



# NORDIC AGE GROUP CHAMPIONSHIPS 2022

## TALLINN (EST)

**July 09-10, 2022**

<b>VENUE</b>	Kalev SPA Water Park Tallinn 50 m, 8 lanes, indoor Address: Aia street 18, Tallinn, Estonia
<b>AGE GROUPS</b>	Girls 13–15 years (2007–2009) Boys 14–16 years (2006–2008)
<b>INVITED NATIONS</b>	Denmark, Faroe Islands, Finland, Iceland, Latvia, Lithuania, Norway, Sweden and Estonia
<b>KEY DATES</b>	<b>May 16th, 2022</b> – Preliminary entry and hotel booking – Appendix 2 <b>June 20th</b> – Accommodation booking, final. Extra meals order. <b>July 1st</b> – Rooming list <b>July 4st, 2022</b> – Final entries and payment <b>July 8th, 2022</b> – Team Managers Meeting
<b>TEAM MANAGERS MEETING</b>	Friday, July 8th, 19:00, place will be updated. At the team manager meeting only allowed to make withdrawals or changes, but not additional entries.
<b>TRAINING SESSION</b>	Friday, July 8th, 17.00-21.00 for free, no arrangements.
<b>WARM-UP START</b>	<b>Session 1</b> – Saturday, July 9th 09:00 <b>Session 2</b> – Saturday, July 9th 15:00 <b>Session 3</b> – Sunday, July 10th 09:00
<b>COMPETITION START</b>	<b>Session 1</b> – Saturday, July 9th 10:00 <b>Session 2</b> – Saturday, July 9th 16:00 <b>Session 3</b> – Sunday, July 10th 10:00
<b>COMPETITION FORMAT</b>	Each participating country may enter a maximum of four swimmers in each individual event (50,100, 200 and 400 m) and one team in the relay events. However, only two individual swimmers will count in the team competition. All entries will be seeded according to time. A maximum of two swimmers per country can be entered in 800m and 1500m freestyle unless there are empty lanes. Extra swimmers are to be decided at the Team Manager meeting. Extra swimmers are selected based on entry times. Extra swimmers in 800m and 1500m free will count in the team competition if their result ranks them in top 8 in the event and top 2 in their team. All relays must be entered with an entry time. <b>NSF age group rules according NSF constitution (pages 9–10)</b>
<b>ENTRIES</b>	Lenex file will be sent directly to all team's contact persons. Please e-mail the entry lenex file to <a href="mailto:nag2022entries@swimming.ee">nag2022entries@swimming.ee</a> no later than <b>July 4th, 2022</b> . Final entries also could be submitted using Online Entry System that can be found on the address: <a href="https://www.swimrankings.net/manager">https://www.swimrankings.net/manager</a>



## COMPETITION PROGRAMME

SESSION 1	SESSION 2	SESSION 3
<b>SATURDAY, 10:00</b>	<b>SATURDAY, 16:00</b>	<b>SUNDAY, 10:00</b>
1. 800 m Freestyle Girls	11. 400 m Ind. Medley Girls	23. 400 m Freestyle Girls
2. 1500 m Freestyle Boys	12. 400 m Ind. Medley Boys	24. 400 m Freestyle Boys
3. 100 m Freestyle Girls	13. 200 m Freestyle Girls	25. 200 m Backstroke Girls
4. 100 m Freestyle Boys	14. 200 m Freestyle Boys	26. 200 m Backstroke Boys
5. 200 m Butterfly Girls	15. 100 m Backstroke Girls	27. 100 m Breaststroke Girls
6. 200 m Butterfly Boys	16. 100 m Backstroke Boys	28. 100 m Breaststroke Boys
7. 200 m Breaststroke Girls	17. 50 m Freestyle Girls	29. 200 m Ind. Medley Girls
8. 200 m Breaststroke Boys	18. 50 m Freestyle Boys	30. 200 m Ind. Medley Boys
<i>15 minute break</i>	19. 100 m Butterfly Girls	<i>15 minute break</i>
9. 4x100 m Medley Girls	20. 100 m Butterfly Boys	31. 4x200 m Freestyle Girls
10. 4x100 m Medley Boys	<i>15 minute break</i>	32. 4x200 m Freestyle Boys
	21. 4x100 m Freestyle Girls	
	22. 4x100 m Freestyle Boys	

### AWARDS

Nordic age group championships (9 countries – NOR, SWE, DEN, FIN, ISL, FAR, EST, LAT, LTU) – swimmers who finish first, second and third in each discipline will be awarded with NSF logo medals, and the same for teams in team events. NSF member and NSF associate member countries can take part in the point competition for teams. The winning team will be awarded with a trophy.

### ACCOMMODATION AND MEALS

All participants live in Kalev SPA hotel, Aia Street 18, Tallinn, [www.kalevspa.ee](http://www.kalevspa.ee)  
Packages (per person):

Single room 240 €

Twin 160 €

Triple 150 €

Quadruple 140 €

The packages include accommodation for 2 nights (Friday to Sunday) and meals, starting with dinner Friday night and ends with lunch Sunday after the morning session. Possible to add extra night and extra meal.

Hotel accommodation will be allocated on a first come, first served basis. After submitting your preliminary booking requests, the Estonian Swimming Federation will provide each team direct hotel contact to make your final arrangements on your accommodation, rooming lists and meals.

The preliminary booking form must be sent to the Estonian Swimming Federation by email [estswim@swimming.ee](mailto:estswim@swimming.ee) latest by **16.05.22.**, final booking latest by **20.06.22**, rooming list latest by **01.07.22**.

### AIRPORTS

#### Tallinn airport – 4,5 km

Direct Flights Copenhagen – Tallinn – Billund

Direct Flight Oslo – Tallinn – Oslo

Direct Flights Stockholm – Tallinn – Stockholm

Direct Flights Helsinki – Tallinn – Helsinki

Direct Flights Riga – Tallinn – Riga

Direct Flights Vilnius – Tallinn – Vilnius

Tram line no. 4 stop is located on the city side of the passenger terminal of the airport. The journey to the tram stop HOBUJAAMA takes approximately 15 minutes. From HOBUJAAMA tram stop to hotel 700m by walking. For a single trip (2€) you can buy a QR-ticket on the Internet or at the ticket machine located in the waiting hall (1.50€). The ticket is valid for one hour.

## FERRY

### Port of Tallinn, Terminal D – 1,3 km

Direct Ferry Helsinki – Tallinn – Helsinki (2 h)  
Direct Ferry Stockholm – Tallinn – Stockholm (17 h 30 min)  
Walking distance to hotel 15 minutes, 1 km.

## BUS

### Tallinn bus station

Buses from Riga, Vilnius.  
Tram line no. 2 stop is located next to the passenger terminal. The journey to the tram stop MERE PUJESTEE takes approximately 10 minutes. From tram stop to hotel 5 min walking. Tickets for a single trip (2€) you can buy a QR-ticket on the Internet or at the waiting hall. The ticket is valid for one hour.

## TRANSFERS

Transfers is not included. Teams are responsible their own transportation. Estonian Swimming Federation can arrange transfers by proposal at your own cost.

## TRANSPORTATION TO VENUE

In walking distance (same building)

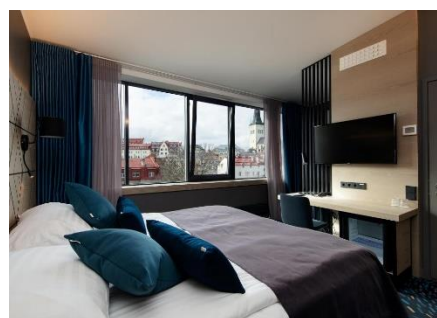
## CONTACT INFORMATION

If you have any questions concerning the Nordic Age Group Championships 2022 please do not hesitate to contact us.  
Entries & meet information - [nag2022entries@swimming.ee](mailto:nag2022entries@swimming.ee)  
Accommodation and transportation information – Toomas Kleesment, [nag2022info@swimming.ee](mailto:nag2022info@swimming.ee) +372 5218092  
General questions – Pille Tali, [pille@swimming.ee](mailto:pille@swimming.ee), +372 53 498496  
Website: [www.swimming.ee](http://www.swimming.ee)



### KALEV SPA HOTEL & POOL

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### STANDARD ROOM

These guests rooms are 17-21 m<sup>2</sup> and can be found on all floors from 1st to 5th. They feature a double or two single beds and an ensuite with shower. One extra bed can be added to Standard rooms, some of which already come with bunk beds, providing accommodation in the same room for up to 4 people.