

INVITATION



22-23 SEPTEMBER
2018



Väsby SS has the honor to welcome you to ARENA CUP 2018!

Vilundabadet, Upplands Väsby, September 22-23.

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|--------------------------|--|
| COMPETITION VENUE | Vilundabadet in Upplands Väsby. 25 m pool, 8 lanes. |
| DATES | Saturday September 22 and Sunday September 23, 2018. |
| COMPETITION TIMES | Saturday, session 1: Warmup 07.45-08.45 Start 09:00 Saturday, session 2: Warmup 13.45-14.45 Start 15:00 Sunday, session 3: Warmup 07.45-08.45 Start 09:00 Sunday, session 4: Warmup 13.45-14.45 Start 15:00 |
| AGE GROUPS | O Open A 17 years and older, born 2001 or earlier B 15-16 years, born 2003-2002 C 13-14 years, born 2005-2004 D 11-12 years, born 2007-2006 |
| 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 7, 2018 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 Friday September 14, 2018. |
| 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 22 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 23 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 |