

Sim à Lund



13-14
December
2025

Welcome to the 2025 edition of Sim à Lund

Sim à Lund

13-14 december 2025

SK Poseidon invites you to this year's edition

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

We have revised the event list this year, based on your feedback.
We think you will like it, please refer to the last two pages.

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

Time schedule	Saturday	December 13	session 1	starts 09.00
	Saturday	December 13	session 2	starts 16:00
	Sunday	December 14	session 3	starts 09.00
	Sunday	December 14	session 4	starts 16.00

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	16 and older	Men / Women
C	13 – 15	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 and C groups.

Registration Registration is done via [Tempus Anmälan](#).
The registrations must reach us by December 1 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 140 SEK/start.
Coach meeting	At 08.10 on Saturday 13 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 <i>Arena Park</i> 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
Entrance	We use the swimming arenas's Event Entrance. It is on the south side towards the parking garage and <i>Stadsparkscaféet</i>.
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, above all, to be able 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 them being returned at the end of the competition. For each lost wristband there will be a charge 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 anmalan@skposeidon.se We would like to know the following: - whether they are "distriktsfunktionär" or "tävlingfunktionär" - 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	<i>Café Vrå</i>, reached via the main foyer, offers food, coffee and sweets. Just south of the swimming arena, in the park, you can find <i>Stadsparkscaféet</i>, 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 **password:** svensson

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



Events at Sim à Lund 2025

Saturday 13 December

Session 1

Warming up 08.00

Start 09.00

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

Session 2

Warming up 15.00

Start 16:00

Event 9	50m butterfly	Men	preliminary heats	B, C
Event 10	50m butterfly	Women	preliminary heats	B, C
Event 11	50m backstroke	Men	preliminary heats	B, C
Event 12	50m backstroke	Women	preliminary heats	B, C
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 17	50m butterfly	Men	finals	B, C
Event 18	50m butterfly	Women	finals	B, C
Event 19	50m backstroke	Men	finals	B, C
Event 20	50m backstroke	Women	finals	B, C



Sunday 14 December

Session 3

Warming up 08.00

Start 09.00

Event 21	200m backstroke	Men	B, C
Event 22	200m backstroke	Women	B, C
Event 23	100m breaststroke	Men	B, C
Event 24	100m breaststroke	Women	B, C
Event 25	100m freestyle	Men	B, C
Event 26	100m freestyle	Women	B, C
Event 27	200m butterfly	Men	B, C
Event 28	200m butterfly	Women	B, C

Session 4

Warming up 15.00

Start 16.00

Event 29	50m breaststroke	Men	preliminary heats	B, C
Event 30	50m breaststroke	Women	preliminary heats	B, C
Event 31	50m freestyle	Men	preliminary heats	B, C
Event 32	50m freestyle	Women	preliminary heats	B, C
Event 33	400m freestyle	Men		A
Event 34	400m freestyle	Women		A
Event 35	400m medley	Men		A
Event 36	400m medley	Women		A
Event 37	50m breaststroke	Men	finals	B, C
Event 38	50m breaststroke	Women	finals	B, C
Event 39	50m freestyle	Men	finals	B, C
Event 40	50m freestyle	Women	finals	B, C

