



Stockholmspolisens IF  
Simförening

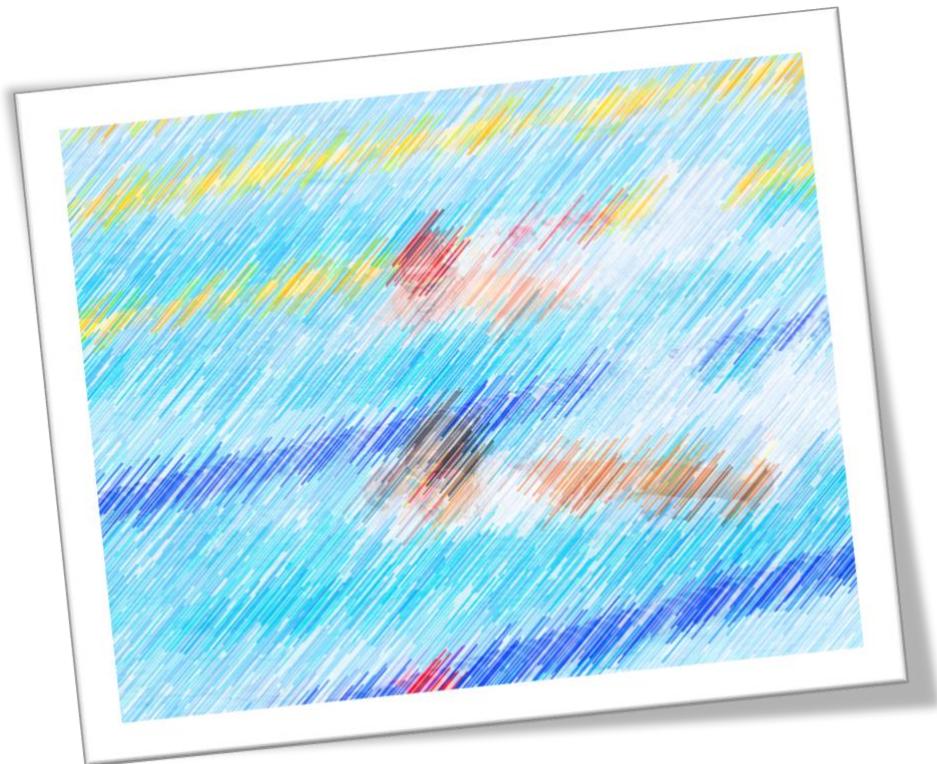
*Stockholmspolisens IF Simförening and **HEAD** hereby has the pleasure of inviting you to...*

**Polisen**

**HEAD**®

**Summer Cup**

1<sup>st</sup> – 3<sup>rd</sup> July 2022



**HEAD**®

1



## General information

Competition venue	Eriksdalsbadet (indoor 50m pool) Hammarby Slussväg 20, 118 60 Stockholm
Schedule	Friday (session 1) warm-up 14:00; competition start 15:00 Saturday (session 2) warm-up 08:00; competition start 09:00 Saturday (session 3) warm-up 14:30; competition start 15:30 Sunday (session 4) warm-up 08:00; competition start 09:00
Registration	The registration must be handed to us by e-mail ( <a href="mailto:info@polisensimning.se">info@polisensimning.se</a> ) no later than Friday, <b>June 17, 2022</b> . Use <a href="#">lenex file</a> or <a href="#">excel-sheet</a> (foreign teams only).
Entry fee	Individual start 70 sek Relay 140 sek
Age groups	A: 2010 and younger B: 2008 – 2009 C: 2006 – 2007 D: 2005 and older
Start and result lists	The start list will be published on <a href="#">Livetiming website</a> no later than one week before the competition. Results will be published on the same website immediately after the competition has ended and will be placed on the wall in the swimming pool continuously during the competition.
Prizes	Prize money will be awarded to the top three best women and men swimmers as follows: 5 000 SEK – 1st place 3 500 SEK – 2nd place 1 500 SEK – 3rd place  Fina's points table will be used as a basis for the top three events of the individual swimmer.  Medals will be presented to top three swimmers in age groups BCD
Age group A	Swimmers who are 12 years old or younger will not be ranked in a results list. They will be presented in alphabetical order regardless of the result or gender. There will be no award ceremony for this age group in accordance with new rules. All participants will receive a participation medal.
Restriction	For the length of each session won't exceed 3.5 hours we reserve the right to limit the number of starts.



## Food and accommodation

Lunch and dinner buffet costs 185 SEK per person per meal, meals are served as buffets at Clarion Hotel Stockholm. Book meals using the [excel sheet](#) (deadline 1<sup>st</sup> June).

### Clarion Hotel Stockholm

Single room: 945SEK/night incl. VAT and breakfast

Double room: 1145SEK/night incl. VAT and breakfast  
[book here](#)

### Quality Hotel Globe

Single room: 845SEK/night incl. VAT and breakfast

Double room: 1045SEK/night incl. VAT and breakfast  
[book here](#)

For multi-bed rooms there is 250SEK fee per person per night.

See more details and book on [our website](#) no later than **1<sup>st</sup> June**.

## Heat lists

Will be placed on the wall of the swimming pool. No heat lists will be distributed to the coaches as everything can be published on [Livetiming website](#). We are considering the environment!

## Entrance

Free entrance via designated entrances at Eriksdalsbadet.

## 8x50 medley relay

The race concludes on Sunday with a challenging and fun team relay 8x50 mix medley. You must have one representative from each gender per each swim. Each club registers unlimited number of teams but only from age groups BCD.

**Team order:** 2x50 backstroke, 2x50 breaststroke, 2x50 butterfly and 2x50 freestyle. (both backstrokers start in the water)

## Sanction

Stockholm Swimming Federation

Some changes may occur no later than one week prior the competition. The final document (PM) will be published on our website and sent out to the participating teams.



## Event schedule:

### Session 1 Friday

Event 1 400 Freestyle women BCD

Event 2 400 Freestyle men BCD

Event 3 100 Backstroke women ABCD

Event 4 100 Backstroke men ABCD

*Prize ceremony event 1-4*

Event 5 50 Butterfly women ABCD

Event 6 50 Butterfly men ABCD

*Prize ceremony event 5-6*

### Session 3 Saturday

Event 13 200 Freestyle women BCD

Event 14 200 Freestyle men BCD

Event 15 50 Breaststroke women ABCD

Event 16 50 Breaststroke men ABCD

*Prize ceremony event 13-16*

Event 17 100 Butterfly women ABCD

Event 18 100 Butterfly men ABCD

*Prize ceremony event 17-18*

### Session 2 Saturday

Event 7 200 Medley women BCD

Event 8 200 Medley men BCD

Event 9 50 Backstroke women ABCD

Event 10 50 Backstroke men ABCD

*Prize ceremony event 7-10*

Event 11 100 Freestyle women ABCD

Event 12 100 Freestyle men ABCD

*Prize ceremony event 11-12*

### Session 4 Sunday

Event 19 400 Medley women BCD

Event 20 400 Medley men BCD

Event 21 100 Breaststroke women ABCD

Event 22 100 Breaststroke men ABCD

*Prize ceremony event 19-22*

Event 23 50 freestyle women ABCD

Event 24 50 freestyle men ABCD

Event 25 8x50m Medley Relay BCD

*Prize ceremony event 23-25*