

NORDIC CHAMPIONSHIPS - ICELAND 2025

NOVEMBER 28TH - 30TH 2025

INVITATION



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Welcoming Address



On behalf of the Nordic Swimming Federation and Icelandic Aquatics, I am delighted to extend a heartfelt welcome to Reykjavík for the Nordic Championships in Swimming from November 28th to 30th, 2025.

Iceland's strong affinity with water sports, coupled with our commitment to excellence, makes Reykjavík an ideal stage for showcasing the best of Nordic swimming talent. This championship promises thrilling competitions, remarkable achievements, and a vibrant celebration of our shared passion for aquatic sports.

We are excited to host athletes, coaches, officials, and fans from across the Nordic region and look forward to an unforgettable event filled with camaraderie and sportsmanship.

Welcome to Iceland!

Björn Sigurðsson

President, Icelandic Aquatics

General Information

The Nordic Swimming Federation hereby notifies and invites all affiliated members to participate in the Nordic Championships – Iceland 2025

Place and date of Competition

Competition will take place in Laugardalslaug, Reykjavík, Iceland

25m pool, 10 lanes, 2m deep, temperature 26,5°C

Swim down available in the other side of the competition pool during the competition.

50m outdoor pool, 2-3 lanes available for warmup & swim down during the competition.

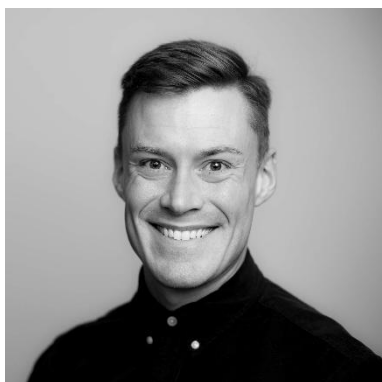
Team Leader Meeting will be held on November 27th at 19:00 in the competition pool meeting room

Competition will take place from November 28th to 30th

Organizing committee

For further information, please reach out to the following contacts:

Competition Info



Leifur Guðni Grétarsson

Competition Manager

Tel & WhatsApp: +354 849 1256

Email: leifurgudni@iceswim.is

Accommodations and Meals



Ingibjörg Helga Arnardóttir

General Secretary

Tel: +354 770 6066

Email: ingibjorgha@iceswim.is

Key Dates

Preliminary Entry Form

Accommodation Booking

Final Entry Form

Final Accommodation Form

Entries by Name

Rooming List

September 10th 2025

September 10th 2025

October 27th 2025

October 27th 2025

November 3rd 2025

November 3rd, 2025

Competition Information

The official Nordic Championships rules are provided at the end of this document. 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 2025 will be held in Reykjavík Iceland from November 28th to November 30th, 2025.

The competition will take place in Laugardalslaug, Sundlaugarvergur 30, 105 Reykjavík.

The competition pool is 25m x 25m 10 lane indoor pool, 2m deep and 26,5°C.

During the competition, we will have shared access to the 8 lane 50m outdoor pool for warmups and swim downs.

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

Age Groups and Para Classes

Age Groups

Junior Girls: Ages 13–17

Born between **2008 and 2012** (inclusive)

Junior Boys: Ages 13–17

Born between **2008 and 2012** (inclusive)

Senior Women: Age 18 and older

Born in **2007 or earlier**

Senior Men: Age 18 and older

Born in **2007 or earlier**

Para Classes

Classes S1–S10:

For swimmers with physical impairments — **no age restrictions.**

Classes S11–S13:

For swimmers with visual impairments — **no age restrictions.**

Class S14:

For swimmers with intellectual impairments — **no age restrictions.**

Entries

Entries are to be turned in in Lenex format within the deadlines listed above. A Lenex event file will be sent out to the contact persons of all teams. Additionally all relevant entry information can be found on the [Swimify Livetiming website](#).

Training and Team Leader meeting

Pool hours are available for training in the competition pool on Thursday 27th from 16:00 – 20:00

A Team Leader meeting will take place in the Laugardalslaug meeting room on 2nd floor on Thursday at 19:00

Order of Events:

Friday	Saturday	Sunday
1. 400 freestyle W Para S1-14	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 S1-14	22. 50 backstroke M Para S1-14	44. 100 butterfly W Para S1-14
4. 400 freestyle M	23. 50 backstroke M	45. 100 butterfly W
5. 50 backstroke W Para S1-14	24. 200 freestyle W Para S1-14	46. 50 butterfly M Para S1-14
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 SM5-14	49. 100 backstroke M Para S1-14
9. 100 butterfly M Para S1-14	28. 200 ind. medley M	50. 100 backstroke M
10. 100 butterfly M	29. 100 backstroke W Para S1-14	51. 50 breaststroke W Para SB 1-14
11. 200 breaststroke W	30. 100 backstroke W	52. 50 breaststroke W
12. 100 breaststroke M Para SB1-14	31. 50 breaststroke M Para SB1-14	53. 200 breaststroke M
13. 100 breaststroke M	32. 50 breaststroke M	54. 100 freestyle W Para S1-14
14. 50 freestyle W Para S1-14	33. 50 butterfly W Para S1-14	55. 100 freestyle W
15. 50 freestyle W	34. 50 butterfly W	56. 200 freestyle M Para S1-14
16. 50 freestyle M Para S1-14	35. 100 freestyle M Para S1-14	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 SB1-14	59. 200 ind. medley W Para SM5-14
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

There is a 15-minute break in finals sessions before the first relay.

Warm-up Times and Competition Start Times

Warm-up Heats	08:00 – 09:20
Competition Start Heats	09:30
Warm-up Finals	16:00 – 17:20
Competition Start Finals	17:30

Participation Fee

Icelandic Aquatics as the organizing federation will charge all participating countries an entry fee of Euro 20, - for each competitor (relay only competitors included).

Competition Format

Each country may enter:

- An unlimited number of swimmers in individual events.
- One relay team per category in team events:
 - One senior team
 - One junior team
 - One para team

For finals:

- A maximum of two swimmers per age group (Junior and Senior) from each country may advance to the final heats.
- 50m events are open, with no age group separation.
- All relay events take place during the final session only.
- For the mixed 8x50m relay, all team members may be juniors, but no more than 50% may come from the senior team.

Para Event Format

- 3 or fewer swimmers:
The event will be held as a direct final in the morning session.
- 4 to 8 swimmers:
The event will be held as a direct final in the evening session.
- 9 or more swimmers:
The event will include heats in the morning and a final (top 8 swimmers) in the evening.

Late entries, Changes, Withdrawals and Relay Entries

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 up to one hour before the relevant preliminary session.

Withdrawals from Finals can be made 30 min after each morning session

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

Names to submit at least 60 minutes before the start of the relevant session.

Withdrawals and Relay submissions are to be done via the Swimify Coach app.

Trophies and Awards

Best Performance Trophies

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 WPS points)
- Para Men (Open): Best overall male para performance (based on WPS points)

All individual performances are taken into account, 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, Meals and Transportation

Transportation

Shuttle Service will be available from the Airport to the Hotel, and from the Hotel to the Airport.

Information and a form to arrange transportation will be made available to the participating teams via email.

For para swimmers that need transportation to and from the venue, please coordinate with our transport contact in due time.

Accommodation and Meal Packages

We've secured two excellent hotel options for your stay during the event:

1. **Grand Hotel Reykjavík**
2. **Hilton Reykjavík Nordica**

Both hotels offer high-quality comfort and are conveniently located close to the competition venue.

Accommodation Package

The package includes **4 nights** (Thursday to Monday), along with all meals:

- **Thursday:** Dinner
- **Friday to Sunday:** Breakfast, lunch, and dinner
- **Monday:** Breakfast
- **Breakfast** will be served at your hotel.
- **Lunch and dinner** will be provided at **Próttur Reykjavík**, football stadium located at Engjavegur 7, 108 Reykjavík, within 10 minutes walking distance from the competition venue.

Single Room: €1,080 per person

Twin Room (shared): €780 per person

The prices include accommodation and full board.

Grand Hótel Reykjavík

<https://www.islandshotel.is>

Sigtún 38, 105 Reykjavík Iceland

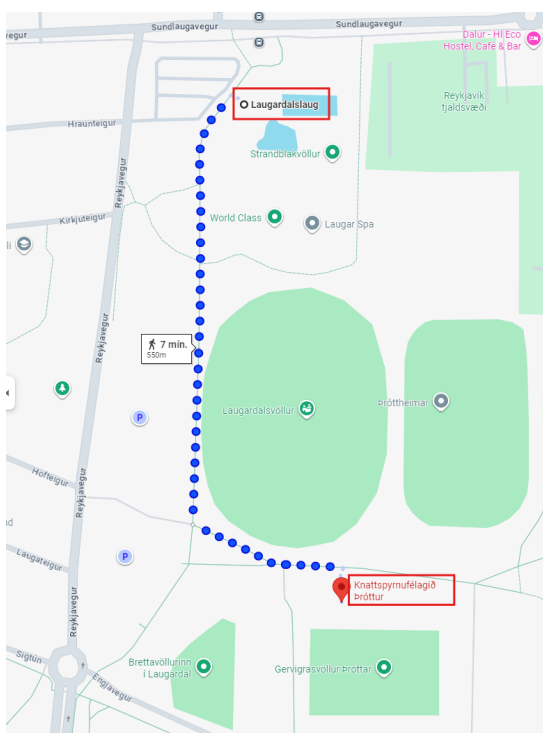
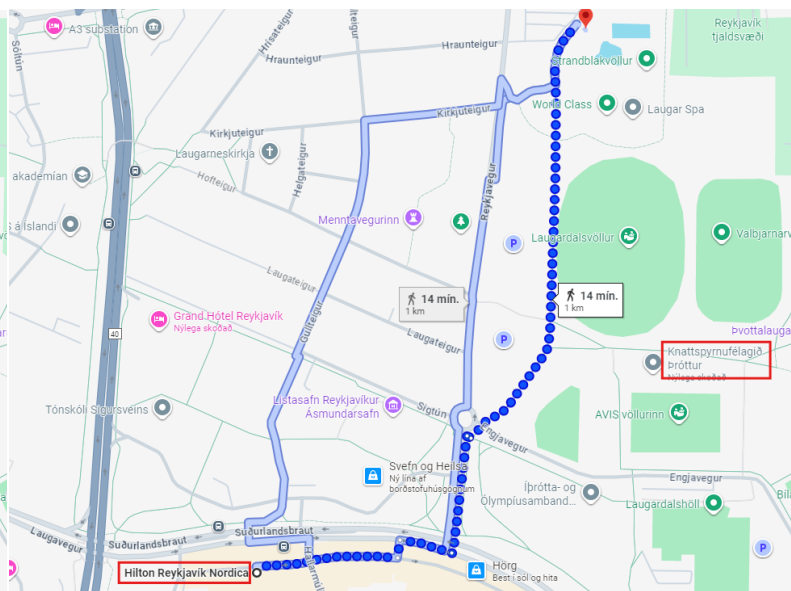
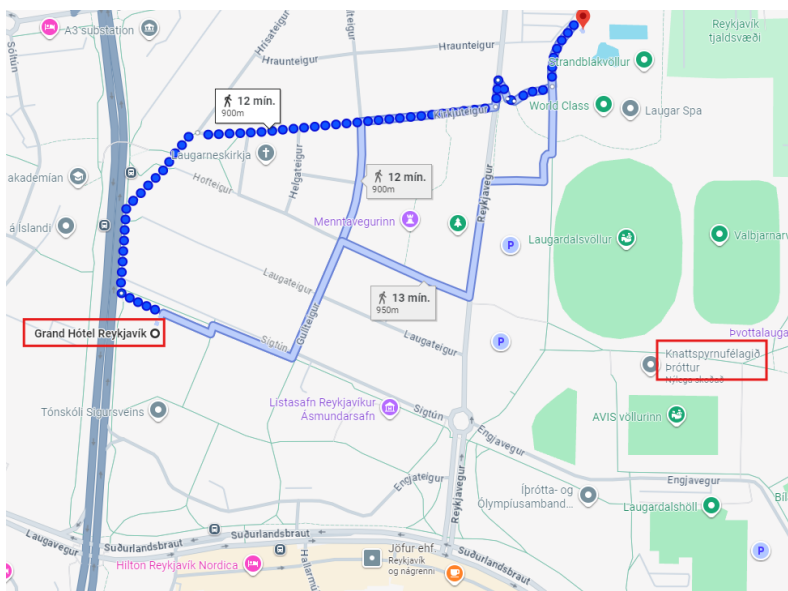
0,9 km from the pool

Hilton Reykjavík Nordica

<https://www.hilton.is>

Suðurlandsbraut 2, 108 Reykjavík

1km from the pool.



For further information on accommodation, transport and meals, please reach out to us.

Nordic Championships Regulation

1. Nordic Championships

1.1 Nordic championships should be held every year in December.

Championships are open to NSF member and NSF associate member countries. Other countries may participate on an invitational basis.

1.2 Championships are held over a 25-meter course. Championships should preferably be held in an 8-lane pool.

1.3 Competitors in the championships shall

be: Junior events:

- boys who reach the age of 13 to 17 during the calendar year
- girls who reach the age of 13 to 17 during the calendar year

Senior events:

- boys 18 years and older during the calendar year
- girls 18 years and older during the calendar year

Para events:

Championships will be swum under the current World Para Swimming (WPS) Rules and regulations. The championships shall be sanctioned by World Para Swimming.

Sport classes	S1-10 (physically impaired swimmers)	No age limitation
	S11-13 (visually impaired swimmers)	No age limitation
	S14 (intellectually impaired swimmers)	No age limitation

Swimmers needs to be nationally classified before the start of the competition.

1.4 Each participating country may enter an unlimited number of individual swimmers in individual events and one team in team events (one in senior events, one in junior events and one in para events). A maximum of two swimmers per age group (junior and senior) and country may swim the finals. Also, a maximum of two swimmers per country may swim the finals in the Para events.

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 withdraw from relay takeovers). Names to submitted at least 60 minutes before start of the relevant session.

1.5 The disciplines in the championships are swum in heats and a final. The age groups swim joint heats in each discipline but separate finals (junior first and then senior). See order of event and start time of each session under "Order of events".

- 800 and 1,500 m freestyle are swum as combined timed finals seeded by entry time regardless of age and country. 800m/1500 meters the slowest heats will be swum in the morning session and the fastest in the evening. Seeding should be made so there is a full heat in the final's session and so that heats in the preliminary session are seeded according to AQUA rules regarding seeding of preliminary heats. Medals will be awarded in both Junior and Senior age groups.
- Relays in 4 x 100 freestyle, 4 x 200 freestyle and 4 x 100 medley is conducted in two groups; junior and senior. However junior swimmers can take part in senior relays, but senior swimmers cannot take part in junior relays.

Each swimmer can only swim in one relay team in each discipline (junior team or senior team).

- Even though a junior swimmer is included in a senior relay, the points earned by the senior relay will still count in the team competition for senior.50m disciplines are swum as open.
- The mixed 8x50m relay is swum so that all swimmers can be juniors but with a maximum of 50% from the senior team (regardless of gender).
- The relay events are swum only in the finals session.
- Events for para-swimmers are marked with classes that are eligible to enter.
- There will potentially be heats in the morning and finals in the evening for 8 best multi-class swimmers:
 - If there are 3 or less swimmers in the event, the event will be swum as a direct final in the morning.
 - If there are 4-8 swimmers in the event, the event will be swum as a direct final in the evening.
 - When there are 9 or more swimmers in the event, the event will be swum as heats in the morning and a final for 8 swimmers in the evening.

Finalists and medallists will be determined by multi-class points (World Para Swimming point system).

1.6 The competitions are swum from Friday to Sunday with heats in the morning and finals in the afternoon. Warm- up 1.5 hours before each session. Withdrawals can be made 30 min after each morning session.

1.7 The winner of the junior final is the Nordic Junior Champion, the winner of the para final by WPS points is the Nordic Para Champion and the winner of the senior final is the Nordic Champion. NSF logo medals are awarded to swimmers who finish first, second and third in each age group and discipline, and the same for teams in team events.

A separate set of medals (not NSF logo medals) will be awarded in events where swimmers representing invitational countries participate.

1.8 Order of events

Friday	Saturday	Sunday
1. 400 freestyle W Para S1-14	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 S1-14	22. 50 backstroke M Para S1-14	44. 100 butterfly W Para S1-14
4. 400 freestyle M	23. 50 backstroke M	45. 100 butterfly W
5. 50 backstroke W Para S1-14	24. 200 freestyle W Para S1-14	46. 50 butterfly M Para S1-14
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 SM5-14	49. 100 backstroke M Para S1-14
9. 100 butterfly M Para S1-14	28. 200 ind. medley M	50. 100 backstroke M
10. 100 butterfly M	29. 100 backstroke W Para S1-14	51. 50 breaststroke W Para SB 1-14
11. 200 breaststroke W	30. 100 backstroke W	52. 50 breaststroke W
12. 100 breaststroke M Para SB1-14	31. 50 breaststroke M Para SB1-14	53. 200 breaststroke M
13. 100 breaststroke M	32. 50 breaststroke M	54. 100 freestyle W Para S1-14
14. 50 freestyle W Para S1-14	33. 50 butterfly W Para S1-14	55. 100 freestyle W
15. 50 freestyle W	34. 50 butterfly W	56. 200 freestyle M Para S1-14
16. 50 freestyle M Para S1-14	35. 100 freestyle M Para S1-14	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 SB1-14	59. 200 ind. medley W Para SM5-14
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

The preliminary sessions should start no later than 9:00 and finals sessions should start no later than 18:00.

There is a 15-minute break in finals sessions before the first relay.

- 1.9 Points will be awarded according to the NSF general rules and regulations (section A, pkt. 13).
- Only NSF member and NSF associate member countries can take part in the point competition for teams. Only points achieved in finals can be counted in events with heats and finals. In events with direct final, point can be counted for the top nine swimmers in the results (only two best swimmers of each country). Swimmers not in top two for the respective country are skipped and the points go to the next eligible swimmer.
 - A trophy will be awarded to the winning team in the junior group, the winning team in the para group and the winning team in the senior group.
 - Points achieved in 50m open events counts (only) in senior team competition.
 - There will be awarded no points in 8x50m freestyle relay.
- 1.10 The following six trophies will be awarded in the “Best performance award”:
- Trophy for overall best female youth performances according to AQUA points (junior girls)
 - Trophy for overall best male youth performances according to AQUA points (junior boys)
 - Trophy for overall best female youth performances according to AQUA points (women senior)
 - Trophy for overall best male youth performances according to AQUA points (men senior)
 - Trophy for overall best female para performances according to WPS points (para women open)
 - Trophy for overall best male para performances according to WPS points (para men open)
- All individual performances will be considered including junior performances in open events.
- In case of a tie in points, the second-best performance will determine the best performance. If the second-best performance is also a tie, then the third-best performance will be decisive and so on.
- Only swimmers representing NSF member and NSF associate member countries can be awarded in the “Best performance award”.
- 1.11 The organising federation will charge all participating countries an entry fee of Euro 20,- for each competitor (relay only competitors included).