

Meet Memo

Swedish Open Masters Swimming
Championships 2010 in Växjö



Session times:	Friday, session 1: start 17:00	warm-ups: 15:30
	Saturday, session 2: start 08:30*	warm-ups: 07:30
	Saturday, session 3: start 15:00	warm-ups: 14:00
	Sunday, session 4: start 09:00*	warm-ups: 08:00

**Notice new start times!*

Scratches: Can be sent to mattias@vaxjosimsallskap.com or per telephone +46(0)-470-46650 until Friday the 19 of March at 13:00. After that, all scratches should be handed in to the secretary table atleast 60 minutes before the start of the session. All late scratches will be charged 300 SEK per individual start and 400 SEK per relay. In cases where the meet doctor has advised against swimming there will be no charge.

Cool down: In the Multi-purpose pool.

Bus from social dinner: 20 SEK / person.
Max 50 people / bus
Tickets can be purchased at the information desk.
The bus route:
Quality – Stationen - Elite Stadshotellet –
Best Western Hotel Royal Corner - Hotel Carisma - Scandic Hotel
- Evedals Vandrarhem

Cafeteria: At the pool

Late registrations: Is allowed up to the 12 of March, for double the entry fee

Entrance: Free for all public

Time trials: Will not be allowed.

Merchandise: There will be swim items for sale from various suppliers at the meet.

Order of Events: See homepage

Heat List: Each club can pick up there heat list in their mail box at the information desk.

Open Ceremonies: The Opening ceremonies will be Saturday morning at 8:15

Social Dinner: Tickets can be purchased for the dinner as late as Friday before the

meet starts. There will be a coat-check: 10 SEK / person.

- Mailbox:** Each clubs box can be found at the information desk.
- Relay entries:** Need to be handed in to the secretary one hour before the session.
- Food:** Friday dinner will be at the pool. Saturday and Sundays lunch will be at the Östregårdsskolan. Directions to the school can be found at the information desk. To book your meals contact the office by phone +56-(0)470-46650 or via email mattias@vaxjosimsallskap.com Changes to bookings should be made no later than March the 12th
- Medals/Prizes:** Medals will be awarded for places 1-3.
The Swedish Championships Medal will be awarded to the best swimmer representing a Swedish club where there are at least 2 competitors. Swedish winners of the 70 years and older classifications will receive a Championship medal even if competing solo. All others must be within 5% of the Swedish record in order to receive the Championship medal. Ann's and Glenn's Challenge Trophy will be awarded to the best female and male performer, with regards to MASTERS FINA POINTS.
- Locker room:** Participants will get a locker keyband. Notice! Lost bands cost 100 SEK. Team leaders can pick up the teams bands at the info desk.
- Parking:** Free at the pool
- Award Ceremony:** Gold medals to be presented in the pool. Please be present at time of ceremony. Silver and Bronze medals to be picked up at the meet info desk after the official results are posted.
- Event: 1-2** Friday after Event 2
 - Event: 3-4** Saturday before pass 2
 - Event: 5-8** Saturday after Event 8
 - Event: 9-12** Saturday after Event 12
 - Event: 13** Saturday after Event 14
 - Event: 14-16** Saturday after Event 16
 - Event: 17-20** Saturday after Event 20
 - Event: 21-22** Sunday before session 4
 - Event: 23-26** Sunday after Event 26
 - Event: 27-30** Sunday after Event 30
 - Event: 31-32** Sunday after Event 32
- Presentation of the Ann and Glens trophy after Event 32
- Important to be at the podium so the ceremonies go quick and smoothly.*
- SM points:** SM (Swedish Championships) points will only be calculated for Swedish clubs as specified in SSF Rule 310: "Points are awarded for results in SM in Masters swimming, with 7, 5 and 3 points being awarded for the first three (Swedish) club participants in each event and age class, provided that at least three participants from at least two (Swedish) clubs started in the event. Team points are awarded

only in events in which at least two teams from at least two Swedish clubs have participated in the event.”

- Tech meeting:** 16.30 at Friday Match 19 for all meet officials
- Head Judge:** Bertil Ek
- Meet telephone:** +46-(0)708-519591
- Information Desk:** Will be located in the pool entrance. Here you can pick up your food tickets, locker key band and social dinner tickets.
- Records:** After your record breaking race, it is the swimmers responsibility to go directly to the suit control station located at the time secretary. In cases that the suit can be verified as legal according to the FINA rules and list of approved suits the record swim will not be approved. It is important that each suit can easily be identified by manufacturer & model. Most 2010 approved suits have a symbol showing that they are FINA approved.
- Participating clubs:**
- | | |
|-----------------|------------------|
| ANDERSTORP | POLISEN |
| BLÅ SIM & HOPP | POSEIDON |
| BOLLNÄS SS | S 77 Stenungsund |
| DANDERYD | SALTSJÖB |
| ELFSBORG | SANDVIKEN |
| ESKILSTUNA | SIM ENGELH |
| FALUN | SK HAJEN |
| Gustavsbergs SS | SK LAXEN |
| GÖTEBORG | SK NEPTUN |
| HELLAS | SK RAN |
| HS | SK TRITON |
| HULTSFRED | SKK |
| IKSU | SKURU IK |
| JÄRFÄLLA S | SOLLEFTEÅ |
| JÖNKÖPING | SPÅRVÄGEN |
| KALMAR | SS STIMMET |
| KARLSHAMN | SS04 |
| KARLSKO SF | SSH |
| KARLSTAD | SÖDERTÄLJE |
| KIPSALA | SÖDERTÖRN |
| KSLS | TROLLHÄTTA |
| KUNGSBACKA | TUREBERG |
| KUNGÄLV | TÄBY SIM |
| LASS | UPSALA S |
| LIDINGÖ SK | VARBERG |
| LULEÅ SS | VÄSBY SS |
| MARIESTAD | VÄSTERÅS |
| MARKARYD | VÄXJÖ SS |
| MASS | YSTADS SS |
| MKK | ÄLMHULT |
| NAUTILUS | ÖSA |
| NJURUNDA | |



VÄXJÖ
BY CHOICE HOTELS



Akropolis
Grekisk restaurang



RICOH