

**PM**  
**Sim á Lund 23-24/11**

**Datum: 23-24 November**

**Plats: Högevallsbadet Lund (8 banor 25m)**

**Tider:**

| Tävlingspass       | Insim | Start |
|--------------------|-------|-------|
| Pass 1 (LÖRDAG FM) | 07.45 | 09.00 |
| Pass 2 (LÖRDAG EM) | 14.00 | 15.30 |
| Pass 3 (SÖNDAG FM) | 08.30 | 09.30 |
| Pass 4 (SÖNDAG EM) | 13.30 | 14.30 |

**Ansvarig tränare:** Philip Thornberg – 0704 553664

**Avanmälan/strykning senast:** Snarast till Philip.

**Entré sker genom badets evententré. Den är på badets södra sida mot parkeringshuset och stadsparkscaféet.**

**OBS Glöm ej:**

- **SYDSIM kläder & SYDSIM badmössa**
- **Skor med strumpor i, kläder** – så ni kan hålla er varma
- **Vattenflaska & mat t. ex. frukt, mackor, odyl** – dock ***ej godis/läsk/kakor***
- Ett glatt humör och tävlingsanda 😊

| <b>Deltagare</b>        | <b>Pass 1</b>  | <b>Pass 2</b> | <b>Pass 3</b>     | <b>Pass 4</b>     |
|-------------------------|----------------|---------------|-------------------|-------------------|
| Elvira Andersson        |                |               | <b>11, 13, 15</b> | <b>19</b>         |
| Belinda Au              | <b>2, 4</b>    | <b>6, 10</b>  | <b>13, 15</b>     |                   |
| Elinor Fröjd            |                | <b>6, 10</b>  |                   |                   |
| Yonas Hsissi            | <b>5</b>       |               | <b>12, 14</b>     | <b>16, 18, 20</b> |
| Selma Isaksson          |                | <b>6</b>      | <b>13</b>         | <b>19</b>         |
| David Kjellander Hansen | <b>1, 3, 5</b> | <b>7</b>      |                   |                   |
| Clara Landmyr           | <b>4</b>       |               | <b>13, 15</b>     | <b>19</b>         |
| Valencia Lopez Pop      | <b>2, 4</b>    | <b>6, 10</b>  | <b>13, 15</b>     |                   |
| Alfred Olsson Freijs    | <b>1, 5</b>    |               |                   | <b>16, 20</b>     |
| Saga Pihlqvist          |                | <b>6</b>      | <b>13</b>         | <b>19</b>         |
| Oscar Samberg           | <b>1, 3, 5</b> | <b>9</b>      |                   |                   |
| Axel Wall               | <b>5</b>       |               | <b>12, 14</b>     | <b>16, 20</b>     |
| Jack Rosengren          | <b>1, 5</b>    | <b>7</b>      |                   | <b>16, 20</b>     |

# Events at Sim à Lund 2024

## Saturday 23 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 freesyle     | Women |                                 |
| Gren 7  | 200m butterfly    | Men   |                                 |
| Gren 8  | 200m backstroke   | Women | <i>followed by intermission</i> |
| Gren 9  | 200m breaststroke | Men   |                                 |
| Gren 10 | 200m freesyle     | Women |                                 |

## Sunday 24 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 freesyle     | Men   |                                 |
| Gren 17 | 200m butterfly    | Women |                                 |
| Gren 18 | 200m backstroke   | Men   | <i>followed by intermission</i> |
| Gren 19 | 200m breaststroke | Women |                                 |
| Gren 20 | 200m freesyle     | Men   |                                 |

