



*Stockholmspolisens IF Simförening and HEAD would like to invite you to this year's...*

# **Polisen HEAD**

## **Summer Cup**

28th of June - 30th of June 2019



# **HEAD**

SWIMMING

*Welcome in the summer with an exciting weekend in the great Metropolis of Stockholm, Sweden! Come and enjoy this fun-filled competition and see if your club takes home the HEAD Summer Cup Trophy!*



General Information				
<b>Location:</b>		Eriksdalsbadet, Hammarby Slussväg 20, 118 60 Stockholm		
<b>Pool:</b>		50 meter, long course indoor pool, 8 lanes (with capability of 10 depending on total number of participants).		
		<b>Fridag (Session 1)</b>	<b>Saturday (Session 2/3)</b>	<b>Sunday (Session 4)</b>
<b>Times:</b>	<b>Warm-ups:</b>	<b>14.00</b>	<b>8.00 / 14.30</b>	<b>9.00</b>
	<b>Competition Start:</b>	<b>15.00</b>	<b>9.00 / 15.30</b>	<b>10.00</b>
<b>Age Groups:</b>		<i>A- 11 &amp; younger            B- 12 - 13            C- 14 - 15            D- 16 &amp; older</i>		
<b>Sanction:</b>		Stockholms Simförbund (SM336038)		
<b>Registration:</b>		Registration through OCTO is most preferred. Swimmers or clubs not enrolled in OCTO, sign up can be completed by requesting an event file or if necessary by sending all information ( <i>Names/ Ages /Gender/ Events /Event #/ Team</i> ) to <a href="mailto:tavling@polisensimning.se">tavling@polisensimning.se</a>		
<b>Late Registration:</b>		120 kr		
<b>Fees:</b>		<u>Individual start:</u> 70 kr <u>Relay:</u> 100 kr ( <i>read more on last page</i> ) <u>Time trials:</u> 300 kr /start		
		<i>Time trials on Saturday, day 2. Only two heats of boys and two heats of girls, with a maximum race distance of 200m will be accepted. These will be swum after the conclusion of the last race of Saturday's morning session.</i>		
		Polisens IF will bill your club after the conclusion of the competition. Upon request, arrangements can be made to pay by means of cash during the competition.		



<b>Prizes:</b>	Medals will be awarded 1st to 3rd place in their respective age class and gender.  Winners of the HEAD Relay Cup will be awarded a Trophy
<b>Entrance:</b>	Free admission through specified entrances at the facility. Entry through an unspecified entrance will incur facility's normal admission price.
<b>Livetimesing:</b>	Results will be published via LiveTiming.
<b>HEAD Summer Cup Relay:</b>	Clarification of relay format is explained on the last page Medals will still be given out to all relays.

<b>Session 1 - Friday 28th of June</b>			
Warm-up 14:00 Start 15:00			
Women	Event	Age groups	Men
1	400 m Freestyle	BCD	2
3	100 m Backstroke	ABCD	4
Prize Ceremony			
5	50 m Butterfly	ABCD	6
7	4x50 m Frisim relay	1 from each age group	8
Prize Ceremony			

<b>Session 2 - Saturday 29th of June</b>			
Warm-up 8:00 Start 9:00			
Women	Event	Age groups	Men
9	200 m Medley	BCD	10
11	50 m Backstroke	ABCD	12
Prize Ceremony			
13	100 m Freestyle	ABCD	14
15	4x50 m Medley relay	1 from each age group	16
Prize Ceremony			



<b>Session 3 - Saturday 29th of June</b>			
Warm-up 14:30 Start 15:30			
Women	Event	Age groups	Men
17	200 Freestyle	ABCD	18
19	50 m Breaststroke	ABCD	20
Prize Ceremony			
21	100 m Butterfly	ABCD	22
Prize Ceremony			

<b>Session 4 - Saturday 30th of June</b>			
Warm-up 9:00 Start 10:00			
Women	Event	Age groups	Men
23	400 Medley	BCD	24
25	100 m Breaststroke	ABCD	26
Prize Ceremony			
27	50 m Freestyle	ABCD	28
29	8x50 m Medley HEAD SUMMER CUP	FINAL MIXED	
Prize Ceremony			

### Clarification of Head Summer Cup Relay

**HEAD Summer Cup** competition will conclude Sunday with a fun mixed 8x50 Mixed Medley Relay for the HEAD Summer Cup Trophy. Each club can submit as many relay teams as they wish (ie. Polisen A, Polisen B, Polisen C).

**The relay will be swim in the following order:** 50 Backstroke, 50 Backstroke, 50 Breaststroke, 50 Breaststroke, 50 Butterfly, 50 Butterfly, 50 Freestyle, 50 Freestyle. The second backstroker will also start from in the water (not from the startingblocks).