

SWEDISH SWIM GAMES



VÄSBY
SIMSÄLLSKAP

Swedish Swim Games 2025 Grand Prix 1

Vilundabadet 25 m
Upplands Väsby
7-9 November 2025

Full invitation www.vss.se



Website:
www.vss.se/start

Väsby Simsällskap
Upplands Väsby
swimgames@vss.se



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VENUE Vilundabadet 25 m pool, 8 lanes. Adress : Husarvägen 25 Upplands Väsby.

DATE Friday – Sunday, 7-9 November 2025.

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 A Finals 17.45
Sunday Prelims	Warm-up 07:30-08:45	Start 09.00
Sunday Finals	Warm-up 14.30-15.45	B Finals 16.00 A Finals 17.15

- The times are subject to slight adjustments.
- The Competition will have the format of A and B flights in the prelims and A and B finals (see the event order).
- The Pool will be open for warm up between the A and B flights and the finals.
- Clubs arriving on Thursday 6th November and want to practice, please contact tavlingar@vss.se

ENTRY Entries can be made on TEMPUS from 15th August and last date to enter is **17th October 23:59**. Clubs from outside Sweden, please send the entries to entrv@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 qualifying times to participate are in line with the Swedish Swimming Federation's regulations [Kvaltider GP 2025 ny.xlsx](#)

If necessary, limitations will be made on the psych sheet. Prelims are limited to 3h15min.

Entry fee is 130 SEK and for relays 260 SEK

ACCREDITATION All swimmers and coaches should carry their accreditations at all times. The accreditations will be available to pick up from the front desk starting at 14.00 on Friday 7th November. The Front desk is open throughout the competition. Accreditations are automatically provided for all the swimmers and coaches and staff need to register through the below link for accreditations no later than **17th October**.

<https://docs.google.com/forms/d/e/1FAIpQLSfY7yRcrWV-4cDbVOS6rLZ4QFejv0GIa46VYzJS-WZ1NP5JWQ/viewform?pli=1>

Accreditation costs is 100kr per person

HOTELS Rooms to be booked directly with the hotels.

First Hotel Stockholm North (15 min walk from the pool)
www.firsthotels.com Phone: +46 (0) 8 502 707 50

All prices include breakfast

Single room: 799 SEK/night, Double/Twin: 849 SEK/night

Single room incl lunch: 969 SEK/night, Double/Twin: 1189 SEK/night

Single room incl lunch & dinner: 1179 SEK/night, Double/ Twin: 1609 SEK/night

Last day for guaranteed booking is 12th October.

Booking <https://be.synxis.com/?Hotel=46472&Chain=30580&arrive=2025-11-07&depart=2025-11-09&adult=1&child=0&promo=VASSIM2025>

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HOTELS

Scandic Hotel Upplands Väsby (5 min walk from the pool)
www.scandichotels.se Phone +46 (0) 8 51751700

All prices include breakfast
Single room: 900 SEK/night,
Double/Twin: 1000 SEK/night
Triple bedroom: 1300 SEK/night
Quadruple bedroom: 1500 SEK/night
Sport menu 1 139 SEK/pp/meal
Sport menu 2 189 SEK/pp/meal

Last day for guaranteed booking is 7th September.

Booking 1-9 persons Phone: 08 517517 00, tonval/touch tone choice: 1
or book on www.scandichotels.se Booking code: **BSWE071125**

Booking 9 or more persons contact sport.sweden@scandichotels.com Booking code: **BSWE071125**

OFFICIALS

Officials (Funktionärer) from other clubs are welcome to participate. Please send us an email swimgames@vss.se

START LIST

Start lists are posted on <https://live.swimify.com/> and will be updated until the completion starts.

SUPERLIVE

The competition is broadcasted on Livetiming "Superlive" and followed on Swimify Livetiming

WITHDRAWALS

Early scratches can be sent to it@vss.se no later than 6th November 23.59.

Every club coach will receive log in- information to an official Swimify app where scratches can be made.
Info will be sent no later than 3rd November.
Scratches are to be turned in 30 minutes after the end of the afternoon session for next day. The deadline for Friday's session scratches is 1 hour before the start of the session.
Scratches for finals must be turned in no later than 30 minutes after the completion of the event.
More information regarding the routines and penalty fees will be communicated in the PM which will be sent out no later than 24 October.

LOGISTICS

Please let us know if we can be of any assistance concerning transport from Arlanda Airport to Upplands Väsby. There is a SL commuter train leaving Arlanda Airport (Sky City) to Väsby Centrum. More information regarding transport from the airport can be found here.
[https://www.swedavia.se/arlanda/tag/#:::text=SL%3As%20pendelt%C3%A5g%20till%20Stockholm,Arlanda%20Norra%20\(Terminal%205\)](https://www.swedavia.se/arlanda/tag/#:::text=SL%3As%20pendelt%C3%A5g%20till%20Stockholm,Arlanda%20Norra%20(Terminal%205))

PARKING

Parking is available outside the main entrance to the pool between the ice hockey hall and Vilundabadet. There is also parking at Väsby Centrum.

QUESTIONS

Please feel free to email swimgames@vss.se

CAFETERIA

A cafeteria is located in Vilundabadet's reception where the pool is located.

Food/Lunch

At Väsby Centrum you will find many places to eat. It is only a 5 minute walk away.

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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 25	200 Free	Men
Event 26	100 Free	Women
Event 27	100 Breast	Men
Event 28	100 Back	Women
Event 29	800 free (1 heat)	Men
Event 30	200 Fly	Women
Event 31	200 IM	Men
Event 32	400 Free	Women
Event 33	50 Free	Men
Event 34	200 Breast	Women
Event 35	100 Fly	Men
Event 36	100 IM	Women
Event 37	200 Back	Men
Event 38	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 fastest heats on 400 races. Last 3 heats on the prelims are seeded heats.

Friday prelims will not have A and B flights format.

800 Free is 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.

We will have two relays. 4x100 mixed medley and 4x100 mixed freestyle (2 heat limitation). Both relays will be a direct final based on entry times. The 4x100 mixed medley will go on friday and the 4x100 mixed freestyle relay will go on Saturday at the end of the A-finals.

All events and finals are subject to change.



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Event Order Finals

Saturday:

B Finals

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 16.00

A Finals

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

Start 17.45

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

5 min break

Event 24	4x100 Free	Mixed
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Prize ceremony

Sunday:

B Finals

Event 26	100 Free
Event 25	200 Free
Event 27	100 Breast
Event 28	100 Back
Event 2	50 Back
Event 30	200 Fly
Event 31	200 IM
Event 32	400 Free
Event 33	50 Free
Event 34	200 Breast
Event 35	100 Fly
Event 36	100 IM
Event 37	200 Back
Event 38	50 Fly
Event 6	50 Breast

Start 16.00

A Finals

Event 29	800 Free
Event 26	100 Free
Event 25	200 Free
Event 6	50 Breast
Event 27	100 Breast

Start 17.15

Prize ceremony

Event 28	100 Back	Women
Event 2	50 Back	Men
Event 30	200 Fly	Women
Event 31	200 IM	Men
Event 32	400 Free	Women
Event 33	50 Free	Men

Prize ceremony

Event 34	200 Breast	Women
Event 35	100 Fly	Men
Event 36	100 IM	Women
Event 37	200 Back	Men
Event 38	50 Fly	Women

Prize ceremony

All event and finals
are subject to
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