



NORDIC SWIMMING FEDERATION

YOUTH ARTISTIC SWIMMING

CHAMPIONSHIPS



2nd-3rd May 2026
Nannestad, Norway

INVITATION



Table of Contents

Welcome words	1
General information	2
Key links & dates	3
Preliminary schedule	4
Nannestadhallen	5
Travelling to Oslo	6
Food options	7
Register your interest	8
For interested judges	9

Welcome words

Dearest reader, it is a pleasure to present to you the invitation for the 2026 Nordic Youth Championship, which will be hosted in Norway and organised by Oslo Idrettslag Synkron. Artistic swimming is a small sport here in Norway but around it has fostered a tight-knit and dedicated community of coaches, parents and athletes that have been working for many decades to transform the sport into what it is today. Being able to host this competition is already a feather in our cap, tangible proof of how far we have come. It will therefore be a pleasure to welcome you in Nannestad next May. We hope to see you there!

General information

The competition will take place from 02.05 to 03.05. Participants are expected to arrive at the venue at 8.00 on the 2nd of May. The competitions are held in accordance with latest World Aquatics 2022-2025 rules and NSF-rules. Each national team/club can participate with

- 3 Free Solos,
- 3 Free Duets,
- 3 Free Mixed Duets,
- 3 Free Teams,
- 3 Free Combinations.

Female athletes born in 2011–2013 and male athletes born in 2010–2013 are welcome. Following the World Aquatics and NSF rules, each athlete participating in the figures competition will swim 4 figures. All countries national teams and clubs affiliated by their Federations are eligible to participate in the Nordic Youth Artistic Swimming Championship.



The competition dates are 02.05-03.05.



The competition will take place at Nannestad svømmehall, Smedstuvegen 6, 2030 Nannestad. The pool measurements are 25m x 12.5m, with 1.4–3.8m in depth.



The entrance fee per participant is 65EUR. Each participating club and/or national federation is required to bring judges and DTCs/STCs. Consult the table below for how many officials each delegation must bring.

WA-listed DTCs/STCs or judges who have passed the test at a World Aquatics school and the latest on-line-test are preferred. However, clubs/nations can choose to send any judge official eligible to judge on a national level. The cost on not presenting an eligible judge/official for the competition is 500EUR.

Nr of participants	Nr of officials
1 – 4 participants	1 official
5 – 9 participants	2 officials
10+ participants	3 officials



Medals and diplomas will be awarded for 1st – 3rd places among Nordic countries (Norway, Sweden, Denmark, Iceland, Finland, Estonia, Latvia and Lithuania) national teams and clubs & among all participants.



All results will be available on this [Google Drive](#).



Announcements throughout the competition days will be made in [this](#) WhatsApp group.



If you have any questions, please feel free to contact the organisers at synkron@oi-svomming.no



In accordance with the World Aquatics Rules and Regulations, Artistic Swimming (AS), [section 15.3](#) (Music Accompaniments) Method 2, please submit the music electronically via wetransfer.com to the contact address synkron@oi-svomming.no and each file should be clearly labelled as the examples: **NOR_Team Free Routine_Routine Theme** or **Clubname_Mixed Duet_Lastname_Lastname**

All coaches are highly encouraged to have another copy of the music as backup.

Officials

Referee: Ulla Lucenius

Chief Recorder: Thomas Rohss

Evaluator: Marlon J. Falcon Silva

Key dates

Preliminary entry: 20.03.2026

Final sport entries form: 03.04.2026

Coach card submission: 17.04.2026

Music files deadline: 17.04.2026

Draw of Figures / Starting order: 30.04.2026

Technical meeting: 02.05.2026 8:15 am

Officials meeting: 02.05.2026 9:00 am

Through [this link](#), you can access the competition's Google Calendar, with all key dates marked down.

Preliminary schedule

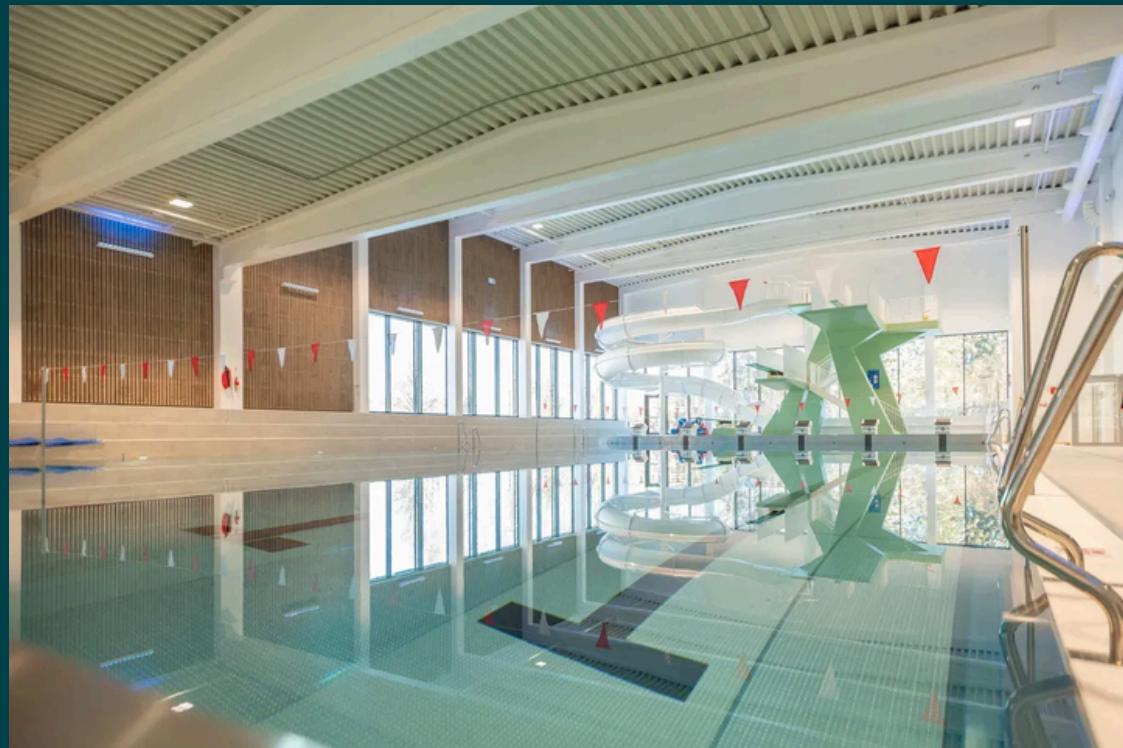
SATURDAY MAY 2nd		
Start	End	Activity
8:00		Pool doors open
8:15	8:45	Technical meeting (Team Leaders)
8:45	9:15	Officials Meeting (DTC/STC/Judges)
9:15	11:00	Judges and Coaches Clinic
11:00	11:45	Warm-up for figures
11:45	13:45	Figures competition
13:45	14:45	Lunch
14:45	15:15	Judges meeting
15:15	15:45	Warm-up for solos
16:00	16:15	Opening Ceremony
16:15	17:45	Free Solo / Male Solo competition
17:45	18:15	Warm-up for free combinations
18:15	18:30	Free Combination competition
19:00		Awarding Ceremony

SUNDAY MAY 3rd		
Start	End	Activity
8:00		Pool doors open
8:15	9:00	Technical meeting (Team Leader)
9:00	9:30	Officials Meeting (DTC/STC/Judges)
9:30	10:00	Warm up. Free Duet
10:00	11:15	Free Duet / Mixed Duet competition
11:30	12:00	Warm up. Free Team
12:00	12:30	Free Team competition
13:00	13:30	Awarding Ceremony
13:30		Lunch

Please note that the final competition schedule will be published one week after the Final sport entries form is received.

Nannestadhallen

The pool is located in the county of Nannestad, about 55 minutes from Oslo Central Station by train and buss, and 20 minutes from Oslo Airport (Gardemoen) by buss.



The pool at Nannestadhallen is 25 meters in length and 12.5 meters in width, sporting 6 swimming lanes. The shallow end of the pool is 1.38 meters deep, while the deep end is 3.8 meters in depth. At the competition, the swimmers will start at the deep end of the pool. Because of the depth, coaches should note that athletes should be careful swimming beyond 20 meters in order to avoid head injuries.

Traveling to Oslo

The easiest way for most to travel to the competition will be to fly to Oslo Airport (Gardemoen). Note that there is also a second airport close to Oslo, Torp Sandefjord Airport, though it is about 3h30 away from Nannestadhallen. Those travelling from closer by may consider a greener option of travel, such as taking a long distance train to Oslo Airport or Oslo Central Station. See a map of the nordic railway system below.

If you are staying around Gardemoen, the easiest way to get to Nannestadhallen is to take the 420 Kopperud buss to Nannestad sykehjem and thereafter walk about 5 minutes. Remember to buy tickets for Zone 4N.

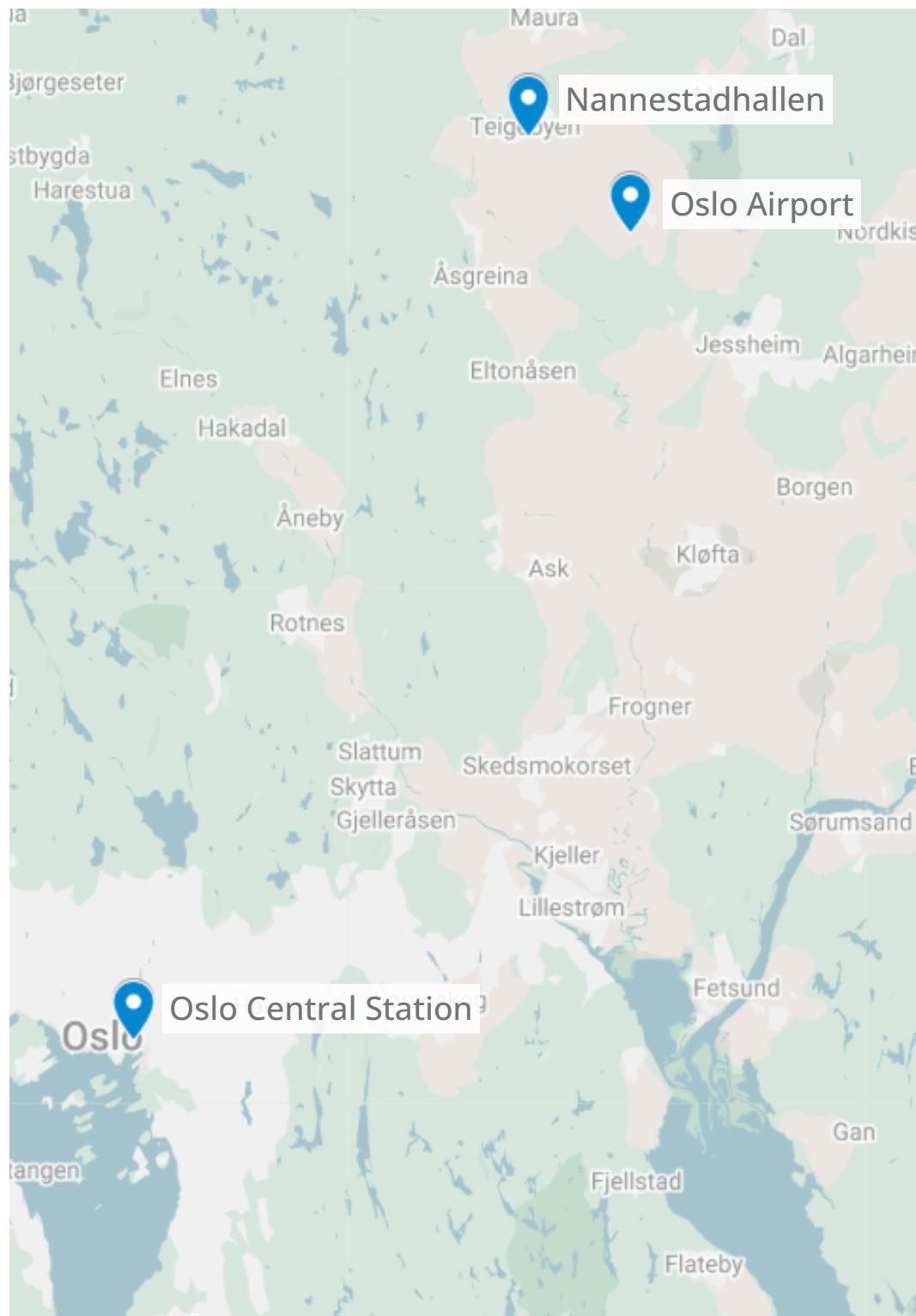
To take public transportation, download the [Ruter](#) app and buy tickets directly there. If you are in need of a train ticket, you will need the [Vy](#) app. Lastly, if you need to take the Airport Express train to and from Oslo Central Station, you will need the [Flytoget](#) app, though other forms of purchase are available at the departing track. **



Accommodation

The closest cluster of accommodation options will be around Oslo Airport. There are a number of hotels available, such as Gardemoen Hotel Bed & Breakfast, Scandic Oslo Airport, Park Inn by Radisson Oslo Airport Hotel West, Quality Airport Hotel Gardemoen and Comfort Hotel RunWay. You will receive a 20-25% discount at Thon Hotel Gardemoen using the [code](#) TH22112021. They also offer a 30% student discount.

** Note that Norway celebrates Labor Day on May 1st, if you are travelling on this day expect some stores to be closed. Also keep in mind that Norway is largely a cash-free society, contactless payment is preferred.



Food options

Before the competition, you will be able to order up to three meals for each participant:

- Lunch on Day One
- Dinner on Day One
- Lunch on Day Two

Each meal will cost 8.5EUR. There will be a chance to customize based on dietary needs. The number of portions must be sent as part of the final sport entry form for the competition.



Register your interest

If you are interested in participating in the 2026 Nordic Youth Championship, let us know! This will allow the organizing committee to get a rough overview of the number of participants that will be competing in May. This is of course in no way binding. If you would like to register your interest, click [here](#) or search this link:
<https://forms.gle/7FagyFKAZ8JEtBP5A>



For interested judges

World Aquatics has recently approved the Nordic Championships for WA evaluations. If you are interested in participating in the 2026 Nordic Youth Championship as a judge and/or technical controller, please register your interest here: <https://forms.gle/KvrsZ9nqeUY2kSpK8>.

Note that the judging uniform will be a white shirt with black pants and shoes. The competition organizers will supply judges with a white t-shirt.