

SWEDISH SWIM GAMES

SVENSKA
SIMSPELEN



Swedish Swim Games 2024 Grand Prix 1

Vilundabadet 25 m
Upplands Väsby
20-22/9 2024

VÄSBY
SIMSÄLLSKAP

Pahlén[®]
Premium pool equipment

CRAFT ●●●

Malmsten

arena

Website:
www.vss.se/start

Väsby Simsällskap
Upplands Väsby
swimgames@vss.se



SWEDISH SWIM GAMES

SVENSKA
SIMSPELEN



VÄSBY
SIMSÄLLSKAP

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
	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 21st that want to practice, please reach to 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 August 1st and last date to enter is **September 4th at 23:59**. Club from outside Sweden, please, send to 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 **260 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 entry@vss.se no later than September 4th at 23:59. Swimmers will have their accreditation made automatically.

Website:
www.vss.se/start

Väsby Simsällskap
Upplands Väsby
swimgames@vss.se



SWEDISH SWIM GAMES



VÄSBY
SIMSÄLLSKAP

START LIST

Start lists are posted on www.livetiming.se and <https://live.swimify.com/> and 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 19th can be sent to 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 17th.

Scratches are to be turned in 30 minutes after the end of the afternoon session for next day. 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:
Gold	600 SEK
Silver	400 SEK
Bronze	200 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/Lunch

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

Website:
www.vss.se/start

Väsby Simsällskap
Upplands Väsby
swimgames@vss.se



SWEDISH SWIM GAMES

SVENSKA
SIMSPELEN



VÄSBY
SIMSÄLLSKAP

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

Single room: 890 SEK/night, breakfast included
Double room: 990 SEK/night, breakfast included

Rooms to be booked directly to Scandic Central booking. www.scandichotels.se or
Phone + 46 8 517 517 00, choose 1. **Bookingcode: BSWE200924.**
Last day for guaranteed booking August 21st.

Lunches and Dinners can be booked when booking hotelrooms. Price to be confirmed.

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

- LOGISTICS** Please let us know if we can be of any assistance concerning transport from Arlanda Airport to Upplands Väsby. Send us an email swimgames@vss.se
- 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.
- OFFICIALS** Officials (Funktionärer) from other clubs are welcome to participate. Please send us an email on the address below.
- QUESTIONS** Please feel free to email swimgames@vss.se

Website:
www.vss.se/start

Väsby Simsällskap
Upplands Väsby
swimgames@vss.se



SWEDISH SWIM GAMES



Event Order Prelims

Friday

Event	Distance	Gender
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
---------	-----------	-------

Saturday

Event	Distance	Gender
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	Distance	Gender
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 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.

VÄSBY SIMSÄLLSKAP

Website:
www.vss.se/start

Väsby Simsällskap
Upplands Väsby
swimgames@vss.se



SWEDISH SWIM GAMES



Event Order Finals

Saturday:

B Final

Event 11	100 Free	Men
Event 10	200 Free	Women
Event 5	50 Breast	Men
Event 12	100 Breast	Women
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
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

A Final

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

Start 16.30

Sunday:

B Final

Event 25	100 Free	Women
Event 24	200 Free	Men
Event 26	100 Breast	Men
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
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
Event 6	50 Breast	Women

A Final

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

Start 16.00

Start 17.15

VÄSBY
SIMSÄLLSKAP



SWEDISH SWIM GAMES

SVENSKA
SIMSPELEN



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	8:40:39 Thilda Häll 2023
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	25:70 Sara Junevik 2023
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

VÄSBY
SIMSÄLLSKAP

Website:
www.vss.se/start

Väsby Simsällskap
Upplands Väsby
swimgames@vss.se





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.