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**NORDIC AGE GROUP  
CHAMPIONSHIPS**

KAUNAS (LTU)  
JULY 11-12, 2020



<b>Venue</b>	Girstutis swimming pool 50 m, 8 lanes, indoor 25 m 4 lanes indoor warm up pool Website: <a href="http://www.girstuciobaseinas.lt">www.girstuciobaseinas.lt</a> Address: Kovo 11-osios street 26, Kaunas, Lithuania
<b>Age Groups</b>	Girls 13–15 years (2005–2007) Boys 14–16 years (2004–2006)
<b>Invited nations</b>	Denmark, Estonia, Faroe Islands, Finland, Iceland, Latvia, Norway, Sweden, Netherlands, Switzerland, Belarus, Poland and Lithuania
<b>Online website</b>	<a href="http://www.ltuswimming.com">www.ltuswimming.com</a>
<b>Team Managers Meeting</b>	Friday, July 10 <sup>th</sup> , 19:00, place will be updated
<b>Warm-up Start</b>	<b>Training session</b> – Friday, July 10 <sup>th</sup> upon arrangements <b>Session 1</b> – Saturday, July 11 <sup>th</sup> 09:00 <b>Session 2</b> – Saturday, July 11 <sup>th</sup> 15:00 <b>Session 3</b> – Sunday, July 12 <sup>th</sup> 09:00
<b>Competition Start</b>	<b>Session 1</b> – Saturday, July 11 <sup>th</sup> 10:00 <b>Session 2</b> – Saturday, July 11 <sup>th</sup> 16:00 <b>Session 3</b> – Sunday, July 12 <sup>th</sup> 10:00

### Competition programme

<b>Session 1</b> Saturday, 10:00	<b>Session 2</b> Saturday, 16:00	<b>Session 3</b> Sunday, 10:00
1. 800m Freestyle <i>Girls</i>	11. 400m Ind. Medley <i>Girls</i>	23. 400m Freestyle <i>Girls</i>
2. 1500m Freestyle <i>Boys</i>	12. 400m Ind. Medley <i>Boys</i>	24. 400m Freestyle <i>Boys</i>
3. 100m Freestyle <i>Girls</i>	13. 200m Freestyle <i>Girls</i>	25. 200m Backstroke <i>Girls</i>
4. 100m Freestyle <i>Boys</i>	14. 200m Freestyle <i>Boys</i>	26. 200m Backstroke <i>Boys</i>
5. 200m Butterfly <i>Girls</i>	15. 100m Backstroke <i>Girls</i>	27. 100m Breaststroke <i>Girls</i>
6. 200m Butterfly <i>Boys</i>	16. 100m Backstroke <i>Boys</i>	28. 100m Breaststroke <i>Boys</i>
7. 200m Breaststroke <i>Girls</i>	17. 50m Freestyle <i>Girls</i>	29. 200m Ind. Medley <i>Girls</i>
8. 200m Breaststroke <i>Boys</i>	18. 50m Freestyle <i>Boys</i>	30. 200m Ind. Medley <i>Boys</i>
---15-minute break---	19. 100m Butterfly <i>Girls</i>	---15-minute break---
9. 4x100m Medley <i>Girls</i>	20. 100m Butterfly <i>Boys</i>	31. 4x200m Freestyle <i>Girls</i>
10. 4x100m Medley <i>Boys</i>	---15-minute break---	32. 4x200m Freestyle <i>Boys</i>
	21. 4x100m Freestyle <i>Girls</i>	
	22. 4x100m Freestyle <i>Boys</i>	



## Key Dates

**April 1, 2020**  
**July 3, 2020**  
**July 10, 2020**

Preliminary Entry / Booking –Appendix 2  
Final entries – Lenex file  
Team Managers Meeting

## Accommodation

Lithuanian Swimming Federation will offer special accommodation options and will assist to make arrangements with hotels.

There are 6 official hotels (see appendix 1) which offer special rates for the teams participating in the competition. Special rates will be applied when using preliminary booking form in the Appendix 2. The preliminary booking form must be sent to the Lithuanian Swimming Federation by email

**[plaukimo.federacija@gmail.com](mailto:plaukimo.federacija@gmail.com)** latest by **01.04.2020**.

Hotel accommodation is subject to availability and will be allocated on a first come, first served basis. After submitting your preliminary booking requests to the hotels, the Lithuanian Swimming Federation will provide each team with the direct email contact from each hotel in order for you to make your final arrangements on your accommodation, payments, rooming lists and meals.

## Airports

Vilnius airport – 110 km from the venue

Kaunas airport (cheap flights airport) – 15 km from the venue

## Transportation

Transfers from/to airport/train station is not included. Teams are responsible their own transportation. The Lithuanian Swimming Federation can arrange transfers at your own cost.

## Transportation to Venue

Will be provided free of charge

## Competition format

Each participating country may enter a maximum of four swimmers in each individual event (50,100, 200 and 400 meters) 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. Late entries are allowed until the end of the Team Managers meeting the day before the competition starts.

All relays must be entered with an entry time.

***NSF age group rules according NSF constitution (pages 9–10)***



## Entries

Lenex file will be sent directly to all team's contact persons.

Please e-mail the entry lenex file to LTU swimming federation [plaukimo.federacija@gmail.com](mailto:plaukimo.federacija@gmail.com) no later than **July 3, 2020**

Final entries also could be submitted using Online Entry System that can be found on the address:

<https://www.swimrankings.net/manager>

## 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.

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Nordic age group **invitational** championships (9 countries + invited countries – NED, POL, BLR, SUI) – swimmers who finish first, second and third in each discipline will be awarded with medals presented by the host federation, and the same for teams in team events.

The best overall team (9+4 countries) will be awarded with a trophy presented by the host federation.

## Contact information

If you have any questions concerning the Nordic Age Group Championships 2020 please do not hesitate to contact us.

Entries & meet information

[plaukimo.federacija@gmail.com](mailto:plaukimo.federacija@gmail.com)

Website: [www.ltuswimming.com](http://www.ltuswimming.com)

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*We look forward to welcoming you at the Nordic Age Group Championships in Kaunas!*



LITHUANIAN SWIMMING FEDERATION



# Hotels

## IBIS

★★★

Vytauto pr. 28, LT-44328



Single €33,00 | Twin €39,00

Room rates include breakfast, VAT  
Excl. €1,00 city tax per person/night

Lunch and dinner €8,00 each (to be  
ordered directly at the hotel).

## Magnus Hotel

★★★

Vytauto pr. 25, LT-44352



Single €36,00 | Twin €43,00

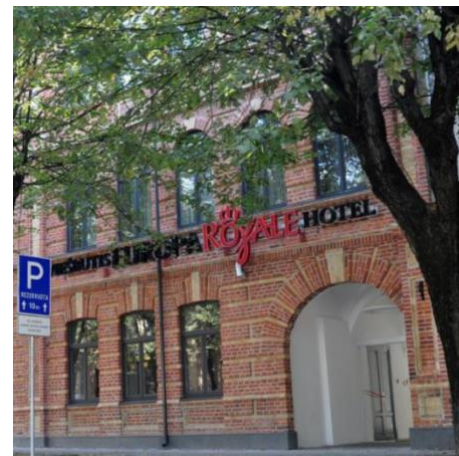
Room rates include breakfast, free Wi-  
fi, parking, VAT  
Excl. €1,00 city tax per person/night

Lunch and dinner prices starting from  
€5,00/meal (to be ordered directly at  
the hotel).

## Europa Royale

★★★★

Miško g. 11, LT-4432



Single €50,00 | Twin €55,00

Room rates include breakfast, free Wi-  
fi, parking, VAT  
Excl. €1,00 city tax per person/night

Lunch and dinner €11,00 each (soup +  
main dish), other options possible (to  
be ordered directly at the hotel).

## Best Baltic Kaunas

★★★★

A. Mickevičiaus g. 28, LT-44311



Single €60,00 | Twin €70,00  
Triple €80,00

Room rates include breakfast, free Wi-  
fi, sauna and hotel pool (7:00–10:00 in  
the morning), VAT  
Excl. €1,00 city tax per person/night

Lunch and dinner prices starting from  
€8,50 (to be ordered directly at the  
hotel).

## Best Western Santaka

★★★★

J. Gruodžio g. 21, LT-44293



Single €60,00 | Twin €70,00  
Triple €80,00

Room rates include breakfast, free Wi-  
fi, sauna and hotel pool (7:00–10:00 in  
the morning), VAT  
Excl. €1,00 city tax per person/night

Lunch and dinner prices starting from  
€8,50 (to be ordered directly at the  
hotel).

## Park Inn

★★★★

Miško g. 11, LT-44321



Single €62,00  
Twin €72,00

Room rates include breakfast, VAT  
Excl. €1,00 city tax per person/night

Lunch and dinner €12,00 each (to be  
ordered directly at the hotel).