



GRAND PRIX 1 SWEDISH² SWIM GAMES² 23-25 SEPTEMBER 2



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SERNEKE® Malmsten

SWEDISH SWIM GAMES



Welcome to the Swedish Swim Games 2022!

VENUE	Vilundabadet 25 m pool, 8 lanes. Upplands Väsby.		
DATE	Friday – Sunday, September 23rd – 25th, 2022.		
TIMES	Friday Prelims	Warm-up 14.30-15.45	Start 16.00
	Saturday Prelims	Warm-up 07.45-09.15	Start 09.30
	Saturday Finals	Warm-up 15.00-16.15	B Finals 16.30 (45min approx.) A Finals 17.45 (2h approx.)

Sunday Prelims	Warm-up 07.30-08.45	Start 09.00
Sunday Finals	Warm-up 14.30-15.45	B Finals 16.00 (45min approx.) A Finals 17.15 (2h approx.)

Times may change as they are preliminary.

Competition will have the format of A and B flights in the prelims and A and B finals.

Pool will be open for warm up between A and B flights and finals.

Clubs arriving on Thursday that want to practice, please reach to Anton Widholm aw@vss.se

WARMDOWN	During the competition there are three warm-down pools available:
	1. Recreational pool
	2. 15 meter pool 1
	3. 15 meter pool 2

These pools will be open during Saturday and Sunday competition hours.

On Friday the Recreational pool will be the only warm down option.

ENTRY	Entries can be made on TEMPUS no later than September 9 th at 23:59. For clubs from outside of Sweden, please send entry list to Anton Widholm aw@vss.se preferably using the LENEX file or an excel sheet with your entries. Same deadline applies (we can provide you with "event list" in LENEX format).
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25m times will have priority over 50m times when seeding the heats.

The competition has no qualification times to participate. However, if necessary, we will make limitations on the psych sheet.

Entry fee is 120 SEK. Relay 240 SEK.

ACCREDITATION	All swimmers and coaches should have their accreditations with them at all times. The accreditations will be available to pick up at the front desk starting at 14.00 on Friday. The Front desk is open throughout the entire competition.
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Accreditation costs 100 SEK.

Coaches and other staff attending the meet, please, send name and phone number and email address to Anton Widholm aw@vss.se no later than September 9th at 23:59. Swimmers will have their accreditation made automatically.

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SWEDISH SWIM GAMES



VÄSBY
SIMSÄLLSKAP

START LISTS

Start lists are posted on <https://livetiming.se/index.php?cid=6655> and will be updated each day until the completion starts.

LIVETIMING

The competition is broadcasted on Livetiming > Superlive.

WITHDRAWALS

Early scratches before September 18 can be done in Tempus. For clubs outside of Sweden, send your scratches to jt@vss.se.

Every club coach will receive log in- information to an official app where scratches can be made. Info will be sent to the registration email contact person (important that the email address is valid) no later than September 18th.

Scratches are to be turned in 30 minutes after the end of the previous day afternoon session. The deadline for Friday's session scratches is 1 hour before the start of the session.

Scratches for finals must be turned in no later than 30 minutes after the conclusion of the event's preliminaries. This MUST be done on a paper note. This is not an available option on the app.

300 SEK in penalty fee for DNS during the competition. This will be invoiced to the club.

AWARDS

10 000 SEK is awarded to the best female and best male swimmers.

6 000 SEK is awarded to the second best female and best male swimmers.

3 000 SEK is awarded to the third best female and best male swimmers.

The FINA Points Table will be used as the basis for deciding the ranking of swimmers at their top three events.

Prize Money per event:

	Individual:	Relays:
Gold	700 SEK	1 400 SEK
Silver	500 SEK	1 000 SEK
Bronze	300 SEK	600 SEK

There will be additional prizes to medalists.

Swimmers that beat a SWEDISH GAMES record will be awarded 1 000 SEK. The Swedish Games record list is attached at the end of the invitation.

CAFETERIA

Cafeteria is located in the sport hall.

FOOD

If you want to buy lunch and dinner separately it cost 129 SEK per meal.

More information about the food, menu, location, etc, coming soon.

Väsby SS has a cooperation with Texas Longhorn in Väsby. Use the code "VäsbySimsällskap" to get a 15% discount.



SWEDISH SWIM GAMES



HOTEL

Scandic Upplands Väsby (300m walk from the pool)

Single room:	1550 SEK/night, full board.
Double room:	2100 SEK/night, full board.
Triple room:	2550 SEK/night, full board.
Quadruple room:	3100 SEK/night, full board.

Full board includes meals from dinner Friday to lunch Sunday.

Zleep Hotel (1,4 km walk from the pool)

Single room:	750 SEK/night, breakfast included.
Double room:	850 SEK/night, breakfast included.

Send email to aw@vss.se no later than September 9th at 23:59 to book accommodation.

LOGISTICS

Transfer from and to Arlanda Airport. 75 SEK per person per way. Send information to aw@vss.se with flight info and number of people no later than September 9th at 23:59.

MEETING

Coaches meet at 15.30 on Friday by the amusement pool.

PARKING

Parking is available outside the main entrance to the pool, near the building next to the Ice hockey halls, or at Väsby Centrum.

QUESTIONS

If you have any questions, please feel free to email aw@vss.se.

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SWEDISH SWIM GAMES



VÄSBY
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Event Order Prelims

Friday

Start 16.00

Event 1	50 Back	Women
Event 2	50 Back	Men
Event 3	400 IM(4 heats)	Women
Event 4	400 IM(4 heats)	Men
Event 5	50 Breast	Men
Event 6	50 Breast	Women
Event 7	1500 Free Final	Men
Event 8	1500 Free Final	Women

10 min Break

Event 9	4x 100 IM	Mixed
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Sunday

Start 9.00

Event 24	200 Free	Men
Event 25	100 Free	Women
Event 26	100 Breast	Men
Event 27	100 Back	Women
Event 28	800 free	Men
Event 29	200 Fly	Women
Event 30	200 IM	Men
Event 31	400 Free	Women
Event 32	50 Free	Men
Event 33	200 Breast	Women
Event 34	100 Fly	Men
Event 35	100 IM	Women
Event 36	200 Back	Men
Event 37	50 Fly	Women

15 min Break B-Flight Same Order

Saturday

Start 9.30

Event 10	200 Free	Women
Event 11	100 Free	Men
Event 12	100 Breast	Women
Event 13	100 Back	Men
Event 14	800 free	Women
Event 15	200 Fly	Men
Event 16	200 IM	Women
Event 17	400 Free	Men
Event 18	50 Free	Women
Event 19	200 Breast	Men
Event 20	100 Fly	Women
Event 21	100 IM	Men
Event 22	200 Back	Women
Event 23	50 Fly	Men

15 min Break B-Flight Same Order

A flight consist of the 4 fastest heats on 50, 100, and 200 races. 3 heats on 400 races. Last 3 heats on the prelims are seeded heats.

Friday prelims no A and B flights format.

400 IM straight final and 4 heat limitation.

800 Free straight final and 2 heat limitation. 8 slowest entry times swims during the A flight prelims and the 8 fastest entry times swim at the A final.

1 500 Free 1 heat limitation. This heat is swam on Friday session.

4 x 100 Medley Mix Relays is prelims on Friday and top 8 teams swim the final on Saturday.



SWEDISH SWIM GAMES



VÄSBY
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Event Order Finals

Saturday:

B Final

Event 11	100 Free
Event 10	200 Free
Event 5	50 Breast
Event 12	100 Breast
Event 13	100 Back
Event 1	50 Back
Event 15	200 Fly
Event 16	200 IM
Event 17	400 Free
Event 18	50 Free
Event 19	200 Breast
Event 20	100 Fly
Event 21	100 IM
Event 22	200 Back
Event 23	50 Fly

Start 16.30

Men
Women
Men
Women
Men
Women
Men
Women
Men
Women
Men
Women
Men
Women
Men

A Final

Event 14	800 Free
Event 11	100 Free
Event 10	200 Free
Event 5	50 Breast
Event 12	100 Breast
Event 4	400 IM

Start 17.45

Women
Men
Women
Men
Women
Men

Prize ceremony

Event 13	100 Back	Men
Event 1	50 Back	Women
Event 15	200 Fly	Men
Event 16	200 IM	Women
Event 17	400 Free	Men
Event 18	50 Free	Women

Prize ceremony

Event 19	200 Breast	Men
Event 20	100 Fly	Women
Event 21	100 IM	Men
Event 22	200 Back	Women
Event 23	50 Fly	Men
Event 9	4x100 IM	Mixed

Prize ceremony

Sunday:

B Final

Gren 25	100 Free
Gren 24	200 Free
Gren 6	50 Breast
Gren 26	100 Breast
Gren 27	100 Back
Gren 2	50 Back
Gren 29	200 Fly
Gren 30	200 IM
Gren 31	400 Free
Gren 32	50 Free
Gren 33	200 Breast
Gren 34	100 Fly
Gren 35	100 IM
Gren 36	200 Back
Gren 37	50 Fly

Start 16.00

Women
Men
Women
Men
Women
Men
Women
Men
Women
Men
Women
Men
Women
Men
Women

A Final

Gren 28	800 Free
Gren 25	100 Free
Gren 24	200 Free
Gren 6	50 Breast
Gren 26	100 Breast
Gren 3	400 IM

Start 17.15

Men
Women
Men
Women
Men
Women

Prize ceremony

Gren 27	100 Back	Women
Gren 2	50 Back	Men
Gren 29	200 Fly	Women
Gren 30	200 IM	Men
Gren 31	400 Free	Women
Gren 32	50 Free	Men

Prize ceremony

Gren 33	200 Breast	Women
Gren 34	100 Fly	Men
Gren 35	100 IM	Women
Gren 36	200 Back	Men
Gren 37	50 Fly	Women

Prize ceremony



SWEDISH SWIM GAMES



Swedish Swim Games Records

Men

25m

21:46 Eamon Sullivan 2009
46:95 Matthew Abood 2009
1:44:99 Gard Kvale 2009
3:47:37 Christoffer Wallin 2009

7:55:35 Jon Jøntvedt 2021
14:56:51 Jon Jøntvedt 2021
26:91 Philip Greve 2018
58:87 Erik Persson 2018
2:05:64 Erik Persson 2018

24:02 Gustav Hökfelt 2021
51:99 Markus Lie 2018
1:54:31 Mattias Carlsson 2009

23:29 Oskar Hoff 2021
51:09 Geoff Huegill 2009
1:53:05 Takeshi Matsuda 2009
54:25 Simon Sjödin 2020
1:56:39 Simon Sjödin 2016
4:09:79 Simon Sjödin 2018

Events

50 Freestyle
100 Freestyle
200 Freestyle
400 Freestyle

800 Freestyle
1500 Freestyle
50 Breaststroke
100 Breaststroke
200 Breaststroke

50 Backstroke
100 Backstroke
200 Backstroke

50 Butterfly
100 Butterfly
200 Butterfly
100 Medley
200 Medley
400 Medley
4x100 Medley Mixed

Women

25m

24:26 Sarah Sjöström 2011
53:06 Sarah Sjöström 2011
1:55:22 Petra Granlund 2010
4:09:73 Julie Aglund Lauridsen 2014

8:44:15 Maria Vilas 2010
16:28:55 Lucie Hanquet 2021
30:21 Emelie Fast 2021
1:05:75 Emelie Fast 2021
2:19:96 Rikke Möller Pedersen 2013

26:32 Aya Terakawa 2009
56:46 Shiho Sakai 2009
2:03:88 Aya Terakawa 2009

25:92 Yuka Kato 2009
57:15 Sarah Sjöström 2011
2:05:50 Petra Granlund 2010
1:00:05 Emelie Fast 2021
2:10:24 Sara Thydén 2011
4:36:22 Sara Thydén 2011
3.54.57 Helsingborgs Simsällskap 2021

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Utbetalning av prispengar

Namn		Personnummer
Adress		Postadress
Telefonnummer		
E-post		

Jag vill ha mina prispengar insatta på nedanstående konto

Bankens namn	
Clearingnummer	Kontonummer

Prispengar betalas ut i efterhand direkt till pristagaren och är skattepliktiga. Arrangören kommer att dra preliminär A-skatt före utbetalning och lämna kontrolluppgift till mottagaren och till Skatteverket.