

# Sim à Lund



25/11 - 26/11 2023



Welcome to the 2023 edition of the  
Sim à Lund - GUL Challenge

# Sim à Lund GUL Challenge



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SK Poseidon invites you to this year's edition

*This is a good and welcome supplement to SM, JSM & SUM-SIM*

We offer all 100 meter distances and all 200 meter distances including medley.

**Competition venue** Högevallsbadet in Lund indoors 25 m x 8 lanes, double electric timing.

<b>Time schedule</b>	Saturday	November 25	session 1	starts 09.00
	Saturday	November 25	session 2	starts 15.30
	Sunday	November 26	session 3	starts 09.30
	Sunday	November 26	session 4	starts 14.30

**Warming up** One hour before the start of respective session, though session 1 already at 07.45.

**Participants** We reserve the right to restrict heats in the event of too many starts in certain disciplines in order to meet the Swedish Swimming Association's time limits for the sessions (withdrawal takes place per age group in that case). we will have 5 reserves in each affected event and give priority to older swimmers. Foreign club participants are always guaranteed a place.

**Age Classes** Individually: 19 and older Men / Women  
17 - 18 Men / Women  
15 - 16 Men / Women  
13 - 14 Men / Women

**Registration** Registration must be done via *Tempus Anmälan* or with a Lenex file. **The registrations must reach us by November 17 at the latest!**

<b>Starting fee</b>	SEK 85 per start. <u>An invoice for entry fees is sent out after the competition.</u>
<b>List of competitors</b>	<b>Start list</b> will be available on <i>Live Timing</i> and at the website <a href="http://www.skposeidon.se">www.skposeidon.se</a> and will be emailed to the clubs at the beginning of week 47.
<b>Withdrawal</b>	Withdrawals are accepted <b>no later than 8:00 p.m. Friday evening</b> and then <b>no later than ½ hour after</b> the end of the previous shift.  We use <b>WinGrodan Sync</b> , where the coaches do the withdrawals themselves. [Cancellations can only be reported in this way!]  Instructions and login information will be sent to all participating clubs after the registration deadline on November 17th.
<b>Late registration</b>	We accept late registrations <b>subject to availability</b> for a double entry fee. Late registrations must be made no later than an hour and a quarter [1 h 15 min] before the start of each session.
<b>Additional events</b>	If the race director approves, extra races can be included in the race sessions if there is space. The distance must not exceed 200 meters. Cost SEK 100/start.
<b>Coach meeting</b>	At <b>08.10 on Saturday</b> 25 November.
<b>Intermission</b>	There will be <b>15 minute intermissions</b> in each session. The intermissions is determined after a calculation from the time program. When we have calculated all the passes, we publish the official program and bring it up at the leaders' meeting. Preliminarily, it may be after events 3, 8, 13 and 18.
<b>Coach coffee</b>	As usual in Lund, coaches' coffee is served during the 15-minute intermissions. It will take place on the second floor next to the grandstand entrance.
<b>Recovery</b>	Offered in the 50 meter pool in designated lanes. The passage to the 50 takes place via the doors where you also get to the stairs that lead up to the changing rooms, not any others.
<b>Results</b>	The results are posted in the swimming hall afterwards and are available on Poseidon's website <a href="http://www.skposeidon.se">www.skposeidon.se</a> after the sessions.  During the competition, the results are also posted continuously via <i>Live Timing</i> på <a href="http://www.livetiming.se/index.php?cid=6950">www.livetiming.se/index.php?cid=6950</a>  The clubs also receive the results by email after the competition.
<b>Heatlist</b>	After withdrawals and seedings are made, clubs will receive heat lists per competition session. Heat lists will be sold to the spectators.

<b>Points calculation</b>	None in this competition.
<b>Awards</b>	<p>Awards to the 3 best in each event and age group. In addition, we will raffle off a number of GUL wristwatches.</p> <p>Award distributions take place in connection with intermissions and after completed sessions.</p>
<b>Sale</b>	Sale of swimming articles, i.a. from Arena will take place in Poseidon's shop in the club premises with entrance from the main foyer.
<b>Parking</b>	<p>In the "Arena Park" parking garage. The entrance is from Ringvägen and Stattenavägen. It now costs SEK 12/hour during the day.</p>
<b>Entrance</b>	We use the entrance through the <b>swimming hall's Event Entrance</b> . It is on the south side of the hall towards the parking garage and Stadsparkscaféet.
<b>Changing room</b>	The dressing rooms on the second floor above the 50th are to be used. A special wristband (with RFID) is needed to get in and out and, above all, to be able to use the lockers.
<b>Entrance wristband</b>	<p>The wristbands are distributed to the clubs in the Event Entrance. Each club gets to collect all its wristbands and is responsible for them also being collected at the end of the competition. For a lost wristband, the bath wants compensation of SEK 200.</p>
<b>Officials</b>	<p>It is always difficult to get enough experienced officials for competitions. We are grateful if <b>visiting swimming clubs line up with officials</b> for the various sessions. Please send in a separate employee notification.</p>
<b>Accommodation</b>	We currently do not offer accommodation packages, but are happy to arrange accommodation options.
<b>Catering / kiosk</b>	<p><i>Café Vrå</i> will be in the hall and offer coffee, kiosk goods, etc.</p> <p><b>Lunches throughout the weekend and dinner on Saturday</b> are offered by <i>Café Vrå</i>, which can be reached via the main foyer. The price is SEK 130/meal. Pre-orders can be made to <a href="mailto:thorbjorn@skposeidon.se">thorbjorn@skposeidon.se</a>.</p> <p>Just south of the swimming hall by the parking garage is the <i>Stadsparkscaféet</i>, which also has a coffee shop and food service.</p>

**Internet in the hall** The competition is available on Live Timing and can be followed in the hall with a computer/pad at the web or with smart phones through apps that are available for Live Timing, partly for iPhone on the App Store and partly for Android on Google play.

**SSID:** poseidon      **password:** svensson

**Phone numbers** To those **in charge** during the competition days:  
+46 (0)70 – 249 11 53 [**Andrus Kangro** - competition manager]  
+46 (0)70 – 595 48 88 [**Thorbjörn Holmberg** – officials manager]

**Contact / questions** Via e-mail to [\*\*andrus@skposeidon.se\*\*](mailto:andrus@skposeidon.se)  
or phone 070 - 249 11 53



# Events at Sim à Lund 2023

## Saturday 25 November

### Session 1

Warming up 07.45

Start 09.00

Gren 1	100m butterfly	Men	
Gren 2	100m backstroke	Women	
Gren 3	100m breaststroke	Men	<i>followed by intermission</i>
Gren 4	200m medley	Women	
Gren 5	200m medley	Men	

### Session 2

Warming up 14.00

Start 15.30

Gren 6	100m freestyle	Women	
Gren 7	200m butterfly	Men	
Gren 8	200m backstroke	Women	<i>followed by intermission</i>
Gren 9	200m breaststroke	Men	
Gren 10	200m freestyle	Women	

## Sunday 26 November

### Session 3

Warming up 08.30

Start 09.30

Gren 11	100m butterfly	Women	
Gren 12	100m backstroke	Men	
Gren 13	100m breaststroke	Women	<i>followed by intermission</i>
Gren 14	100m medley	Men	
Gren 15	100m medley	Women	

### Session 4

Warming up 13.30

Start 14.30

Gren 16	100m freestyle	Men	
Gren 17	200m butterfly	Women	
Gren 18	200m backstroke	Men	<i>followed by intermission</i>
Gren 19	200m breaststroke	Women	
Gren 20	200m freestyle	Men	



**Most welcome to swim  
at the Högevallsbadet in Lund**