

INVITE

ZOGGS ZWIMM STOCKHOLM



SummerCup

Eriksdalsbadet
June 28–30, 2024



P O L I S E N S I M N I N G . S E



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ZOGGSZWiM

STOCKHOLM

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Zwim-zalabim

Just like magic, it's soon to be here – Summer.

Now it's time to start planning for Stockholm's biggest youth swimming competition, Zoggs Zwim Summer Cup, June 28-30.

Swimmers from all over Sweden, the Nordic countries, and Europe gather in Sweden's National Swimming Arena, Eriksdalsbadet, to compete and have fun.

Surrounded by a summery Stockholm, You and your team get the perfect ending to one intensive season.

Welcome!

Yoggi Yoggi

Stockholmspolisens IF Simförening

P.S. Don't miss the closing Summer Cup, a fun 8x50m mix medley relay for all age groups at the same time.



Stockholmspolisens IF Simförening
www.polisensimning.se



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Place and time

Eriksdalsbadet (indoor 50m pool) Hammarby Slussväg 20,118 60 Stockholm.
June 28-30 June, 2024

Entrance (swimmers/spectators)

Free entry via specified entrance at Eriksdalsbadet.

Schedule

Session 1	Friday	28 juni	warm-up 14:30	competition start 15:00
Session 2	Saturday	29 juni	warm-up 08:00	competition start 09:00
Session 3	Saturday	29 juni	warm-up 14:30	competition start 15:30
Session 4	Sunday	30 juni	warm-up 08:00	competition start 09:00

Registration

The registration must be handed in no later than **Friday, June 14, 2024**. Please send your correct lenex file or [excel-sheet](#) to info@polisensimning.se. Teams from Norway and Finland can enter swimmers via their national federation system.

Entry fees

Individual start SEK 75, Relay SEK 150.

Age groups

- A: 2007 and older
- B: 2008 – 2009
- C: 2010 – 2011
- D: 2012 and younger (mix)

Boys and girls 12 years of age or younger (Class D) will not be ranked by their results in a list. The results are instead listed together with the swimmers in alphabetical order.

Start/heat/result lists

The start list will be published on [Livetiming](#) no later than one week before the competition. Heat and result lists will be published on the same website and app under the current competition session and will be posted on the wall in the pool area continuously.

Limitation

In order for the sessions not to exceed 3.5 hours, every swimmer can participate in max 6 events + relay.

Sanction

The competition is sanctioned by the Stockholm Swimming Federation.



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Medals

Age group A,B,C: Medals to top three swimmers in every discipline
Age group D: All participants receive a participation medal.

The best Zoggs Zwimmer

Prize money will be awarded to the Top three female and male swimmers as follows:

1st place – SEK 5 000

2nd place – SEK 3 000

3rd place – SEK 2 000

We use the sum of FINA points from the swimmer's top three disciplines to select the winners. The prize money is paid out to the swimmer's club. If the club doesn't want to accept cash prize, we will donate the prize money to the Swedish Cancer Foundation.

The Summer Cup (trophy)

The competition ends on Sunday with a challenging and fun 8x50 meter mixed medley team relay. The race order is 2x50 backstroke, 2x50 breaststroke, 2x50 butterfly and 2x50 freestyle. (both backstroke swimmers start in the water).

Each team are built by four boys and four girls, and a minimum of two but a maximum of three swimmers from each age group A, B, and C.

Each club registers any number of teams (e.g. "Swimming Club team 1", "Swimming Club team 2", etc.). The winning club gets to take home the trophy until next year.

Food

A special offer for lunch and/or dinner buffet at the nearby Clarion Hotel Stockholm is available for SEK 215 per person and meal. Make reservations using this [excel-sheet](#). (No later than May 28)

Accommodation (offer)

Clarion Hotel Stockholm

Single room: SEK 1 395/night (inkl.VAT and breakfast)

Double room: SEK 1 595/night (inkl.VAT and breakfast)

Triple room: SEK 1 895/night (inkl.VAT and breakfast)

50 rooms available at these prices. First come, first served.

[MAKE RESERVATIONS HERE](#) (No later than May 28)



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Event schedule:

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.

Session 1 (Friday June 28, 15.30)

FRIDAY

- Event 1: 100 Backstroke, mix D
- Event 2: 100 Backstroke, girls ABC
- Event 3: 100 Backstroke, boys ABC
- Event 4: 50 Butterfly, mix D
- Event 5: 50 Butterfly, girls ABC
- Event 6: 50 Butterfly, boys ABC
- Event 7: 400 Freestyle, girls ABC
- Event 8: 400 Freestyle, boys ABC

SATURDAY

Session 2 (Saturday, June 29, 09.00)

- Event 9: 50 Backstroke, mix D
- Event 10: 50 Backstroke, girls ABC
- Event 11: 50 Backstroke, boys ABC
- Event 12: 100 Freestyle, mix D
- Event 13: 100 Freestyle, girls ABC
- Event 14: 100 Freestyle, boys ABC
- Event 15: 200 Medley, girls ABC
- Event 16: 200 Medley, boys ABC

Session 3 (Saturday, June 29, 15.30)

- Event 17: 50 Breaststroke, mix D
- Event 18: 50 Breaststroke, girls ABC
- Event 19: 50 Breaststroke, boys ABC
- Event 20: 100 Butterfly, mix D
- Event 21: 100 Butterfly, girls ABC
- Event 22: 100 Butterfly, boys ABC
- Event 23: 200 Freestyle, girls ABC
- Event 24: 200 Freestyle, boys ABC

SUNDAY

Session 4 (Saturday June 30, 09.00)

- Event 25: 100 Breaststroke, mix D
- Event 26: 100 Breaststroke, girls ABC
- Event 27: 100 Breaststroke, boys ABC
- Event 28: 50 Freestyle, mix D
- Event 29: 50 Freestyle, girls ABC
- Event 30: 50 Freestyle, boys ABC
- Event 31: 400 Medley, girls ABC
- Event 32: 400 Medley, boys ABC

Event 33: 8x50 Medley Relay, mix ABC



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Welcome!



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