

MEET INFORMATION



19-20 SEPTEMBER
2015



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

COMPETITION VENUE	Vilundabadet in Upplands Väsby. 25 m pool, 8 lanes.
DATES	Saturday September 19 and Sunday September 20, 2015.
COMPETITION TIMES	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
AGE GROUPS	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
PROGRAM	Read the competition program. Note that all agegroups swim together and are separated in the results like above.
PSYCH SHEET	The psych sheet will be published on Väsby SS website www.vss.se no later than monday September 14, 2015.
WARM DOWN	In the small warm down pool closest to the competition pool.
LIVETIMING	See VSS homepage for more information about livetiming: http://vss.se/index.php/tavlingar/arena-cup/ Superlive will be broadcast.
SCRATCHES	Scratches are to be turned in 1 hour before the start of each session. If you have early scratches please send it to: dw@vss.se
AWARDS	Medals to the top-3 swimmers in each event and agegroup. Also in each individual event: 1st 200 Swedish Crowns in a voucher from Arena to use in our swimshop. 2nd 150 Swedish Crowns in a voucher from Arena to use in our swimshop. 3rd 100 Swedish Crowns in a voucher from Arena to use in our swimshop.
HEAT SHEETS	Every team can pick up heat sheets. Heat sheets will also be posted around the pool.
ENTRANCE	Through the gymnasium - Follow the signs.
LOCKER ROOMS	Follow the signs – Bring padlocks.
INFORMATION	Daniel Wramfors, cellphone: +46 707 585255, E-mail: dw@vss.se

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
<i>10 min Break/Prize Ceremony</i>		
5	200m Butterfly	B ABCD
6	100m Freestyle	G ABCD
7	100m Freestyle	B ABCD
<i>Prize Ceremony</i>		

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
<i>10 min Break/Prize Ceremony</i>		
12	200m IM	G ABCD
13	200m Backstroke	B ABCD
14	200m Backstroke	G ABCD
<i>Prize Ceremony</i>		

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
<i>10 min Break/Prize Ceremony</i>		
19	200m Breaststroke	G ABCD
20	200m Breaststroke	B ABCD
21	400m IM	G Open
<i>Prize Ceremony</i>		

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
<i>10 min Break/Prize Ceremony</i>		
26	200 m Freestyle	B ABCD
27	200m Freestyle	G ABCD
28	400m IM	B Open
<i>Prize Ceremony</i>		