

SWEDISH SWIM GAMES



Swedish Swim Games 2024 Grand Prix 1

Vilundabadet 25 m
Upplands Väsby
20-22/9 2024

Full invitation www.vss.se

The competition is conducted under World Aquatics rules
and approved as a qualifying event for the Short course
World Championships in Budapest 2024.



Website:
www.vss.se/start

Väsby Simsällskap
Upplands Väsby
swimgames@vss.se



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VENUE Vilundabadet 25 m pool, 8 lanes. Upplands Väsby.

DATE Friday – Sunday, September 20th – 22nd, 2024.

TIMES

Friday Prelims	Warm-up 14.30 - 15.45.	Start 16.00
Saturday Prelims	Warm-up 07:30 - 08:45	Start 09:00
Saturday Finals	Warm-up 15.00-16.15	B Finals 16.30 (45min approx.) A Finals 17.45 (2h approx.)
Sunday Prelims	Warm-up 07:30-08:45	Start 09.00
Sunday Finals	Warm-up 14.30-15.45	B Finals 16.00 (45min approx.) A Finals 17.15 (2h approx.)

- Times may change as they are preliminary.
- Competition will have the format of A and B flights in the prelims and A and B finals.
- Pool will be open for warm up between A and B flights and finals.
- Clubs arriving on Thursday 19th that want to practice, please reach to swimgames@vss.se

ENTRY Entries can be made on TEMPUS from August 1st and last date to enter is **September 6th at 23:59**. Club from outside Sweden, please, send to entry@vss.se preferably using the LENEX file or an excel sheet with your entries. Same deadline applies.

25m times will have priority over 50m times when seeding the heats.

The competition has no qualification times to participate. However, if necessary, we will make limitations on the psych sheet.

Entry fee is **130 SEK**. Relay **250 SEK**.

ACCREDITATION All swimmers and coaches should have their accreditations with them at all times. The accreditations will be available to pick up at the front desk starting at 14.00 on Friday. The Front desk is open throughout the entire competition.

Accreditation costs **100 SEK**.

Coaches and other staff attending the meet, please, send name and phone number to entry@vss.se no later than September 6th at 23:59. Swimmers will have their accreditation made automatically.

HOTEL **Scandic Upplands Väsby** (300m walk from the pool)

Single room: 890 SEK/night including breakfast
Double room: 990 SEK/night including breakfast

Rooms to be booked directly to Scandic Central booking. www.scandichotels.se or
Phone + 46 8 517 517 00, choose 1. **Bookingcode: BSW E200924**.
Last day for guaranteed booking August 21st.

Lunches and Dinners can be booked when booking hotel rooms at the price of 169kr/meal if you stay at Scandic, if not it's 219kr/meal.

OFFICIALS

Officials (Funktionärer) from other clubs are welcome to participate. Please send us an email on the address below.

QUESTIONS

Please send us an email if you have any questions or need any assistance. swimgames@vss.se

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Event Order Prelims

Friday

**Start
16.30**

Event 1	50 Back	Women
Event 2	50 Back	Men
Event 3	400 IM Final (4 heats)	Women
Event 4	400 IM Final (4 heats)	Men
Event 5	50 Breast	Men
Event 6	50 Breast	Women
Event 7	1500 Free Final	Men
Event 8	1500 Free Final	Women

10 min Break

Event 9	4x 100 IM	Mixed
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Saturday

Start 9.00

Event 10	200 Free	Women
Event 11	100 Free	Men
Event 12	100 Breast	Women
Event 13	100 Back	Men
Event 14	800 free (1 heat)	Women
Event 15	200 Fly	Men
Event 16	200 IM	Women
Event 17	400 Free	Men
Event 18	50 Free	Women
Event 19	200 Breast	Men
Event 20	100 Fly	Women
Event 21	100 IM	Men
Event 22	200 Back	Women
Event 23	50 Fly	Men

15 min Break before

Session 3 (B flight). Event order remains the same

Sunday

**Start
9.00**

Event 24	200 Free	Men
Event 25	100 Free	Women
Event 26	100 Breast	Men
Event 27	100 Back	Women
Event 28	800 free (1 heat)	Men
Event 29	200 Fly	Women
Event 30	200 IM	Men
Event 31	400 Free	Women
Event 32	50 Free	Men
Event 33	200 Breast	Women
Event 34	100 Fly	Men
Event 35	100 IM	Women
Event 36	200 Back	Men
Event 37	50 Fly	Women

15 min Break before

Session 5 (B flight). Event order remains the same

A flight consist of the 4 fastest heats on 50, 100, and 200 races. 3 heats on 400 races. Last 3 heats on the prelims are seeded heats.

Friday prelims will have no A and B flights format.

800 Free straight final and 2 heat limitation. 8 slowest entry time swims during the A flight prelims and the 8 fastest entry times swim at the A final.

400 IM straight final on friday. (4 heat limitation based on entrytime)

1 500 Free 1 heat limitation. The heat will swim on Friday session.

4 x 100 Medley Mix Relays is prelims on Friday and top 8 teams swim the final on Saturday.



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Event Order Finals

Saturday:

B Final

Event 11	100 Free
Event 10	200 Free
Event 5	50 Breast
Event 12	100 Breast
Event 13	100 Back
Event 1	50 Back
Event 15	200 Fly
Event 16	200 IM
Event 17	400 Free
Event 18	50 Free
Event 19	200 Breast
Event 20	100 Fly
Event 21	100 IM
Event 22	200 Back
Event 23	50 Fly

Start 16.30

Men
Women
Men
Women
Men
Women
Men
Women
Men
Women
Men
Women
Men
Women
Men

A Final

Event 14	800 Free
Event 11	100 Free
Event 10	200 Free
Event 5	50 Breast
Event 12	100 Breast

Start 17.45

Women
Men
Women
Men
Women

Prize ceremony

Event 13	100 Back	Men
Event 1	50 Back	Women
Event 15	200 Fly	Men
Event 16	200 IM	Women
Event 17	400 Free	Men
Event 18	50 Free	Women

Prize ceremony

Event 19	200 Breast	Men
Event 20	100 Fly	Women
Event 21	100 IM	Men
Event 22	200 Back	Women
Event 23	50 Fly	Men
Event 9	4x100 IM	Mixed

Prize ceremony

Sunday:

B Final

Event 25	100 Free
Event 24	200 Free
Event 26	100 Breast
Event 27	100 Back
Event 2	50 Back
Event 29	200 Fly
Event 30	200 IM
Event 31	400 Free
Event 32	50 Free
Event 33	200 Breast
Event 34	100 Fly
Event 35	100 IM
Event 36	200 Back
Event 37	50 Fly
Event 6	50 Breast

Start 16.00

Women
Men
Men
Women
Men
Women
Men
Women
Men
Women
Men
Women
Men
Women
Women

A Final

Event 28	800 Free
Event 25	100 Free
Event 24	200 Free
Event 6	50 Breast
Event 26	100 Breast

Start 17.15

Men
Women
Men
Women
Men

Prize ceremony

Event 27	100 Back	Women
Event 2	50 Back	Men
Event 29	200 Fly	Women
Event 30	200 IM	Men
Event 31	400 Free	Women
Event 32	50 Free	Men

Prize ceremony

Event 33	200 Breast	Women
Event 34	100 Fly	Men
Event 35	100 IM	Women
Event 36	200 Back	Men
Event 37	50 Fly	Women

Prize ceremony

