

# SWEDISH SWIM GAMES



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## Swedish Swim Games 2023 Grand Prix 1



Website:  
[www.vss.se/start](http://www.vss.se/start)

Väsby Simsällskap  
Upplands Väsby  
tavlingar@vss.se



# SWEDISH SWIM GAMES



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<b>VENUE</b>	Vilundabadet 25 m pool, 8 lanes. Upplands Väsby.		
<b>DATE</b>	Friday – Sunday, September 22th – 24th, 2023.		
<b>TIMES</b>	<b>Friday Prelims</b>	Warm-up 14.30-15.45	Start 16.00
	<b>Saturday Prelims</b>	Warm-up 07.45-09.15	Start 09.30
	<b>Saturday Finals</b>	Warm-up 15.00-16.15	B Finals 16.30 (45min approx.) A Finals 17.45 (2h approx.)
	<b>Sunday Prelims</b>	Warm-up 07.30-08.45	Start 09.00
	<b>Sunday Finals</b>	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 21st that want to practice, please reach to [tavlingar@vss.se](mailto:tavlingar@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 **from 31st of June** and last date to enter is **September 8th at 23:59**. Club from outside Sweden, please, send to [it@vss.se](mailto:it@vss.se) preferably using the LENEX file or an excel sheet with your entries. Same deadline applies.

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.

Accreditation costs **100 SEK**.

Coaches and other staff attending the meet, please, send name and phone number to [tavlingar@vss.se](mailto:tavlingar@vss.se) no later than September 8<sup>th</sup> at 23:59. Swimmers will have their accreditation made automatically.

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## START LIST

Start lists are posted on [www.livetiming.se](http://www.livetiming.se) and [Swimify](http://Swimify) will be updated each day until the completion starts.

## SUPERLIVE

The competition is broadcasted on Livetiming "Superlive" and followed on swimify livetiming.

## WITHDRAWALS

Early scratches until Thursday September 21st can be sent to [it@vss.se](mailto:it@vss.se).

Every club coach will receive log in- information to an official app where scratches can be made. Info will be sent no later than September 18<sup>th</sup>.

Scratches for Saturday and Sunday's prelims are to be turned in no later than 30 minutes after the end of the final sessions. 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. 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

At Vasby Centrum you will find a lot of food places to eat.

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## HOTEL

### Scandic Upplands Väsby (300m walk from the pool)

Single room:	1899 SEK/night, full board.
Double room:	2190 SEK/night, full board.
Triple room:	2600 SEK/night, full board.
Quadruple room:	3190 SEK/night, full board.

Full board includes meals from dinner Friday to lunch Sunday. If you want lunch/dinner beyond these days the cost is 169 SEK/person.

Book via [tavlingar@vss.se](mailto:tavlingar@vss.se) with number of rooms and room distribution no later than September 8<sup>th</sup> at 23:59 to book accommodation at scandic. Email questions about accommodation at scandic to [tavlingar@vss.se](mailto:tavlingar@vss.se).

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

Single room:	645 SEK/night, breakfast included.
Double room:	890 SEK/night, breakfast included.

To book accommodation at Zleep hotel use [Link to booking zleep hotel](#) no later than September 8<sup>th</sup> at 23:59

### Ten Hotel (1,4 km walk from the pool)

Single room: Code SIM1	875 SEK/night, breakfast and sportdinner included.
Double room: Code SIM2	575 SEK/night per person , breakfast and sportdinner included.
Triple room: Code SIM3	525 SEK/night and person , breakfast and sportdinner included
Quadruple room: Code SIM4	475 SEK/night and person , breakfast and sportdinner included

If there is a need for rooms days before / after there is the code SIM which gives 15% on daily rate. (can also be booked at <https://ten-hotel.se/sv/> )

The prices in the codes are incl dinner Friday and Saturday.

Bookings are made to [Booking@ten-hotel.com](mailto:Booking@ten-hotel.com) – even if you have any questions. No later than September 8<sup>th</sup> at 23:59

## LOGISTICS

Transfer from and to Arlanda Airport. 75 SEK per person per way. Send information to [tavlingar@vss.se](mailto:tavlingar@vss.se) with flight info and number of people no later than September 8<sup>th</sup> at 23:59. You need to be at least 6 people in a group to book this.

## PARKING

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

## MEETING

Coaches meet at 15.30 on Friday by the amusement pool.

## QUESTIONS

If you have any questions, please feel free to email [tavlingar@vss.se](mailto:tavlingar@vss.se)

# SWEDISH SWIM GAMES



VÄSBY SIMSÄLLSKAP

## Event Order Prelims

### Friday

Event 1	50 Back	Women
Event 2	50 Back	Men
Event 3	400 IM Final (4 heats)	Women
Event 4	400 IM Final (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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**Start 16.00**

### Sunday

Event 24	200 Free	Men
Event 25	100 Free	Women
Event 26	100 Breast	Men
Event 27	100 Back	Women
Event 28	800 free (1 heat)	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

**Start 9.00**

**15 min Break before B-Flight, then same order**

### Saturday

Event 10	200 Free	Women
Event 11	100 Free	Men
Event 12	100 Breast	Women
Event 13	100 Back	Men
Event 14	800 free (1 heat)	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 before B-Flight, then 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 will have no A and B flights format.

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

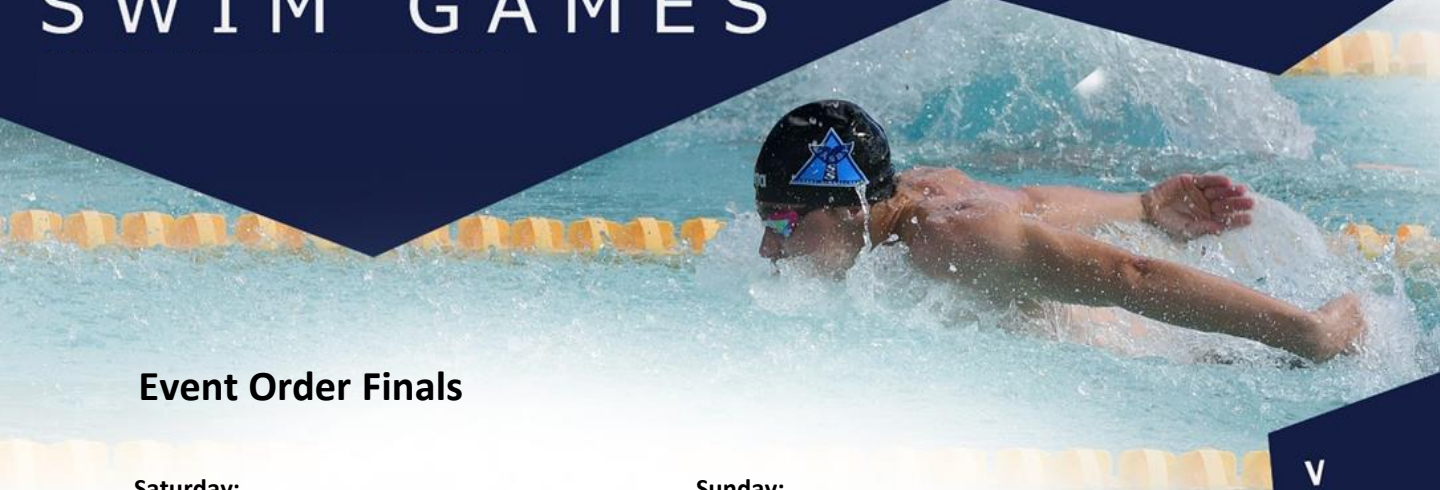
400 IM straight final on friday. (4 heat limitation based on entrytime)

1 500 Free 1 heat limitation. The heat will swim 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  
SIMSÄLLSKAP

## Event Order Finals

### Saturday:

#### B Final

Event 11	100 Free
Event 12	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

#### A Final

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

#### Prize ceremony

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

#### Prize ceremony

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

#### Prize ceremony

#### Start 16.30

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

#### Start 17.45

Women
Men
Women
Men
Women

### Sunday:

#### B Final

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

#### A Final

Event 28	800 Free
Event 25	100 Free
Event 24	200 Free
Event 6	50 Breast
Event 26	100 Breast

#### Prize ceremony

Event 27	100 Back
Event 2	50 Back
Event 29	200 Fly
Event 30	200 IM
Event 31	400 Free
Event 32	50 Free

#### Prize ceremony

Event 33	200 Breast
Event 34	100 Fly
Event 35	100 IM
Event 36	200 Back
Event 37	50 Fly

#### Prize ceremony

#### Start 16.00

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

#### Start 17.15

Men
Women
Men
Women
Men

# SWEDISH SWIM GAMES



## Swedish Swim Games Records

Men	Events	Women
<b>25m</b>		<b>25m</b>
21:46 Eamon Sullivan 2009	<b>50 Freestyle</b>	24:26 Sarah Sjöström 2011
46:95 Matthew Abood 2009	<b>100 Freestyle</b>	53:06 Sarah Sjöström 2011
1:44:99 Gard Kvale 2009	<b>200 Freestyle</b>	1:55:22 Petra Granlund 2010
3:47:37 Christoffer Wallin 2009	<b>400 Freestyle</b>	4:09:73 Julie Aglund Lauridsen 2014
7:55:35 Jon Jøntvedt 2021	<b>800 Freestyle</b>	8:44:15 Maria Vilas 2010
14:56:51 Jon Jøntvedt 2021	<b>1500 Freestyle</b>	16:28.55 Lucie Hanquet 2021
26:91 Philip Greve 2018	<b>50 Breaststroke</b>	30:21 Emelie Fast 2021
58:87 Erik Persson 2018	<b>100 Breaststroke</b>	1:05:75 Emelie Fast 2021
2:05:64 Erik Persson 2018	<b>200 Breaststroke</b>	2:19:96 Rikke Möller Pedersen 2013
24:02 Gustav Hökfelt 2021	<b>50 Backstroke</b>	26:32 Aya Terakawa 2009
51:99 Markus Lie 2018	<b>100 Backstroke</b>	56:46 Shiho Sakai 2009
1:54:31 Mattias Carlsson 2009	<b>200 Backstroke</b>	2:03:88 Aya Terakawa 2009
23:29 Oskar Hoff 2021	<b>50 Butterfly</b>	25:92 Yuka Kato 2009
51:09 Geoff Huegill 2009	<b>100 Butterfly</b>	57:15 Sarah Sjöström 2011
1:53:05 Takeshi Matsuda 2009	<b>200 Butterfly</b>	2:05:50 Petra Granlund 2010
54:25 Simon Sjödin 2020	<b>100 Medley</b>	1:00:05 Emelie Fast 2021
1:56:39 Simon Sjödin 2016	<b>200 Medley</b>	2:10:24 Sara Thydén 2011
4:09:79 Simon Sjödin 2018	<b>400 Medley</b>	4:36:22 Sara Thydén 2011
	<b>4x100 Medley Mixed</b>	3.54.57 Helsingborgs Simsällskap 2021

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Upplands Väsby  
tavlingar@vss.se





**S W E D I S H   S W I M   G A M E S**

Prize money payment

Name	Date of birth
Address	City & Country
Phone number	
E-mail	

Name of Bank
<b>BIC/Swift</b> code (Bank Identifier Code)
<b>IBAN</b> (International bank Account Number)

Payment will be made afterwards directly to the competitor and will be managed by the regulations “Special Income Tax for Non-resident Artists, Athletes and Others” from the Swedish Tax Authority. This means that the organizer shall deduct, account for and pay tax for a rate of 15% of the amount.