

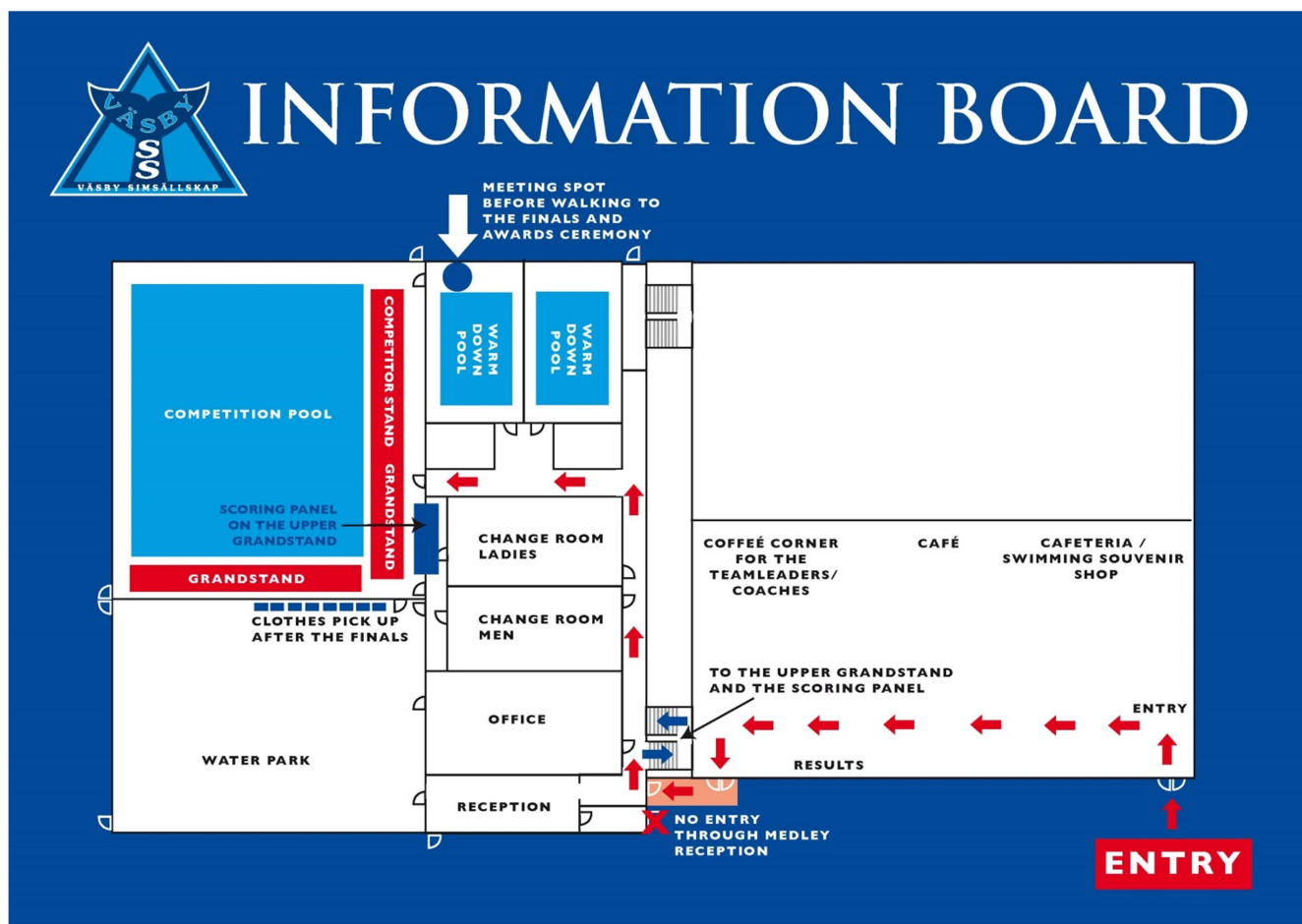


## Meet-information

**Väsby SS has the honor to welcome you to the 2016 Swedish Swim Games, held in Vilundabadet October 8-9.**

<b>COMPETITION VENUE</b>	Vilundabadet 25 m pool, 8 lanes.
<b>DATES</b>	Saturday October 8 and Sunday October 9, 2016.
<b>COMPETITION TIMES</b>	Friday Training 10.00-20.00 Saturday prelims: Warmup 08:30-09.45 Start 10:00 Saturday finals: Warmup 15:30-16.45 Start 17:00  Sunday prelims: Warmup 08:30-09.45 Start 10:00 Sunday finals: Warmup 15:30-16.45 Start 17:00
<b>LOCKER ROOMS</b>	Follow the signs – Bring padlocks.
<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 September 30 2016.
<b>TIMING SYSTEM:</b>	Omega Ares.
<b>LIVETIMING:</b>	See VSS homepage for more information about livetiming: <a href="http://vss.se/index.php/tavlingar/swedish-swim-games/#Information">http://vss.se/index.php/tavlingar/swedish-swim-games/#Information</a> Superlive will be broadcast.
<b>WARM DOWN</b>	In the two small warm down pools.
<b>SCRATCHES</b>	Scratches are to be turned in 1 hour before the start of each session. Scratches to a final must be turned in no later than 30 minutes after the conclusion of the event.
<b>AWARDS</b>	Prize money, EUR 1000, is awarded to the best female and male swimmers. The FINA Points Table will be used as the basis for deciding the ranking of swimmers. Gifts will be distributed to all medalists. Prizes for the 3 first swimmers for each event.
<b>HEAT SHEETS</b>	Every team can pick up heat sheets. Heat sheets will also be posted around the pool.
<b>CAFETERIA</b>	Located in the gymnasium.
<b>HOSPITALITY</b>	A coaches hospitality corner will be located in the gymnasium.
<b>PRIZE CEREMONY</b>	Prize Ceremony will be in blocks of 4 events i.e after event 1-4, 5-8, 9-12, 13-17, 18-21, 22-25, 26-29, 30-34, see order of events on the next page.
<b>TEAM LEADER MEETING</b>	Saturday October 8 at 08.45 in the gymnasium.

- CALL ROOM** A call room will be used prior to each final. Each swimmer in the final must report to the call room 5 minutes preceding the event. The call room will be located at the warm down pools. The baskets with clothes will be placed behind the glass wall behind the starting blocks.
- FOOD** Food for swimmers and coaches that stays at Scandic Hotel will be served in the hotel restaurant at the following times: Lunch between 11:30-14:30 and Dinner between 18:00-20:30 on both Saturday and Sunday.
- LOST & FOUND** Lost and found items will be located in the gymnasium at the help desk.
- INFORMATION** Victor Lindekrantz, cellphone: +46 738 170832, E-mail: [vl@vss.se](mailto:vl@vss.se)



## Saturday October 8 Prelims 10.00

Event 1	800 m freestyle	Women
Event 2	100 m freestyle	Men
Event 3	200 m freestyle	Women
Event 4	50 m breast	Men
Event 5	100 m breast	Women
Event 6	400 m IM	Men
Event 7	100 m butterfly	Women
Event 8	100 m backstroke	Men
Event 9	50 m backstroke	Women
Event 10	200 m butterfly	Men
Event 11	200 m IM	Women
Event 12	400 m freestyle	Men
Event 13	50 m freestyle	Women
Event 14	200 m breast	Men
Event 15	100 m IM	Men
Event 16	200 m backstroke	Women
Event 17	50 m butterfly	Men

## Saturday October 8 Finals 17.00

Event 1	800 m freestyle	Women
Event 2	100 m freestyle	Men
Event 3	200 m freestyle	Women
Event 4	50 m breast	Men
Event 5	100 m breast	Women

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● **Prize Ceremony event 1-4**

Event 6	400 m IM	Men
Event 7	100 m butterfly	Women
Event 8	100 m backstroke	Men
Event 9	50 m backstroke	Women

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● **Prize Ceremony event 5-8**

Event 10	200 m butterfly	Men
Event 11	200 m IM	Women
Event 12	400 m freestyle	Men
Event 13	50 m freestyle	Women

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● **Prize Ceremony event 9-12**

Event 14	200 m breast	Men
Event 15	100 m IM	Men
Event 16	200 m backstroke	Women
Event 17	50 m butterfly	Men

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● **Prize Ceremony event 13-17**

## Sunday October 9 Prelims 10.00

Event 18	1500 m freestyle	Men
Event 19	100 m freestyle	Women
Event 20	200 m freestyle	Men
Event 21	50 m breast	Women
Event 22	100 m breast	Men
Event 23	400 m IM	Women
Event 24	100 m butterfly	Men
Event 25	100 m backstroke	Women
Event 26	50 m backstroke	Men
Event 27	200 m butterfly	Women
Event 28	200 m IM	Men
Event 29	400 m freestyle	Women
Event 30	50 m freestyle	Men
Event 31	200 m breast	Women
Event 32	100 m IM	Women
Event 33	200 m backstroke	Men
Event 34	50 m butterfly	Women

## Sunday October 9 Finals 17.00

Event 18	1500 m freestyle	Men
Event 19	100 m freestyle	Women
Event 20	200 m freestyle	Men
Event 21	50 m breast	Women
Event 22	100 m breast	Men

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● **Prize Ceremony event 18-21**

Event 23	400 m IM	Women
Event 24	100 m butterfly	Men
Event 25	100 m backstroke	Women
Event 26	50 m backstroke	Men

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● **Prize Ceremony event 22-25**

Event 27	200 m butterfly	Women
Event 28	200 m IM	Men
Event 29	400 m freestyle	Women
Event 30	50 m freestyle	Men

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● **Prize Ceremony event 26-29**

Event 31	200 m breast	Women
Event 32	100 m IM	Women
Event 33	200 m backstroke	Men
Event 34	50 m butterfly	Women

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● **Prize Ceremony event 30-34**

**Event 1, 6, 18 and 23 will be seeded and swum as timed finals.**