LTU aquatics

NSF

NORDIC CHAMPIONSHIPS 2026

December 4 – 6th

Vilnius, Lithuania

INVITATION

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WELCOME

MESSAGE FROM LTU AQUATICS TEAM



Dear Friends,

We are delighted and proud to welcome you to the Nordic Championships 2026 in Vilnius, Lithuania.

It is a great honour for us to organize this international event and to welcome some of the most promising swimmers from across the Nordic region. With a long and proud tradition of swimming, Lithuania is pleased to open its doors to athletes, coaches, officials, and spectators, creating an inspiring environment where sporting excellence, friendship, and fair competition can thrive.

The Nordic Championships 2026 are not only a celebration of outstanding athletic performance but also an opportunity to strengthen the bonds between our countries and generations through our shared passion for swimming. We believe that sport has the unique power to bring people together, inspire young athletes, and create memories that last far beyond the competition itself.

We extend our sincere gratitude to all our partners, volunteers, and everyone whose dedication and commitment make this event possible. Together, we are proud to create a championship that celebrates the spirit of sport, determination, respect, and friendship.

// LTU Aquatics team

GENERAL INFORMATION

The Nordic Swimming Federation and LTU Aquatics hereby notifies and invites all affiliated members to participate in the Nordic Championships 2026, Vilnius, Lithuania.

PLACE AND DATE OF COMPETITION

Competition will take place in Lazdynai Swimming Poll, Vilnius, Lithuania (Erfurto st. 13).

25m pool. 10 lanes, 3m deep, temperature 26,5°C.

Warm up, swim down available on the other side of the competition pool and 2-3 lanes in 25m diving pool (before and during the competition).

Team Leaders Meeting will be held on December 3rd at 19:00 in designated room at the venue.

Competition will take place from December 4th to 6th.

ORGANIZING COMITEE

Competition info

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KEY DATES

Preliminary Entry / Accommodation Booking Form	September 25th 2026
Travel Form	September 25th 2026
Final Entry Form	November 3rd 2026
Final Accommodation Form	November 3rd 2026
Final Entries	November 13th 2026
Rooming List	November 13th 2026

COMPETITION INFORMATION

The Nordic Championships will be concluded in accordance with Nordic Championship rules. In case of any discrepancies between this text and the official rules, the official rules shall prevail.

DATES, VENUE AND PARTICIPATING NATIONS

The Nordic Championships 2026 will be held in Vilnius, Lithuania from December 4th to 6th 2026.

The competition will take place in Lazdynai Swimming Poll, Vilnius, Lithuania (Erfurto st. 13).

The competition pool is 25m x 25m 10 lane indoor pool, 3m deep and 26,5°C.

During the competition, we will have shared access to the 8 lane 25m diving pool for warmups and swim downs (2-3 lanes).

Invited Nations are Denmark, Estonia, Faroe Islands, Finland, Iceland, Latvia, Lithuania, Norway, Sweden and Poland (on exhibition basis).

AGE GROUPS AND PARA CLASSES

AGE GROUPS

JUNIOR (Girls, Boys): Ages 13 – 17 (2009 – 2013 YOB)

SENIOR (Women, Men): Age 18 and older (2008 or earlier)

PARA CLASSES

Classes S1–S10; S11–S13; S14; S15; S18; S19 — 13 years or older.

A minimum qualifying standard of 200 points (Multi Class Point System AUS) from class S4 onwards

ENTRIES

There are two options to submit entries:

- Lenex file;
- swimrankings.net/manager/ (if this option is used teams must sent entry reports (*Entries by Athlete, Entries by Event*) to entries@ltuaquatics.com).

TRAINING AND TEAM LEADERS MEETING

Competition pool will be open for training on Thursday, 3rd of December from 16:30 – 20:30.

Team Leaders meeting will take place at the competition venue (meeting room on 2nd floor) on Thursday at 19:00.

COMPETITON SCHEDULLE

Friday (4th of December)	Saturday (5th of December)	Sunday (6th of December)
Warm up 8:00 – 9:20	Warm up 8:00 – 9:20	Warm up 8:00 – 9:20
Start of the session 9:30	Start of the session 9:30	Start of the session 9:30
1. 400 freestyle W Para	20. 400 ind. medley W	42. 400 ind. medley M
2. 400 freestyle W	21. 1500 freestyle M	43. 800 freestyle W
3. 400 freestyle M Para	22. 50 backstroke M Para	44. 100 butterfly W Para
4. 400 freestyle M	23. 50 backstroke M	45. 100 butterfly W
5. 50 backstroke W Para	24. 200 freestyle W Para	46. 50 butterfly M Para
6. 50 backstroke W	25. 200 freestyle W	47. 50 butterfly M
7. 200 backstroke M	26. 150 ind. medley M Para SM1-4	48. 200 backstroke W
8. 200 butterfly W	27. 200 ind. medley M Para	49. 100 backstroke M Para
9. 100 butterfly M Para	28. 200 ind. medley M	50. 100 backstroke M
10. 100 butterfly M	29. 100 backstroke W Para	51. 50 breaststroke W Para
11. 200 breaststroke W	30. 100 backstroke W	52. 50 breaststroke W
12. 100 breaststroke M Para	31. 50 breaststroke M Para	53. 200 breaststroke M
13. 100 breaststroke M	32. 50 breaststroke M	54. 100 freestyle W Para
14. 50 freestyle W Para	33. 50 butterfly W Para	55. 100 freestyle W
15. 50 freestyle W	34. 50 butterfly W	56. 200 freestyle M Para
16. 50 freestyle M Para	35. 100 freestyle M Para	57. 200 freestyle M
17. 50 freestyle M	36. 100 freestyle M	58. 150 ind. medley W Para SM1-4
18. 4x200 freestyle W	37. 100 breaststroke W Para	59. 200 ind. medley W Para
19. 4x200 freestyle M	38. 100 breaststroke W	60. 200 ind. medley W
	39. 200 butterfly M	61. 4x100 freestyle W
	40. 4x100 medley W	62. 4x100 freestyle M
	41. 4x100 medley M	63. 8x50 freestyle Mixed
Warm up Finals 16:00 – 17:20	Warm up Finals 16:00 – 17:20	Warm up Finals 16:00 – 17:20
Start of the Finals session 17:30	Start of the Finals session 17:30	Start of the Finals session 17:30

There will be a 15-minute break in Finals sessions before the relays

PARTICIPATION FEE

LTU Aquatics will charge all participating countries an entry fee of 20€, - for each competitor (relay only competitors included).

COMPETITION FORMAT

Each country may enter:

- Unlimited number of swimmers in individual events.
- One relay team per category in relay events:
  - One Senior team
  - One Junior team
  - One Para team

Finals:

- A maximum of two swimmers per age group, per country (Junior and Senior) may advance to the Finals.
- 50m events Finals – with no age group separation (Open).
- All relay events are held as timed finals in the Finals sessions.
- In mixed 8x50m relay event, teams can consist of Juniors only, there cannot be more than 50% of Senior athletes in relay teams.

PARA EVENTS FORMAT

- The Multi-Class Point System (AUS) will be used for all classes, medals awarded jointly (S1–S19)
- Events with 3 or fewer registered swimmers will be conducted as timed finals during the morning session.
- Events with 4 to 8 registered swimmers will be conducted as timed finals during the Finals session.
- Events with 9 or more registered swimmers will be conducted as preliminary heats in the morning session and Final (top 8 swimmers) in the evening session.

LATE ENTRIES, CHANGES, WITHDRAWALS, RELAY ENTRIES

Late entries are accepted until three days before the start of the first session.

Changes are accepted until the end of the team leaders' meeting – the day before the competition starts.

Withdrawals can be made until one hour before the relevant preliminary session.

Withdrawals from Finals can be made 30 min after morning session has concluded.

All relays must be entered with an entry time (sum of four individual times and no withdraw from relay takeovers).

Relay teams with athlete names (in written form) should be submitted at least 60 minutes before the start of the relevant session.

THROPHIES AND AWARDS

BEST PERFORMANCE THROPHIES

Six trophies will be awarded for the best individual performances based on official point tables:

- Junior Girls: Best overall female youth performance (based on AQUA points)
- Junior Boys: Best overall male youth performance (based on AQUA points)
- Senior Women: Best overall senior female performance (based on AQUA points)
- Senior Men: Best overall senior male performance (based on AQUA points)
- Para Women (Open): Best overall female para performance (based on MCPS points)
- Para Men (Open): Best overall male para performance (based on MCPS points)

All individual performances are considered, including junior swimmers competing in open events.

Only swimmers representing NSF member or associate member countries are eligible for Best Performance trophies.

CHAMPIONSHIP TITLES & MEDALS

- The winner of the junior final is crowned Nordic Junior Champion.
- The winner of the para final (based on WPS points) is crowned Nordic Para Champion.
- The winner of the senior final is crowned the Nordic Champion.

NSF – logo medals will be awarded to swimmers placing 1st, 2nd, and 3rd in each individual event and age group. The same applies to teams in relay events.

ACCOMMODATION, CATERING AND TRANSPORTATION

TRANSPORTATION

All accommodation packages will include transportation Airport – Hotel and vice versa and shuttle service between hotels and venue.

ACCOMODATION AND CATERING

Teams will be accommodated in the following hotel:

- **"Park Plaza Vilnius"**

ACCOMODATION PACKAGE

The package includes **4nights** (Thursday to Monday) and full board service.

- **Thursday:** Dinner (Lunch if necessary (depending on Travel details));
- **Friday to Sunday**: Breakfast, lunch, and dinner;
- **Monday**: Breakfast (Lunch if necessary (depending on Travel Details)).

SINGLE ROOM: 250 EUR night/room

TWIN ROOM: 420 EUR night/room

TRIPLE ROOM: 620 EUR night/room

- **Cancelation policy:**
    - **Cancelation until Sep 25 – 100%**
    - **Cancelation between Sep 25 / Oct 30 – 75%**
    - **Cancelation from Oct 30 onwards are nonrefundable**

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