

Sim à Lund



23/11 - 24/11
2024

**Welcome to the 2024 edition of the
Sim à Lund**

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SK Poseidon invites you to this year's edition

This is a good and welcome supplement to SM, JSM & SUM-SIM

We offer all 100 meter distances and all 200 meter distances including individual medley.

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

Time schedule	Saturday	November 23	session 1	starts 09.00
	Saturday	November 23	session 2	starts 15.30
	Sunday	November 24	session 3	starts 09.30
	Sunday	November 24	session 4	starts 14.30

Warming up One hour before the start of respective session, though session 1 already at 07.45.

Participants We reserve the right to restrict heats in the event of too many starts in certain disciplines in order to meet the Swedish Swimming Association's time limits for the sessions (withdrawal takes place per age group in that case). We will have 5 reserves in each affected event and give priority to older swimmers. Foreign club participants are always guaranteed a place.

Age Classes Individually: 19 and older Men / Women
17 - 18 Men / Women
15 - 16 Men / Women
13 - 14 Men / Women

Registration Registration must be done via *Tempus Anmälan* or with a Lenex file. **The registrations must reach us by November 16 at the latest!**

Starting fee SEK 90 per start.
An invoice for entry fees is sent out after the competition.

List of competitors **Start list** will be available on <https://live.swimify.com/> in the beginning of week 47.

Withdrawal	<p>Withdrawals are accepted no later than 8:00 p.m. Friday evening for the Session 1 and then no later than ½ hour after the end of the previous session.</p> <p>We use Swimify Coach App, where the coaches do the withdrawals themselves. Cancellations can only be reported in this way!</p> <p>Each club must before 20th November provide, usernames = email addresses (connected to an account in the App) to coaches that will make the withdrawals. The list of email addresses shall be sent to anmalan@skposeidon.se</p>
Late registration	<p>We accept late registrations subject to availability for a double entry fee. Late registrations must be made no later than an hour and a quarter [1 h 15 min] before the start of each session.</p>
Additional events	<p>If the race director approves, extra races can be included in the race sessions if there is space. The distance must not exceed 200 meters. Cost SEK 120/start.</p>
Coach meeting	<p>At 08.10 on Saturday 25 November.</p>
Intermission	<p>There will be 15 minute intermissions in each session. The intermissions is determined after a calculation from the time program. When we have calculated all the passes, we publish the official program at https://live.swimify.com/. Preliminarily, it may be after events 3, 8, 13 and 18.</p>
Coach coffee	<p>As usual in Lund, coaches' coffee is served during the 15-minute intermissions. It will take place on the second floor next to the grandstand entrance.</p>
Recovery	<p>Offered in the 50 meter pool in designated lanes. The passage to the 50 takes place via the doors where you also get to the stairs that lead up to the changing rooms, not any others.</p>
Results	<p>The results are posted at https://live.swimify.com/</p>
Heatlist	<p>After withdrawals and seedings are made, clubs will receive heat lists per competition session.</p>

Points calculation	None in this competition.
Awards	Awards to the 3 best in each event and age group. Award distributions take place in connection with intermissions and after completed sessions.
Parking	In the "Arena Park" parking garage. The entrance is from Ringvägen and Stattenavägen.
Entrance	We use the entrance through the swimming hall's Event Entrance . It is on the south side of the hall towards the parking garage and Stadsparkscaféet.
Changing room	The dressing rooms on the second floor above the 50th are to be used. A special 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 gets to collect all its wristbands and is responsible for them also being collected at the end of the competition. For a lost wristband, the bath wants compensation of SEK 200.
Officials	It is always difficult to get enough experienced officials for competitions. We are grateful if visiting swimming clubs line up with officials for the various sessions. We recommend that clubs with more than 5 swimmers support the competition with 1 official and clubs with more than 15 swimmers support with 2 officials.
Accommodation	We currently do not offer accommodation packages but are happy to arrange accommodation options.
Catering / kiosk	<i>Café Vrå</i> will be in the hall and offer coffee, kiosk goods, etc. Lunches throughout the weekend and dinner on Saturday are offered by <i>Café Vrå</i> , which can be reached via the main foyer. The price is SEK 130/meal. Pre-orders can be made to thorbjorn@skposeidon.se . Just south of the swimming hall by the parking garage is the <i>Stadsparkscaféet</i> , which also has a coffee shop and food service.

Internet in the hall The competition is available on <https://live.swimify.com/> and can be followed in the hall with a computer/pad at the web or with smart phones through apps that are available for Live Timing, partly for iPhone on the App Store and partly for Android on Google play.

SSID: Poseidon Mesh Guest **password:** svensson

Phone numbers To those **in charge** during the competition days:
+46 (0)70 – 595 48 88 [**Thorbjörn Holmberg** – Competition manager]

Contact / questions Via e-mail to [**anmalan@skposeidon.se**](mailto:anmalan@skposeidon.se)
or phone (0)70 – 595 48 88



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	



**Most welcome to swim
at the Högevallsbadet in Lund**