

SWEDISH SWIM GAMES

SVENSKA
SIMSPELEN



Swedish Swim Games 2024 Grand Prix 1

PM
2024-09-13

VÄSBY
SIMSÄLLSKAP

Pahlén[®]
Premium pool equipment

CRAFT ●●●

Malmsten

arena

Website:
www.vss.se/start

Väsby Simsällskap
Upplands Väsby
swimgames@vss.se



SWEDISH SWIM GAMES



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VENUE	Vilundabadet 25 m pool, 8 lanes, Upplands Väsby.		
DATE	Friday – Sunday, September 20th – 22nd, 2024.		
TIMES	Friday Prelims	Warm-up 14.30 - 15.45.	Start 16.00
	Saturday Prelims	Warm-up 07:30 - 08:45	Start 09:00 (Provisional finish at 13.00)
	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 (Provisional finish at 13.00)
	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 provisional.
- 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 email a request to tavlingar@vss.se

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

The above pools will be open during Saturday and Sunday competition hours.
The Recreational pool will be the only pool available on the Friday.

START-/HEATLISTS Startlists, Heatlists and Results will be posted on Swimify
<https://live.swimify.com/competitions/swedish-swim-games-2024-grand-prix-2024-09-20>

The startlist can be updated with late notifications and scratches.

If needed, teams can get a heatlist at the secretariat 30 minutes after the start of warmup

ACCREDITATION All swimmers and coaches should carry their accreditations at all times. The accreditations will be available for pick up at the front desk from 14.00 on Friday. The Front desk is open throughout the competition.

Please send an email to tavlingar@vss.se if additional accreditations are needed.

CALL ROOM Call room is located by the recreation pool.

Prelims: Swimmers must be in the call room area 2 heats before start
Finals: Swimmers must be in the call room at least 5 minutes before start

QUESTIONS ? Please send us an email tavlingar@vss.se if you have any questions or need any assistance.

During the competition please contact Front Desk in the entry hall.

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WITHDRAWALS

To be able to scratch swimmers, we use the Swimify Coach app.

If you are not a Swimify user, you must register as a new user either directly in the coach app or at admin.swimify.com. It is important that you create the user with the same email address that you share with us in order to add to our Swedish Swim Games competition.

If you need any assistance please e-mail: tavlingar@vss.se

We kindly request you to input your scratches as follows:

- Friday = Deadline 1 hour before start of the session (15.00)
- Saturday = Deadline 30 minutes after Friday session ends
- Sunday = Deadline 30 minutes after Saturday session ends

Scratches for finals must be handed in no later than 30 minutes after the conclusion of the event. This **MUST** be done on a paper note to the secretariat. This option is NOT available on the app.

A 300 SEK penalty fee is charged for DNS during the competition. This will be invoiced to the club after the competition.

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

The AQUA Points Table will be used as the basis for deciding the ranking of swimmers at the 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

Swimmers that set a new SWEDISH SWIM GAMES record till be awarded 1 000 SEK. The list of the Swedish Swim Games records is attached to this PM.

Prize ceremony for events 3,4,7,8 will be held on Friday after the relays.

Prize ceremonies on Saturday and Sunday will be held at the A-finals between events as seen in the schedule for the finals attached to this PM. Swimmers should be in the call room area 5 minutes before prize ceremony. If the swimmer is late or swims the event right before please inform the call-room staff.

Prize money winners, please send an email to tavlingar@vss.se after the competition and we will handle the information and payments directly with the swimmer.

COACHES CORNER

Coaches corner is located in the sports-hall. Coffee is available on the top platform in the swimming hall.

OFFICIALS

Officials (Funktionärer) from other clubs are more than welcome to participate. Please send us an email tavlingar@vss.se

CAFETERIA

The Medley cafeteria will be open for purchases of coffee and snacks

TEAM MEETING

Will be held at the adventure pool at 15.30 on Friday

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MEALS AT SCANDIC

Lunch and dinner will be served at the Scandic Hotel for those who have preordered meals.

If you would like to order meals it can be done Sunday 15th at the latest
mice.upplandsvasby@scandichotels.com

LUNCH HOURS: 11.30 - 14.30

DINNER HOURS: 18.00 - 21.00

MEALS NEARBY

Väsby Centrum nearby offer different options for meals.

Angelinas Kök & Bar offer 10% discount if you prebook a table info@angelinas.nu
Phone + 48 76 709 91 41. Tell them that you come from Väsby Simsällskap

Please send us an email tavlingar@vss.se if you have any questions or need any assistance or ask at the Front Desk in the entrance hall.

LOGISTICS

Address to the pool is **Vilundabadet, Husarvägen 29 194 70 Upplands Väsby**

PARKING

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

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SWEDISH SWIM GAMES



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

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

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

Start 16.30

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

A Final

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

Start 17.45

Women
Men
Women
Men
Women

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

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

Start 16.00

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

A Final

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

Start 17.15

Men
Women
Men
Women
Men

Prize ceremony

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

Prize ceremony

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

Prize ceremony

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Swedish Swim Games Records

Men	Events	Women
25m		25m
21:46 Eamon Sullivan 2009	50 Freestyle	24:26 Sarah Sjöström 2011
46:95 Matthew Abood 2009	100 Freestyle	53:06 Sarah Sjöström 2011
1:44:99 Gard Kvale 2009	200 Freestyle	1:55:22 Petra Granlund 2010
3:44:96 Victor Johansson 2023	400 Freestyle	4:09:73 Julie Aglund Lauridsen 2014
7:44:69 Victor Johansson 2023	800 Freestyle	8:37:42 Thilda Häll 2022
14:51:29 Victor Johansson 2023	1500 Freestyle	16:28:55 Lucie Hanquet 2021
26:91 Philip Greve 2018	50 Breaststroke	30:21 Emelie Fast 2021
58:87 Erik Persson 2018	100 Breaststroke	1:05:75 Emelie Fast 2021
2:05:64 Erik Persson 2018	200 Breaststroke	2:19:96 Rikke Möller Pedersen 2013
24:02 Gustav Hökfelt 2021	50 Backstroke	26:32 Aya Terakawa 2009
51:99 Markus Lie 2018	100 Backstroke	56:46 Shiho Sakai 2009
1:54:31 Mattias Carlsson 2009	200 Backstroke	2:03:88 Aya Terakawa 2009
23:29 Oskar Hoff 2021	50 Butterfly	25:51 Sara Junevik 2022
51:09 Geoff Huegill 2009	100 Butterfly	57:15 Sarah Sjöström 2011
1:53:05 Takeshi Matsuda 2009	200 Butterfly	2:05:50 Petra Granlund 2010
54:25 Simon Sjödin 2020	100 Medley	1:00:05 Emelie Fast 2021
1:56:39 Simon Sjödin 2016	200 Medley	2:10:24 Sara Thydén 2011
4:09:79 Simon Sjödin 2018	400 Medley	4:36:22 Sara Thydén 2011
	4x100 Medley Mixed	3:54:57 Helsingborgs Simsällskap 2021

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