

INVITATION



23-24 SEPTEMBER
2017



Väsby SS has the honor to welcome you to ARENA CUP 2017!

Vilundabadet, Upplands Väsby, September 23-24.

COMPETITION VENUE	Vilundabadet in Upplands Väsby. 25 m pool, 8 lanes.
DATES	Saturday September 23 and Sunday September 24, 2017.
COMPETITION TIMES	Saturday, session 1: Warmup 07:45-09.15 Start 09:30 Saturday, session 2: Warmup 14:00-15.15 Start 15:30 Sunday, session 3: Warmup 07:45-09.15 Start 09:30 Sunday, session 4: Warmup 14:00-15.15 Start 15:30
AGE GROUPS	O Open A 17 years and older, born 2000 or earlier B 15-16 years, born 2002-2001 C 13-14 years, born 2004-2003 D 11-12 years, born 2006-2005
PROGRAM	Read the competition program. Note that all age-groups swim together and are separated in the results like above.
ENTRY	The final entry form and rooming list shall be returned no later than Friday September 1, 2017 to: vl@vss.se Each session has a limit of 3,5 h.
ENTRY FEE	For individual events SEK 60 or EUR 6, pr. swimmer pr. event.
PSYCH SHEET	The psych sheet will be published on Väsby SS website www.vss.se no later than Monday September 18, 2017.
WARM DOWN	In the two small warm down pools.
LIVETIMING	See VSS homepage for more information about LiveTiming: http://vss.se/index.php/tavlingar/arena-cup/
SCRATCHES	Scratches are to be turned in 1 hour before the start of each session. If you have early scratches please send it to: vl@vss.se
AWARDS	Awards to the top-3 swimmers in each event and agegroup.
INFORMATION	Victor Lindekrantz, e-mail: vl@vss.se

COMPETITION PROGRAM

Saturday 23 September

Session 1

Event		Age-groups
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		Age-groups
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 24 September

Session 3

Event		Age-groups
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		Age-groups
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