

# SWEDISH SWIM GAMES



## Swedish Swim Games 2024 Grand Prix 1

Vilundabadet 25 m  
Upplands Väsby  
20-22/9 2024

Full invitation [www.vss.se](http://www.vss.se)

The competition is conducted under World Aquatics rules and approved as a qualifying event for the Short course World Championships in Budapest 2024.



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

Väsby Simsällskap  
Upplands Väsby  
[swimgames@vss.se](mailto:swimgames@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 20th – 22nd, 2024.		
<b>TIMES</b>	<b>Friday Prelims</b>	Warm-up 14.30 - 15.45.	Start 16.00
	<b>Saturday Prelims</b>	Warm-up 07:30 - 08:45	Start 09:00
	<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 19th that want to practice, please reach to [swimgames@vss.se](mailto:swimgames@vss.se)

**ENTRY** Entries can be made on TEMPUS from August 1<sup>st</sup> and last date to enter is **September 6th at 23:59**. Club from outside Sweden, please, send to [entry@vss.se](mailto:entry@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 **130 SEK**. Relay **250 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 [entry@vss.se](mailto:entry@vss.se) no later than September 6<sup>th</sup> at 23:59. Swimmers will have their accreditation made automatically.

**HOTEL** **Scandic Upplands Väsby** (300m walk from the pool)

Single room: 890 SEK/night including breakfast  
Double room: 990 SEK/night including breakfast

Rooms to be booked directly to Scandic Central booking. [www.scandichotels.se](http://www.scandichotels.se) or Phone + 46 8 517 517 00, choose 1. **Bookingcode: BSW E200924**. Last day for guaranteed booking August 21<sup>st</sup>.

Lunches and Dinners can be booked when booking hotel rooms at the price of 169kr/meal if you stay at Scandic, if not it's 219kr/meal.

**OFFICIALS**

Officials (Funktionärer) from other clubs are welcome to participate. Please send us an email on the address below.

**QUESTIONS**

Please send us an email if you have any questions or need any assistance. [swimgames@vss.se](mailto:swimgames@vss.se)

Website:  
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## 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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### 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

**Session 3 (B flight). Event order remains the same**

### 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

#### 15 min Break before

**Session 5 (B flight). Event order remains the same**

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 swimmers 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.





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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

#### 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
Women
Men

#### Start 17.45

Women
Men
Women
Men
Women

Men
Women
Men
Women
Men
Women

Men
Women
Men
Women
Men
Mixed

### Sunday:

#### B Final

Event 25	100 Free
Event 24	200 Free
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
Event 6	50 Breast

#### 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
Men
Women
Men
Women
Men
Women
Men
Women
Men
Women
Men
Women
Men
Women

#### Start 17.15

Men
Women
Men
Women
Men

Women
Men
Women
Men
Women
Men

Women
Men
Women
Men
Women

