

## ASKER SVØMMEKLUBB terminliste

2018-2019	stevnenavn	stevnested	deltaker
<b>august</b>			
18	Oslo Open Water (host Ol) 1000m; 2000m; 5000m	<a href="#">information &amp; pamelding</a> individual online registraion	ELT SR/ ELT JR/E UNG/SPD E/KONK encouraged to attend
<b>september</b>			
15-16	Skjetten Open	Skjetten svømmehall (Oslo)	ELT SR/ELT JR/E UNG/SPD E
15 or 16	ASK mini-stevne	Holmen svømmehall (Asker)	KONK/START/INTRO
<b>oktober</b>			
12-13	Nordisk Mesterskap Masters	Hylliebadet (Malmö, Sverige)	MAST
19-21	Lambertseter Open	Lambertseter svømmehall (Oslo)	ELT SR/ELT JR (select E UNG/SPD E)
20 or 21	Asker mini-stevne	Holmen svømmehall (Asker)	KONK/START/INTRO
<b>november</b>			
2-4	Nordsjøstevnet	Aquarama (Kristiansand)	select ELT SR/ELT JR <a href="#">ASK criteria</a>
2-4	Speed Open	Nordtvet Bad (Oslo)	ELT SR/ ELT JR/E UNG/SPD E/KONK (non-Nordsjøstevnet)
11	Arena Rekrutt	Lambertseter bad (Oslo)	START/INTRO
15-18	Jr NM-UM kortbane	Holmen svømmehall (Asker)	qualified ELT SR/ELT JR <a href="#">NSF standards</a>
30-02	Bærum Open	Nadderudhallen (Bærum)	ELT SR/ ELT JR/E UNG/SPD E/KONK/START
<b>desember</b>			
8	Asker rekrutt	Holmen svømmehall (Asker)	START/INTRO
8	Asker Juleavslutning	Holmen svømmehall (Asker)	all groups
15-16	Arena Open	Lambertseter bad (Oslo)	Elt Sr, Eit Jr (select Spd Eit, Eit Ung)
<b>januar</b>			
25-27	Skaqqerrak Swim	Aquarama (Kristiansand)	select ELT SR/ELT JR <a href="#">ASK criteria</a>
<b>februar</b>			
<b>mars</b>			
1-3	NM masters	to be determined	MAST
15-17	LAMØ	to be determined	all qualifiers
<b>april</b>			
<b>mai</b>			
<b>juni</b>			
7-9	ÅM	to be determined	all qualifiers
<b>juli</b>			
to be determined	NM langbane	to be determined	all NM qualifiers <a href="#">NSF standards</a>
*NSF has made significnat changes to the National Competition calendar which impacts the traditional dates of all other competitions. 2019 competiton dates are still to be determined. Dates provided are subject to change.			
*All ELT SR, ELT JR and SPD ELT athletes are expected (if qualified), to attend NM langbane and NM forberedelsesleir (reserve the corresponding dates, even if not currently qualified... significnat imporrvement can made in a year)			

treningsleirer	dato	leirplassering	deltaker
Oppstartsleir	13-17/08/2018 (week 33)	Holmen svømmehall (Asker)	all groups
Høstleir	1-7/10/2018 (week 40)	Holmen svømmehall (Asker)	all groups
Vinterferieleir	18-24/02/2019	to be determined	ELT SR/ELT JR (SPD E)
		to be determined (Scandanavia, Eastern Europe)	E UNG (SPD E)
		Holmen svømmehall (Asker)	KONK/START/INTRO
Påskeleir	15-22/04/2019 (week 16)	to be determined (abroad)	ELT SR/ELT JR (SPD E)
		Holmen svømmehall (Asker)	E UNG (SPD E)
		Holmen svømmehall (Asker)	KONK/START/INTRO
Sommerleir	24-30/06/2019 (week 26)	Holmen svømmehall (Asker)	all groups
NM forberedelsesleir	to be determined	to be determined (abroad)	all NM qualifiers <a href="#">NSF standards/ASK criteria</a>

\*ELT SR/ELT JR will be offered 1 away camp (vinterferieleir or Påskeleir). Dates & location still to be determined. An additional away camp (ASK board fiancial support) , to prepare for NM langbane, financially supported by the board will be offered to all NM langbane qualifiers

Considering 1 away camp, plus NM langbane camp as only away camps for all Elite groups (Sr, Jr, Ung, Spd); however to do so we must be able to secue ample pool time at home to run effective home camps. No decision made yet, as I want to discuss with Rolf first. Should that decision be made

TBD	Høstleir would be cut, as well as one camp (Vinterferieleir or Påskeleir) in 2019 for Eit Sr, Eit Jr, Spd Eit.		
TBD	Oppstartsleir	Home camp	All Groups (includes Start, Intro)
TBD	Høstleir	Home camp	All Groups (includes Start, Intro)
TBD	Vinterferieleir	Abroad	Eit Sr, Eit Jr, Spd Eit
TBD	Vinterferieleir	Abroad Scandanavia, Eastern Europe	Eit Ung (select Konk)
TBD	Vinterferieleir	Home camp	Konk, Start, Intro
TBD	Påskeleir	Abroad	Eit Sr, Eit Jr, Spd Eit
TBD	Sommerleir	Home camp	All Groups (includes Start, Intro)
	NM Prep Camp	Abroad	NM Qualifiers