

SWEDISH SWIM GAMES



VÄSBY
SIMSÄLLSKAP

Swedish Swim Games 2023 Grand Prix 1



Website:
www.vss.se/start

Väsby Simsällskap
Upplands Väsby
ta.vlingar@vss.se



SWEDISH SWIM GAMES



V
Ä
S
B
Y

S
I
M
S
Ä
L
L
S
K
A
P

VENUE	Vilundabadet 25 m pool, 8 lanes. Upplands Väsby.		
DATE	Friday – Sunday, September 22th – 24th, 2023.		
TIMES	Friday Prelims	Warm-up 14.30-15.45	Start 16.00
	Saturday Prelims	Warm-up 07.30-08.45	Start 09.00 (OBS! New time)
	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.

WARMDOWN During the competition there are three warm-down pools available:

- 1 . Amusement 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.

START-/HEATLISTS Start lists and heatlists are posted in first hand on [Swimify - Swedish Swim Games 2023 - Grand Prix 1](#)
At the start of the warmup heatlists will also be put up on a wall in the sporthall.
If needed teams can get a heatlist at the secretariat 30 min after the start of warmup.

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.

For swimmers and coaches who stay and Scandic should have the accreditations available when going for meals.

Accreditation costs 100 SEK

Call Room Prelims: Swimmers must be in callroom at the call room area 2 heats before start
Finals: Swimmers must be in callroom at call room area at least 5 minutes before start
Prize ceremonies: Swimmers must be in callroom at least 5 minutes before the events prize ceremony



SWEDISH SWIM GAMES



VÄSBY
SIMSÄLLSKAP

WITHDRAWALS Early scratches until Thursday September 21st 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 under competition week to all clubs.

We kindly request you to input your scratches as follows:

- **Friday= The deadline for Friday's session scratches is 1 hour before the start of the session.**
- **Saturday- at the latest 30 minutes after Friday session end.**
- **Sunday = at the latest 30 minutes after saturday session end.**

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 to the secretariat. 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.

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 below. Swimmers should be in the call room area 5 minutes before prize ceremony. If the swimmer is late or swims the event right before just inform the people in call room in some way.

COACHES TABLE

Coaches table is located in the sporthall. Coffe and "fika" will be available.

CAFETERIA

For swimmers who wants snacks and etc Medley's cafeteria will be open.

TEAM MEETING

Will be held at the amusement pool at 15.30 on friday.

Website:
www.vss.se/start

Väsby Simsällskap
Upplands Väsby
tavlingar@vss.se



SWEDISH SWIM GAMES



V
Ä
S
B
Y

S
I
M
S
Ä
L
L
S
K
A
P

MEALS AT SCANDIC

Lunch and dinner will be served at Scandic Hotel for those who stay there or have booked separate meals there. The meals are served the same times all days of the competition.

Lunch: 11.30-14.30

Dinner: 18-21

Menu at Scandic hotel

Thursday:

Lunch: Breaded fish, remoulade sauce, lemon, green peas and boiled potatoes

Dinner: Meatballs with cream sauce, lingonberries, pickles and mashed potatoes

Friday

Lunch: Chicken with curry sauce, stir-fried vegetables, cilantro and rice

Dinner: **Slow-baked pork chop, mushroom sauce, broccoli and potato wedges**

Saturday

Lunch: **Sausage stroganoff, peppers, garlic, tarragon and rice**

Dinner: **Lasagna al forno**

Sunday

Lunch: **Spaghetti with minced meat sauce, grated cheese**

Dinner: **Pasta salad with chicken, pesto, sun-dried tomatoes**

PARKING

Parking is available outside the main entrance to the pool, near the building to the ice hockey hall or at Väsby Centrum

QUESTIONS

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

Website:
www.vss.se/start

Väsby Simsällskap
Upplands Väsby
tavlingar@vss.se



SWEDISH SWIM GAMES



VÄSBY SIMSÄLLSKAP

Event Order Prelims

Friday	Prelims & Finals	Start 16.00
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 10	4x 100 IM	Mixed
----------	-----------	-------

Prize ceremony events 3,4,7,8

Sunday		Start 9.00
Event 25	200 Free	Men
Event 26	100 Free	Women
Event 27	100 Breast	Men
Event 28	100 Back	Women
Event 39	800 free (1 heat)	Men
Event 30	200 Fly	Women
Event 31	200 IM	Men
Event 32	400 Free	Women
Event 33	50 Free	Men
Event 34	200 Breast	Women
Event 35	100 Fly	Men
Event 36	100 IM	Women
Event 37	200 Back	Men
Event 38	50 Fly	Women

15 min Break before B-Flight, then same order

Saturday		Start 9.00
Event 11	200 Free	Women
Event 12	100 Free	Men
Event 13	100 Breast	Women
Event 14	100 Back	Men
Event 15	800 free (1 heat)	Women
Event 16	200 Fly	Men
Event 17	200 IM	Women
Event 18	400 Free	Men
Event 19	50 Free	Women
Event 20	200 Breast	Men
Event 21	100 Fly	Women
Event 22	100 IM	Men
Event 23	200 Back	Women
Event 24	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. The friday session will consist of both Prelims and direct finals.

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 A-final on Saturday.



SWEDISH SWIM GAMES



VÄSBY
SIMSÄLLSKAP

Event Order Finals

Saturday:

B Final

Event 12	100 Free
Event 11	200 Free
Event 5	50 Breast
Event 13	100 Breast
Event 14	100 Back
Event 1	50 Back
Event 16	200 Fly
Event 17	200 IM
Event 18	400 Free
Event 29	50 Free
Event 20	200 Breast
Event 21	100 Fly
Event 22	100 IM
Event 23	200 Back
Event 24	50 Fly

A Final

Event 15	800 Free (last heat)
Event 12	100 Free
Event 11	200 Free
Event 5	50 Breast
Event 13	100 Breast

Prize ceremony Events 15,12,11,5

Event 14	100 Back	Men
Event 1	50 Back	Women
Event 16	200 Fly	Men
Event 17	200 IM	Women
Event 18	400 Free	Men
Event 19	50 Free	Women

Prize ceremony Events:13,14,1,16,17,18

Event 20	200 Breast	Men
Event 21	100 Fly	Women
Event 22	100 IM	Men
Event 23	200 Back	Women
Event 24	50 Fly	Men
Event 10	4x100 IM	Mixed

Prize ceremony Events:
1920,21,22,23,24,10

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

Sunday:

B Final

Event 26	100 Free
Event 25	200 Free
Event 6	50 Breast
Event 27	100 Breast
Event 28	100 Back
Event 2	50 Back
Event 30	200 Fly
Event 31	200 IM
Event 32	400 Free
Event 33	50 Free
Event 34	200 Breast
Event 35	100 Fly
Event 36	100 IM
Event 37	200 Back
Event 38	50 Fly

A Final

Event 29	800 Free (last heat)
Event 26	100 Free
Event 25	200 Free
Event 6	50 Breast
Event 27	100 Breast

Prize ceremony Events: 29,26,25,6

Event 28	100 Back	Women
Event 2	50 Back	Men
Event 30	200 Fly	Women
Event 31	200 IM	Men
Event 32	400 Free	Women
Event 33	50 Free	Men

Prize ceremony Events: 27,28,2,30,31,32

Event 34	200 Breast	Women
Event 35	100 Fly	Men
Event 36	100 IM	Women
Event 37	200 Back	Men
Event 38	50 Fly	Women

Prize ceremony Events: 33,34,35,36,37,38



SWEDISH SWIM GAMES



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
3:47:37 Christoffer Wallin 2009	400 Freestyle	4:09:73 Julie Aglund Lauridsen 2014
7:55:35 Jon Jøntvedt 2021	800 Freestyle	8:44:15 Maria Vilas 2010
14:56:51 Jon Jøntvedt 2021	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	25:92 Yuka Kato 2009
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





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.