Program Swimming – Parasport

Friday March 31th

12.00 – 16.00	Arrival in Narvik, accreditation and check-in at the hotels
12.00 – 18.30	Registration office in the hotel is open
16:00–17-00	Warm-up
17.00–17.30	Teamleader meeting at Idrettens Hus Narvik
17.30 – 19.30	Dinner at the hotel
20.00 – 21.00	Opening Ceremony at Royal Grand Hotel

Saturday April 1th

06.30 – 09.30	Breakfast at the hotel
07.30	Transportation to the arena
08.00 – 08:50	Warm-up
09.00	Pass 1
After Pass 1	Lunch at the arena
13.30-14.00	Warm-up
14:30	Pass 2
TBA	Transportation to the hotel
17.30 – 19.30	Dinner at the hotel
20.00 – 22.00	Get Together at the Royal Grand Hotel

Sunday April 2th

06.30 – 09.30	Breakfast at the hotel
	No Competitions
14.30 – 15.00	Home departure

There might be small changes in the schedule.

BSC
BARENTS SPORTS COMMITTEE

BJERKVIK SVØMMEKLUBB

NORGES IDRETTSFORBUND
Nordland idrettskrets

CHANGES IN REGISTRATION

The latest registration we can accept is Friday 31/3 at 18.30. This must be done in the secretariat for the competition at Idrettens Hus Narvik between 16.30 and 18.30

INFORMATION DURING THE COMPETITION

You will find it on each country's mail shelf in the secretariat. Results and heat lists will be posted on our information board in the foyer at Idrettens Hus, Narvik

PARA-SWIMMING

Events from number 30 and up is events for para swimmers. See below.

SEEDING

Each event has 2 heats. The swimmer from each country with the best registered time will swim in the second heat and the other will swim in the first heat. The swimmers will be seeded in such a way that all countries will rotate in the different lanes.

RELAY

The swimmers who will take part in the relay must be registered by Friday at 18.30 at the secretariat.

LIVE TIMING Starting lists, heat lists and results will be published on www.livetiming.no.

You will also find the participant lists here.

POINTS PARA

The match between the countries is decided by the number of points each nation have. In every event, the nation gets 5 points for 1. Place, 3 points for 2. place, 1 point for 3. Place.

MEDAL CEREMONY

After the competition when all points are calculated.

MEETING FOR UMPIRES AND ORGANIZING STAFF MEMBERS

IDRETTENS HUS, NARVIK

Pass 1: Saturday 1.4.23 at 08:00

Pass 2: Saturday .1.4.23 at. 13.30

A small café will be open in the vicinity of the pool, serving coffee, pastry, sodas.

PASS 1

1. 800 m Freestyle Women
2. 100 m Backstroke Men
31. 100 m Backstroke Men S1-13
32. 100 m Backstroke Men S14
3. 200 m Breaststroke Women
4. 200 m Butterfly Men
33. 100 m Freestyle Women S1-13
34. 100 m Freestyle Women S14
5. 100 m Freestyle Women
6. 400 m Freestyle Men
35. 50 m Freestyle Men S1-13
36. 50 m Freestyle Men S14
7. 100 m Butterfly Women
8. 100 m Breaststroke Men
37. 50 m Backstroke Men S1-13
38. 50 m Backstroke Men S14
9. 200 m Backstroke Women
10. 200 m Individual Medley Men
39. 50 m Breaststroke Women S1-13
40. 50 m Breaststroke Women S14
11. 4X100 m Medley Women
12. 4X200 m Freestyle Men
41. 4x50 m Freestyle Mixed

PASS 2

13. 800 m Freestyle Men

14. 100 m Backstroke Women

42.100 m Backstroke Women S1-13

43.100 m Backstroke Women S14

15. 200 m Breaststroke Men

16. 200 m Butterfly Women

44. 100 m Freestyle Men S1-13

45. 100 m Freestyle Men S14

17. 100 m Freestyle Me

18. 400 m Freestyle Women

46. 50 Freestyle Men S1-13

47. 50 Freestyle Men S14

19. 100 m Butterfly Men

20. 100 m Breaststroke Women

48. 50 m Backstroke Women S1-13

49. 50 m Backstroke Women S14

21. 200 m Backstroke Men

22. 200 m Individual Medley Women

50. 50 m Breaststoke Men S1-13

51. 50 m Breaststoke Men S 14

23. 4X100 m Medley Men

24. 4X200 m Freestyle Women

52. 4X50 m Medley mix