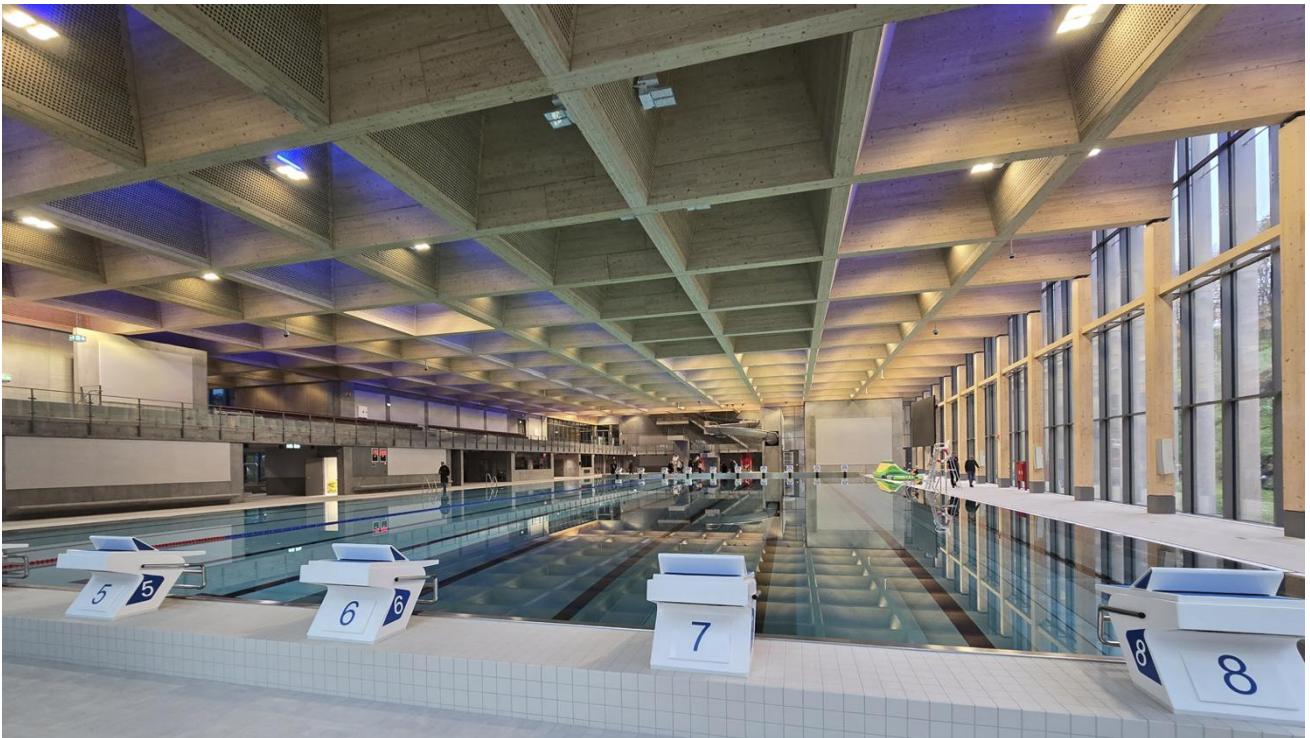




Nordic Youth Championships 2026

29-30th June
Oslo, Norway



The Norwegian Swimming Federation is pleased to invite you to participate in

Nordic Youth Championships 2026

Date and place: The championships will take place from June 29th to June 30th in Oslo, Norway.

Venue: Tøyenbadet
indoor pool 10 x 50 m. Omega electronic timekeeping.
Adress: Helgensengate 90, Oslo

Age groups: **Girls 13-16 years (2010-2013) / Boys 13-16 years (2010-2013)**

Invited Nations: Sweden, Finland, Denmark, Iceland, Faroe Islands, Estonia, Latvia, Lithuania and Norway.

The competition
Session 1: Monday June 29th at 10.00
Session 2: Monday June 29th at 17.00
Session 3: Tuesday June 30th at 10.00

Warm-up starts 1,5 hour before the start of each session.
It is possible to train in the competition pool on Sunday 28th of June from 16.00-18.00

Technical meeting: The technical meeting will be held at the swimming arena on Sunday 28th of June at 18.15.
Changes can be made until one hour before each session.

Entries: Please use Lenex File for Entries, and send to:
jech@medley.no, latest June 10th
Lenex-file with events will be published here:
<https://www.medley.no/stevne.aspx?stevneid=5896>

The participating Federations will receive an invoice after the Championship for participation fee of Euro 20 per participant.

Transportation: Participating teams are advised to use train and Subway (T-bane) to get to Tøyenbadet. Trains leave from Oslo airport Gardermoen (take local train towards Skien/Kongsberg and not Flytoget which is more expensive) and T-bane from Oslo Central station.
Vy or RUTER app can be used for ticket purchase.

Link to Ruter App <https://ruter.no/en/plan-journey/the-ruter-app>



Information:

Information about the city of Oslo can be found from the following address: www.oslo.no

If you have any questions concerning the Nordic Youth Championships do not hesitate to contact us.

The Norwegian Swimming Federation and organizing committee:

Contact person:

Beda Leirvaag

Tel: +47 926 69 367

BedaMarianne.Leirvaag@svomming.no

Entries contact:

John Erlend Christensen

Tel: +47 909 737 09

jech@medley.no

General Secretary

Bjørn Soleng

Tel: +47 9342 1799

Bjorn@svomming.no

Meet Director

Kristian Nygaard

Tel: +47 950 68 787

kristian@oi-svomming.no

Order of Events

Monday 29.6.2026 at 10.00 am

- | | | |
|----|------------------|-------|
| 1. | 800 Freestyle | Girls |
| 2. | 1500 Freestyle | Boys |
| 3. | 100 Freestyle | Girls |
| 4. | 100 Freestyle | Boys |
| 5. | 200 Butterfly | Girls |
| 6. | 200 Butterfly | Boys |
| 7. | 200 Breaststroke | Girls |
| 8. | 200 Breaststroke | Boys |

15 minutes break

- | | | |
|-----|----------------|-------|
| 9. | 4 x 100 Medley | Girls |
| 10. | 4 x 100 Medley | Boys |

Monday 29.6.2026 at 17.00 pm

- | | | |
|-----|-----------------------|-------|
| 11. | 400 Individual medley | Girls |
| 12. | 400 Individual medley | Boys |
| 13. | 200 Freestyle | Girls |
| 14. | 200 Freestyle | Boys |
| 15. | 100 Backstroke | Girls |
| 16. | 100 Backstroke | Boys |
| 17. | 50 Freestyle | Girls |
| 18. | 50 Freestyle | Boys |
| 19. | 100 Butterfly | Girls |
| 20. | 100 Butterfly | Boys |

15 minutes break

- | | | |
|-----|-------------------|-------|
| 21. | 4 x 100 Freestyle | Girls |
| 22. | 4 x 100 Freestyle | Boys |

Tuesday 30.6.2026 at 10.00 am

- | | | |
|-----|-----------------------|-------|
| 23. | 400 Freestyle | Girls |
| 24. | 400 Freestyle | Boys |
| 25. | 200 Backstroke | Girls |
| 26. | 200 Backstroke | Boys |
| 27. | 100 Breaststroke | Girls |
| 28. | 100 breaststroke | Boys |
| 29. | 200 Individual medley | Girls |
| 30. | 200 Individual medley | Boys |

15 minutes break

- | | | |
|-----|-------------------|-------|
| 31. | 4 x 200 Freestyle | Girls |
| 32. | 4 x 200 Freestyle | Boys |

Competition Format, see NSF rules 2.4

Each participating country may enter an unlimited number of individual swimmers in each individual event (50, 100, 200 and 400) and one team in relay events, however only two individual swimmers will count in the point competition for teams. All entries will be seeded by time.

Maximum two swimmers per country can be entered in 800 and 1500m freestyle unless there are empty lanes. Extra swimmers are to be decided at the team managers meeting. Extra swimmers are selected based on entry times. Extra swimmers in 800 and 1500m free will count in the point competition for teams if their result ranks them in top 2 of their country.

Late entries are allowed until three days before the start of the first session. Changes are allowed until the end of the team managers meeting the day before the competition starts. Withdrawals can be made until one hour before the relevant preliminary session.

All relays must be entered with an entry time (sum of four individual times and no withdrawal from relay takeovers). Names to be submitted at least 60 minutes before the start of the relevant session.

Each country will be Invoiced Euro 20 per Participant.

Hotel agreement

Scandic Hotel Helsfyr

Single room: NOK 990,-
Double room: NOK 1,190,-
Triple room: NOK 1,390,-
Quadruple room: NOK 1,560,-

Lunch buffet: NOK 285,-
Dinner buffet: NOK 285,-



To receive the agreed rates and secure the hotel, booking must be made before **01. April 2026**. After this date, different rates will apply.

Please send an email to meeting@scandichotels.com and include the reference number: **97921868**.

Lunch packs for travel Tuesday.

If you would like lunch packs for travel Monday June 29th after competition end (in order to get to airport faster), please notify Beda: beda@svomming.no by April 1.2026.

Distance from Scandic Helsfyr to Tøyenbadet:

2.2 km walking distance 20–25 minutes (including short walk) by public transport T bane numbers 1,2,3 and 4 (only 2 stops).



Nordic Youth Championships 29-30th June 2026 - Oslo, Norway

PRELIMINARY ENTRY FORM

Please return this form as soon as possible and at the latest by **March 31st**
Please note that hotel reservations are separate and directly to the hotel before April 1st (see information above).

Federation:	
Address:	
Contact person:	
Telephone:	
E-mail:	

Estimated size of the team

Boys:	
Girls:	
Team staff:	
Total:	

Please return this form to: The Norwegian Swimming Federation by e-mail.
jech@medley.no

WE ARE LOOKING FORWARD TO SEEING YOU ALL IN JUNE 😊

