

NORDIC Open Championship - U21
Underwater Rugby
Oslo November 21/22, 2009

The Norwegian Sportsdiving Federation and Akkaren SDK hereby invite you to the U21 Underwater rugby Championship 2009.

Place: Lambertseter Swimming pool, Oslo, Norway

Time: November 21 and 22, 2009.
First game starts Saturday 09:00. Access to pool from 07:00.
Team leader and referee meeting Saturday 08:00.
End Sunday 15:00.

Qualification for participation:

The year of birth of the player must not be older than **1989**.
All players must have a valid CMAS identification to participate.

Rules: CMAS international rules with 2x15 min effective time in each game.

Pool dimensions: 12.5 (length) x 10 (breadth) x 3.6 (depth)

Protest: All protests must be delivered to the secretary no later than 30 min. after the actual game is ended. Protest fee is NOK 500,-

Referees: Each team must bring **2 referees** to the Championship, of either international or national standard.

Registration:

Registration should be sent by e-mail to:
Kjellaug.Oppedal.Hurlen@dnv.com
Phone: +47 408 71 406

Deadline for registration is **22nd of October**, 2009.

Registration fee per team is **NOK 1000** paid to:

Akkaren SDK
Postboks 5227
N-0303 Oslo, Norway

National payment: 7076 1415938

International payment:
IBAN: NO81 7076 1415938
SWIFT/BIC: DNBANOKK
Bank name: DNBNor, Oslo, Norway

Program: Match schedule will be sent out November 6 2009.

Breakfast and lunch packet:

Each packet costs 70 NOK and includes fresh bakery with good cold cuts. We serve good and fresh food. You can buy only 1 meal or all 4 meals (2 breakfasts and 2 lunch packets), but it is important that you sign up for breakfast and lunch when you register as we need to plan for shopping. The costs should be paid when you register.

Overnight accommodations:

1. The gym at the school where Lambertseter swimming pool is located. 200 NOK per person for 2 nights. Max 2 full teams, first two teams registering up will get the gym.
2. A classroom for your team at Lambertseter school for 4000 NOK for 2 nights.

If your team is interested in either of these, please send us an email as soon as possible as hiring gym or classroom is binding for Akkaren SDK. The costs should be paid together with the registration fee.

3. Hostels:

Two simple hotels in the city center:

Perminalen
Øvre Slottsgate 2
0157 Oslo
ph: (+47) 23 09 30 81
<http://www.perminalen.com/>

Cochs Pensjonat
Parkveien 25
0350 Oslo
ph: (+47) 23 33 24 00
<http://www.cochspensjonat.no/>

Outside city:

Haraldsheim

Haraldheimveien 4

0538 Oslo

Ph: (+47) 22 22 69 25

<http://www.haraldsheim.oslo.no>

In the city center:

Anker hostel

Storgata55

0182 Oslo

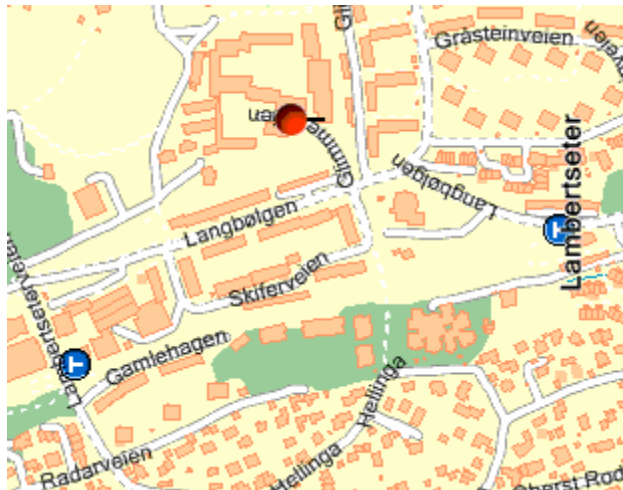
Ph: (+47) 22 99 72 10

<http://www.ankerhostel.no/>

How to get to Lambertseter Swimming pool:

1. With public transportation:

From downtown Oslo take the subway line no 4 "Bergkrystallen" to "Lambertseter station", see <http://www.trafikanten.no/> for schedule. It is about 300 m from the station (the blue T to the left) to the swimming pool (red dot):



2 With car:

The address to Lambertseter Svømmehall (swimmingpool) is **Glimmerveien 42**, Oslo. The blue line on the map is showing proposed driving route from Oslo Central Station downtown to Lambertster Swimming pool. Takes about 10 minutes.

