	2.25,83	2.34,51	2.21,04	2.29,44
50m Breaststroke	38,14	39,2	36,17	37,18	34,26	35,21	33,45	34,38
100m Breaststroke	1.24,01	1.25,93	1.19,67	1.21,49	1.15,47	1.17,19	1.13,67	1.15,36
200m Breaststroke	3.01,53	3.10,53	2.52,16	3.00,69	2.43,08	2.51,17	2.39,19	2.47,09
50m Butterfly	32,85	33,64	31,16	31,9	29,51	30,22	28,81	29,5
100m Butterfly	1.12,63	1.14,78	1.08,88	1.10,92	1.05,25	1.07,18	1.03,70	1.05,58
200m Butterfly	2.43,52	2.47,28	2.33,59	2.37,12	2.26,90	2.30,28	2.23,40	2.26,70
200m Medley	2.43,76	2.50,29	2.35,56	2.41,76	2.27,57	2.33,45	2.24,13	2.29,88
400m Medley	5.50,75	6.04,24	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 2022. (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/bsf23>

HOTEL INFORMATION (2023)

SCANDIC ØRNEN (Full board) Fullboard includes hotel room, breakfast, lunch* and dinner per person.

<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 48300060

*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

<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 48300071

*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 885,-

Double room per room/per night NOK 1085,-

Triple room per room/per night: NOK 1385,-

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

THON HOTEL BRISTOL BERGEN: Hotel room and breakfast.

<https://www.thonhotels.com/our-hotels/norway/bergen/thon-hotel-bristol-bergen/>

Single room per room/per night: NOK 956,-

Double room per room/per night: NOK 1383,-

Booking to bristol.bergen.resepsjon@olavthon.no with reference code 29965876

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.

We can offer breakfast Saturday and Sunday, as well as dinner 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