

*Stockholmspolisens IF Simförening and **HEAD** hereby has the pleasure of inviting you to...*

**Polisen**

**HEAD**<sup>®</sup>  
**TO HEAD**

8<sup>th</sup>-9<sup>th</sup> October 2022



## General information

Competition venue	Eriksdalsbadet (indoor 25m pool) Hammarby Slussväg 20, 118 60 Stockholm
Schedule	Session 1, Saturday 8 October, warm-up 08:00, start 09:00 Session 2, Saturday 8 October, warm-up 14:30, start 15:30 Session 3, Sunday 9 October, warm-up 08:00, start 09:00 Session 4, Sunday 9 October, warm-up 14:30, start 15:30
Registration	The registration must be handed to us by e-mail ( <a href="mailto:info@polisensimning.se">info@polisensimning.se</a> ) no later than Monday, <b>September 26, 2022</b> . Please <a href="#">contact us</a> to send you correct lenex file or excel-sheet (foreign teams only).  Max. 6 starts per swimmer.
Entry fee	Individual start 70 sek
Age groups	A: 2005 and older B: 2006 – 2007 C: 2008 – 2009 D: 2010 and younger
Start and result lists	The start list will be published on <a href="#">Livetiming website</a> no later than one week before the competition. Results will be published on the same website immediately after the competition has ended and will be placed on the wall in the swimming pool continuously during the competition.
Prizes	Prize money will be awarded to the top three best women and men swimmers as follows: 5 000 SEK – 1st place 3 500 SEK – 2nd place 1 500 SEK – 3rd place  Fina's points table will be used as a basis for the top three events of the individual swimmer.  Medals will be presented to top three swimmers in age groups ABC
Age group D	Swimmers who are 12 years old or younger will not be ranked in a results list. They will be presented in alphabetical order regardless of the result or gender. There will be no award ceremony for this age group in accordance with new rules. All participants will receive a participation medal.

Restriction	For the length of each session won't exceed 3.5 hours we reserve the right to limit the number of starts.
Food and accommodation	<p>Lunch and dinner buffet costs 185 SEK per person per meal, meals are served as buffets at Clarion Hotel Stockholm. Book meals using excel sheet (deadline 15<sup>th</sup> September).</p> <p><u>Clarion Hotel Stockholm</u>            Single room: 1145SEK/night incl. VAT and breakfast            Double room: 1345SEK/night incl. VAT and breakfast</p> <p>For multi-bed rooms there is 250SEK fee per person per night.</p> <p>See more details and <a href="#">book on our website</a> no later than <b>15<sup>th</sup> September</b>.</p>
Heat lists	Will be placed on the wall of the swimming pool. No heat lists will be distributed to the coaches as everything can be published on <a href="#">Livetiming website</a> . We are considering the environment!
Entrance	Free entrance via designated entrances at Eriksdalsbadet.
Sanction	Stockholm Swimming Federation

Some changes may occur no later than one week prior the competition. The final document (PM) will be published on our website and sent out to the participating teams.



## Event schedule:

<b>Session 1</b> 1 200m IM Women ABC Final 2 200m IM Men ABC Final 3 100m Butterfly Women ABC Heat 4 100m Butterfly Men ABC Heat 5 50m Backstroke Women ABC Heat 6 50m Backstroke Men ABC Heat 7 100m Brostsims Women ABC Heat 8 100m Brostsims Men ABC Heat 9 50m Freestyle Women ABC Heat 10 50m Freestyle Men ABC Heat	<b>Session 3</b> 19 200m Freestyle Women ABC Final 20 200m Freestyle Men ABC Final 21 50m Brostsims Women ABC Heat 22 50m Brostsims Men ABC Heat 23 100m Backstroke Women ABC Heat 24 100m Backstroke Men ABC Heat 25 50m Butterfly Women ABC Heat 26 50m Butterfly Men ABC Heat 27 100m Freestyle Women ABC Heat 28 100m Freestyle Men ABC Heat
<b>Session 2</b> 11 400m Freestyle Women ABC Final 12 400m Freestyle Men ABC Final 3 100m Butterfly Women ABC Final 4 100m Butterfly Men ABC Final 13 50m Backstroke D Final 5 50m Backstroke Women ABC Final 6 50m Backstroke Men ABC Final 15 100m Brostsims D Final 7 100m Brostsims Women ABC Final 8 100m Brostsims Men ABC Final 17 50m Freestyle D Final 9 50m Freestyle Women ABC Final 10 50m Freestyle Men ABC Final	<b>Session 4</b> 29 100m IM Women ABC Final 30 100m IM Men ABC Final 31 50m Brostsims D Final 21 50m Brostsims Women ABC Final 22 50m Brostsims Men ABC Final 33 100m Backstroke D Final 23 100m Backstroke Women ABC Final 24 100m Backstroke Men ABC Final 35 50m Butterfly D Final 25 50m Butterfly Women ABC Final 26 50m Butterfly Men ABC Final 37 100m Freestyle D Final 27 100m Freestyle Women ABC Final 28 100m Freestyle Men ABC Final