

# INVITATION



19-20 SEPTEMBER  
2015



## Väsby SS has the honor to welcome you to ARENA CUP 2015, held in Vilundabadet, September 19-20.

<b>COMPETITION VENUE</b>	Vilundabadet in Upplands Väsby. 25 m pool, 8 lanes.
<b>DATES</b>	Saturday September 19 and Sunday September 20, 2015.
<b>COMPETITION TIMES</b>	Saturday morning: Warmup 08:30-09.45 Start 10:00 Saturday afternoon: Warmup 14:30-15.45 Start 16:00  Sunday morning: Warmup 08:30-09.45 Start 10:00 Sunday afternoon: Warmup 14:30-15.45 Start 16:00
<b>AGE GROUPS</b>	O Open A 17 years and older, born 1998 or earlier B 15-16 years, born 1999-2000 C 13-14 years, born 2001-2002 D 11-12 years, born 2003-2004
<b>PROGRAM</b>	Read the competition program. Note that all agegroups swim together and are separated in the results like above.
<b>ENTRY</b>	The final entry form and rooming list shall be returned no later than Friday September 4, 2015 to: <a href="mailto:dw@vss.se">dw@vss.se</a> Each session has a limit of 3,5 h.
<b>ENTRY FEE</b>	For individual events SEK 60 or EUR 6, pr. swimmer pr. event.
<b>PSYCH SHEET</b>	The psych sheet will be published on Väsby SS website <a href="http://www.vss.se">www.vss.se</a> no later than monday September 14, 2015.
<b>WARM DOWN</b>	In the two small warm down pools.
<b>LIVETIMING</b>	See VSS homepage for more information about livetiming: <a href="http://vss.se/index.php/tavlingar/arena-cup/">http://vss.se/index.php/tavlingar/arena-cup/</a> Superlive will be broadcast.
<b>SCRATCHES</b>	Scratches are to be turned in 1 hour before the start of each session. If you have early scratches please send it to: <a href="mailto:dw@vss.se">dw@vss.se</a>
<b>AWARDS</b>	Awards to the top-3 swimmers in each event and agegroup.
<b>INFORMATION</b>	Daniel Wramfors, cellphone: +46 707 585255, E-mail: <a href="mailto:dw@vss.se">dw@vss.se</a>

# COMPETITION PROGRAM

## Saturday 19 September

### Session 1

Event		Agegroups
1	400m Freestyle	B ABCD
2	800m Freestyle	G Open 3 heats
3	200m IM	B ABCD
4	200m Butterfly	G ABCD
5	200m Butterfly	B ABCD
6	100m Freestyle	G ABCD
7	100m Freestyle	B ABCD

### Session 2

Event		Agegroups
8	400m Freestyle	G ABCD
9	800m Freestyle	B Open 3 heats
10	100m Breaststroke	G ABCD
11	100m Breaststroke	B ABCD
12	200m IM	G ABCD
13	200m Backstroke	B ABCD
14	200m Backstroke	G ABCD

## Sunday 20 September

### Session 3

Event		Agegroups
15	1500m Freestyle	G Open 2 heats
16	100m IM	B ABCD
17	100m Backstroke	G ABCD
18	100m Backstroke	B ABCD
19	200m Breaststroke	G ABCD
20	200m Breaststroke	B ABCD
21	400m IM	G Open

### Session 4

Event		Agegroups
22	1500m Freestyle	B Open 2 heats
23	100m IM	G ABCD
24	100m Butterfly	B ABCD
25	100m Butterfly	G ABCD
26	200 m Freestyle	B ABCD
27	200m Freestyle	G ABCD
28	400m IM	B Open