Sim à Lund



5-6 December 2026

Welcome to the 2026 edition of Sim à Lund

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SK Poseidon invites you to this year's meet

This is a good and welcome supplement to SM / U21-SM

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

Time schedule

Saturday	December 5	session 1	starts 09.00
Saturday	December 5	session 2	starts 15:00
Sunday	December 6	session 3	starts 09.00
Sunday	December 6	session 4	starts 15.00

Warming up One hour before the start of each session.

Participants We reserve the right to restrict the number of heats in an event in case of too many entries. This is to meet with the Swedish Swimming Association's time limits for a session.
Foreign club participants are always guaranteed a place.

Age Classes

A	open category (13 and older)	Men / Women
B	17 and older	Men / Women
C	15 – 16	Men / Women
D	13 – 14	Men / Women

In the preliminary heats for the 50 meters events, all swimmers are seeded together, regardless of age.
In the finals, swimmers will be divided into the above B, C and D groups.

Registration Registration is done via ***Tempus Anmälan***.
The registrations must reach us by November 30 at the latest.

Entry fee 100 SEK per start.
An invoice for the entry fees is sent out after the competition.

Start lists	Start lists will be available on ***Swimify Livetiming***.
Withdrawal	Withdrawals can be made up until 1 hour before the start of each session. We use the "**Swimify Coach"** app, where the coaches do the withdrawals themselves. Withdrawals can only be made this way. Invitations will appear in the app for all coaches from the participating clubs provided they, the coaches, are registered on their club's ***Swimify Admin*** page.
Late registration	We accept late registrations **subject to availability** at a cost of the normal entry fee + 100 SEK.
Additional events	If the race director approves, extra events can be included in a session if time allows. The distance must not exceed 200 meters. Cost 200 SEK/start.
Coach meeting	At **08.10 on Saturday** 5 December.
Intermission	There will be a **15 minute intermission** in each session. When the time schedule has been calculated we publish the official program at ***Swimify Livetiming***.
Coach coffee	As usual in Lund, coaches' coffee is served during the intermissions. It will take place on the second floor next to the grandstand entrance.
Recovery	Offered in the 50-meter pool in designated lanes. The passage to the pool is via the doors where you also get to the stairs that lead up to the changing rooms.
Results	All results are posted at ***Swimify Livetiming***.
Heat lists	After withdrawals and seeding, clubs will receive printed heat lists if required.
Points calculation	None in this competition.
Awards	Awards to the 3 best in each event and age group. The prize ceremonies take place before the intermissions and after each completed session.

Parking

In the *Arena Park* parking garage.
The entrance is from Ringvägen and Stattenavägen.
The current parking fee is 14 SEK/hour.
Charge points are available at 3.95 SEK/kWh.
Paying through app only, such as Parkster.

Entrance

We use the swimming arenas's **Event Entrance**. It is on the south side towards the parking garage and *Stadsparkscaféet.*

Changing room

The changing rooms are on the second floor above the 50-meter pool. A wristband with RFID is needed to get in and out and to use the lockers.

Entrance wristband

The wristbands are distributed to the clubs in the Event Entrance. Each club must keep track of its wristbands and is responsible for returning them at the end of the competition.
For each lost wristband there will be a charge of 200 SEK added to the invoice.

Officials

It is always difficult to find experienced officials for competitions.

Please let us know if you can support us with officials by mailing us at at ***anmalan@skposeidon.se***
We would like to know the following:
- whether they are "distriktsfunktionär" or "tävlingsfunktionär"
- their contact information (name and e-mail).

The officials have their meeting 30 minutes before each session.

Accommodation and meals

We currently do not offer accommodation packages.
Meals however can be arranged, but you have to pre-order.
Please contact ***kansliet@skposeidon.se***

Catering / kiosk

Café Vrå, reached via the main foyer, offers food, coffee and sweets.

Just south of the swimming arena, in the park, you can find *Stadsparkscaféet*, which also has a coffee shop and food service.

Internet in the hall The competition is available on ***Swimify Livetiming*** and can be followed in the hall with a computer/pad on the web or with smart phones through apps that are available for Live Timing.

SSID: Poseidon Mesh_Guest **password**: Svensson

Contact / questions Via e-mail to ***anmalan@skposeidon.se***



Events at Sim à Lund 2026

Saturday 5 December

Session 1

Warming up 08.00 **Start 09.00**

Event 1	100m butterfly	Men	B, C, D
Event 2	100m butterfly	Women	B, C, D
Event 3	200m freestyle	Men	B, C, D
Event 4	200m freestyle	Women	B, C, D
Event 5	200m breaststroke	Men	B, C, D
Event 6	200m breaststroke	Women	B, C, D
Event 7	100m backstroke	Men	B, C, D
Event 8	100m backstroke	Women	B, C, D

Session 2

Warming up 14.00 **Start 15:00**

Event 9	50m butterfly	Men	preliminary heats	B, C, D
Event 10	50m butterfly	Women	preliminary heats	B, C, D
Event 11	50m backstroke	Men	preliminary heats	B, C, D
Event 12	50m backstroke	Women	preliminary heats	B, C, D
Event 13	200m medley	Men		A
Event 14	200m medley	Women		A
Event 15	800m freestyle	Men		A
Event 16	800m freestyle	Women		A
Event 9	50m butterfly	Men	finals	B, C, D
Event 10	50m butterfly	Women	finals	B, C, D
Event 11	50m backstroke	Men	finals	B, C, D
Event 12	50m backstroke	Women	finals	B, C, D



Sunday 6 December

Session 3

Warming up 08.00 **Start 09.00**

Event 17	200m backstroke	Men	B, C, D
Event 18	200m backstroke	Women	B, C, D
Event 19	100m breaststroke	Men	B, C, D
Event 20	100m breaststroke	Women	B, C, D
Event 21	100m freestyle	Men	B, C, D
Event 22	100m freestyle	Women	B, C, D
Event 23	200m butterfly	Men	B, C, D
Event 24	200m butterfly	Women	B, C, D

Session 4

Warming up 14.00 **Start 15.00**

Event 25	50m breaststroke	Men	preliminary heats	B, C, D
Event 26	50m breaststroke	Women	preliminary heats	B, C, D
Event 27	50m freestyle	Men	preliminary heats	B, C, D
Event 28	50m freestyle	Women	preliminary heats	B, C, D
Event 29	400m freestyle	Men		A
Event 30	400m freestyle	Women		A
Event 31	400m medley	Men		A
Event 32	400m medley	Women		A
Event 25	50m breaststroke	Men	finals	B, C, D
Event 26	50m breaststroke	Women	finals	B, C, D
Event 27	50m freestyle	Men	finals	B, C, D
Event 28	50m freestyle	Women	finals	B, C, D

