



**The Nordic Junior Swimming Championships 2010**  
Girls born 1995 & 1996 – Boys born 1993 & 1994

**December 11<sup>th</sup> – 12<sup>th</sup> 2010**

**KASTRUP, DENMARK**



**TYR**  
Always in front.



**AIRPORT HOTEL DAN  
COPENHAGEN**  
BY CHOICE HOTELS

Dear Friends

Denmark, 5. October 2010

The Danish Swimming Federation is pleased to invite you to take part in:

## **The Nordic Junior Swimming Championships**

Girls born 95-96 - Boys born 93-94

### **Date and place:**

The Championships will take place the 11<sup>th</sup> – 12<sup>th</sup> of December 2010 in Kastrup (by the Airport Copenhagen) at

**Kastrup Svømmehal  
Røllikevej 4  
2770 Kastrup**

The pool is 25 metres and has 6 lanes. There will be electronic timekeeping (Omega).

### **Invited nations:**

Sweden, Norway, Finland, Iceland, Faroe Islands, Estonia and Denmark

### **The event:**

Session 1: Saturday 11 <sup>th</sup>	Starting time: 09.00
Session 2: Saturday 11 <sup>th</sup>	Starting time: 17.00
Session 3: Sunday 12 <sup>th</sup>	Starting time: 09.00

Each nation may enter with 2 swimmers in each individual event and one team in the relay events. The maximum team size can be 16 swimmers split equally among each gender.

Warm up 1½ hour before the start of the session. Training will be possible in the competition pool on Friday the 10<sup>th</sup> of December from 16.00 to 21.00. Please contact us if more training time is needed.

### **Technical meeting:**

The technical meeting will be held Friday the 10<sup>th</sup> at 21.00 at the hotel.  
Changes in the starting list can be made until 1½ hours before each event.

## **Entries:**

Attached you will find the preliminary and final entry forms for girls and boys.

The preliminary entry form must reach us no later than the **20<sup>th</sup> of October 2010**.

If the preliminary entry form is not received by this date, the federations will be responsible for their own accommodation.

When making your preliminary reservation 50 % of the amount for accommodation and food must be paid in advance by electronic money transfer to:

**Danske Bank  
Horsens Afdeling  
Jessensgade 1  
DK-8700 Horsens**

**Reg. no. 9877 Account no. 645-7770  
SWIFT-BIC: DABADKKK  
IBAN: DK05 3000 0006 4577 70**

Remember to write >> NJM + your country << on your payments

We need your final entries by the 26<sup>th</sup> of November 2010. The entries must include name, year of birth and their best time.

When making your final reservation the remaining of the amount due must be paid.

## **Accommodation:**

We have arranged accommodation at:

**Quality Airport Hotel Dan**  
Kastruplundgade 15,  
DK-2770 Kastrup  
Phone: +45 32 51 14 00 & Fax: +45 32 51 37 01

The prices for single-, double- and triple rooms are described on the preliminary and final entry form.

## **Transportation:**

The Danish Swimming Federation will be responsible for transport between the Airport and to and from the hotel. This offer is only for countries that have booked hotel through the Danish Swimming Federation

There will not be arranged any shuttle bus transportation between the pool and hotel. The walking distance is 1,200 meters. So, please, be prepared for this when you communicate with your team.

## Further information

If you have further questions concerning the Nordic Junior Championships then do not hesitate to contact us for further information.

**The Danish Swimming Federation**  
Ryttergaardsvej 118, 2  
DK-3520 Farum  
Phone: +45 44 39 44 57

**Svømmeklubben KVIK Kastrup**  
Røllikevej 4  
DK-2770 Kastrup

**Contact person: Morten Kjær**  
Phone: +45 44 39 44 54  
E-mail: [mkj@svoem.dk](mailto:mkj@svoem.dk)

**Contact person: Claus Lyder**  
E-mail: [cl@kvikkastrup.dk](mailto:cl@kvikkastrup.dk)

## Website

Please also check out the event website at [www.svoem.dk/NJM](http://www.svoem.dk/NJM) for further info and download of all relevant entry files. The website will be running at the end of week no. 40.

We look forward to welcome you to Denmark.

Best regards  
**The Danish Swimming Federation**

**Morten Kjær**  
Competition Manager

## Program

Each Nation may enter 2 swimmers in each individual event and 1 team in the relay events.  
A total team size of max 16 swimmers with 8 girls and 8 boys is allowed.

There will be a 10 minutes break before each relay.

<b>Session 1</b>	<b>Saturday the 11<sup>th</sup> of December 2010</b>	<b>Start time: 09.00</b>
Event 1	800 Freestyle	Girls
Event 2	1500 Freestyle	Boys
Event 3	100 Freestyle	Girls
Event 4	100 Freestyle	Boys
Event 5	200 Butterfly	Girls
Event 6	200 Butterfly	Boys
Event 7	200 Breaststroke	Girls
Event 8	200 Breaststroke	Boys
Event 9	4 x 100 Medley	Girls
Event 10	4 x 100 Medley	Boys

<b>Session 2</b>	<b>Saturday the 11<sup>th</sup> of December 2010</b>	<b>Start time: 17.00</b>
Event 11	400 Individual Medley	Girls
Event 12	400 Individual Medley	Boys
Event 13	200 Freestyle	Girls
Event 14	200 Freestyle	Boys
Event 15	100 Backstroke	Girls
Event 16	100 Backstroke	Boys
Event 17	50 Freestyle	Girls
Event 18	50 Freestyle	Boys
Event 19	100 Butterfly	Girls
Event 20	100 Butterfly	Boys
Event 21	4 x 100 Freestyle	Girls
Event 22	4 x 100 Freestyle	Boys

<b>Session 3</b>	<b>Sunday the 12<sup>th</sup> of December 2010</b>	<b>Start time: 09.00</b>
Event 23	400 Freestyle	Girls
Event 24	400 Freestyle	Boys
Event 25	200 Backstroke	Girls
Event 26	200 Backstroke	Boys
Event 27	100 Breaststroke	Girls
Event 28	100 Breaststroke	Boys
Event 29	200 Individual Medley	Girls
Event 30	200 Individual Medley	Boys
Event 31	4 x 200 Freestyle	Girls
Event 32	4 x 200 Freestyle	Boys

## Preliminary Entry Form

Please send the Preliminary Entry Form (two per discipline) to the Danish Swimming Federation **before the 20<sup>th</sup> of October 2010**. Fax number: +45 4439 4460 or email: [mkj@svoem.dk](mailto:mkj@svoem.dk)

**Federation:** \_\_\_\_\_ **Code:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Phone:** \_\_\_\_\_ **Fax:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Contact Person:** \_\_\_\_\_

### We intend to participate with the following delegation:

Number of male swimmers: \_\_\_\_\_

Number of female swimmers: \_\_\_\_\_

Team Managers: \_\_\_\_\_ Coaches: \_\_\_\_\_

Others: \_\_\_\_\_ **Total:** \_\_\_\_\_

### Please make the following reservations for our team at Quality Airport Hotel Dan:

Single rooms: \_\_\_\_\_ price per person 2.700 DKR x \_\_\_\_\_ person = DKR \_\_\_\_\_

Double rooms: \_\_\_\_\_ price per person 2.400 DKR x \_\_\_\_\_ person = DKR \_\_\_\_\_

Triple rooms: \_\_\_\_\_ price per person 2.200 DKR x \_\_\_\_\_ person = DKR \_\_\_\_\_

### We arrive on the \_\_\_\_\_ December 2010 by:

Bus: \_\_\_\_\_ Flight: \_\_\_\_\_ Car: \_\_\_\_\_ Train: \_\_\_\_\_

The above price includes: Accommodation and full board (3 meals per day) at the hotel starting from Friday with dinner and ending Sunday with lunch. Domestic transportation (to and from the airport or railway station).

\_\_\_\_\_

Date

\_\_\_\_\_

Signature and stamp

**Deadline: 20<sup>th</sup> of October 2010**

Deposit (50 % of total amount) paid by: International Transfer (enclose copy of receipt)

# Final Entry Form

Please send the Final Entry Form (two per discipline) to the Danish Swimming Federation **before the 26<sup>th</sup> of November 2010**. Fax number: +45 4439 4460 or email: [mkj@svoem.dk](mailto:mkj@svoem.dk)

Federation: \_\_\_\_\_

**We participate with the following delegation:**

**Number of male swimmers:** \_\_\_\_\_

**Number of female swimmers:** \_\_\_\_\_

**Team Managers:** \_\_\_\_\_

**Coaches:** \_\_\_\_\_

**Others:** \_\_\_\_\_

**Total:** \_\_\_\_\_

**Please make the finale hotel booking for our team at 4\* Quality Airport Hotel Dan:**

Single rooms: \_\_\_\_\_ price per person 2.700 DKK x \_\_\_\_\_ person = DKR \_\_\_\_\_

Double rooms: \_\_\_\_\_ price per person 2.400 DKK x \_\_\_\_\_ person = DKR \_\_\_\_\_

Triple rooms: \_\_\_\_\_ price per person 2.200 DKK x \_\_\_\_\_ person = DKR \_\_\_\_\_

- 50 % Deposit: DKR: \_\_\_\_\_

Total amount: DKR: \_\_\_\_\_

The above price includes: Accommodation and full board (3 meals per day) at the hotel starting from Friday with dinner and ending Sunday with lunch. Domestic transportation (to and from the airport or railway station).

Do you wish to book lunch pack for Sunday? \_\_\_\_\_ How Many? \_\_\_\_\_

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature and stamp

**Deadline: 26<sup>th</sup> of November 2010**

The rest of the amount is paid by: International Transfer (enclose copy of receipt)

# Travel Guide

We arrive by:                      Air: \_\_\_\_\_                      Railway: \_\_\_\_\_                      Car/Bus: \_\_\_\_\_

<b>Arrival:</b>	<b>Date:</b>	<b>Time</b>
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<b>We arrive at Copenhagen airport:</b>	<b>Copenhagen railway station:</b>
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**Flight details:**

Time of arrival:	Airline	Flight no.	No. of Persons
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**Train details:**

Time of arrival:	No. of Persons
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<b>Departure:</b>	<b>Date:</b>	<b>Time</b>
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<b>We departure from Copenhagen airport:</b>	<b>Copenhagen railway station:</b>
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**Flight details:**

Time of departure:	Airline	Flight no.	No. of Persons
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**Train details:**

Time of departure:	No. of Persons
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**Deadline: 26<sup>th</sup> of November 2010**



## Final Entry

In the email and on the website for NJM 2010 there is Grodan (GR101211.txt) and Lenex (Invitation\_Nordic\_Junior\_Championships\_Kastrup\_\_Denmark\_2010-12-11.lef) files for the competition, please use these for the final entry. And send them to the following email addresses: [jh@svoem.dk](mailto:jh@svoem.dk) and [cl@kvikkastrup.dk](mailto:cl@kvikkastrup.dk).

If not possible please use the forms on the next pages: Final entry Girls and Final entry Boys and send them to the same email addresses.

# Final Entry Girls

Federation: \_\_\_\_\_

No	Event	First Name	Last Name	Year of birth	Entry Time
1	800 Freestyle				
3	100 Freestyle				
5	200 Butterfly				
7	200 Breaststroke				
9	4 x 100 medley				
11	400 Individual Medley				
13	200 Freestyle				
15	100 Backstroke				
17	50 Freestyle				
19	100 Butterfly				
21	4 x 100 Freestyle				
23	400 Freestyle				
25	200 Backstroke				
27	100 Breaststroke				
29	200 Individual Medley				
31	4 x 200 Freestyle				

Head of delegation	
Coaches	

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature and stamp

**Deadline: 26<sup>th</sup> of November 2010**

# Final Entry Boys

Federation: \_\_\_\_\_

No	Event	First Name	Last Name	Year of birth	Entry Time
2	1500 Freestyle				
4	100 Freestyle				
6	200 Butterfly				
8	200 Breaststroke				
10	4 x 100 medley				
12	400 Individual Medley				
14	200 Freestyle				
16	100 Backstroke				
18	50 Freestyle				
20	100 Butterfly				
22	4 x 100 Freestyle				
24	400 Freestyle				
26	200 Backstroke				
28	100 Breaststroke				
30	200 Individual Medley				
32	4 x 200 Freestyle				

Head of delegation	
Coaches	

\_\_\_\_\_ Date

\_\_\_\_\_ Signature and stamp

**Deadline: 26<sup>th</sup> of November 2010**

## Tentative time schedule

### Friday the 10<sup>rd</sup> of December 2010

	Arrival from Airport/Railway Station
16.00 – 21.00	Training, Kastrup Svømmehal, Kastrup
18.15	Dinner, 4* Quality Airport Hotel Dan
21.00	Technical Meeting, 4* Quality Airport Hotel Dan

### Saturday the 11<sup>th</sup> of December 2010

05.30 – 08.00	Breakfast, 4* Quality Airport Hotel Dan
07.00 – 08.45	Warm up, Kastrup Svømmehal, Kastrup
09.00	Start session 1
12.30	Lunch, 4* Quality Airport Hotel Dan
15.30 – 16.45	Warm up, Kastrup Svømmehal, Kastrup
17.00	Start session 2
20.30	Dinner, 4* Quality Airport Hotel Dan

### Sunday the 12<sup>th</sup> of December 2010

05.30 – 08.00	Breakfast, 4* Quality Airport Hotel Dan
07.00 – 08.45	Warm up, Kastrup Svømmehal, Kastrup
09.00	Start session 3
13.00	Lunch, 4* Quality Airport Hotel Dan