

INVITATION

**SPIF  
STHLM**



*Summer Cup*

**Eriksdalsbadet  
June 27–29, 2025**

STOCKHOLMSPOLISENS IF  
[www.polisensimning.se](http://www.polisensimning.se)





Welcome to SPIF Stockholm – Summer Cup\*, this summer's biggest youth swimming competition, June 27-29.

Swimmers from all over Sweden, the Nordic countries, and Europe gather in Sweden's National Swimming Arena – Eriksdalsbadet, to compete and have fun for three days. For example, don't miss out on the closing mixed 8x50m medley relay with all age groups of the competition at the same time, and the chance to take home the SPIF Summer Cup challenger trophy.

Welcome!

*Yoggi Yoggi*  
Stockholmspolisens IF Simförening



\* Previously known as "Head to Head Summer Cup" and "Zoggs Zwim Summer Cup".





### Place and time

Eriksdalsbadet (indoor 50m pool) Hammarby Slussväg 20,118 60 Stockholm.  
June 27-29 June, 2025

### Entrance (swimmers/spectators)

Free entry via specified entrance at Eriksdalsbadet.

### Schedule

Session 1	Friday	27 June	warm-up 15:00	competition start 16:00
Session 2	Saturday	28 June	warm-up 08:00	competition start 09:00
Session 3	Saturday	28 June	warm-up 14:30	competition start 15:30
Session 4	Sunday	29 June	warm-up 08:00	competition start 09:00

### Registration

The registration must be handed in no later than Friday, June 13, 2025. Please send you correct lenex file or [excel-sheet](#) to [info@polisensimning.se](mailto:info@polisensimning.se). Teams from Norway and Finland can enter swimmers via their national federation system.

### Entry fees

Individual start SEK 80, Relay SEK 150.

### Age groups

- A: 2008 and older
- B: 2008 – 2010
- C: 2011 – 2012
- D: 2013 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 [Swimify](#) 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.





### 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 Summer Cup Swimmer

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 must consist of 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 205 per person and meal. Make reservations using the excel-sheet on our [web page](#). (No later than May 26)

### 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)

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

Please email us at [info@polisensimning.se](mailto:info@polisensimning.se) as soon as possible if you wish to book accommodation.

A limited number of rooms have been pre-booked, and we recommend making your reservation at least two months before the competition.



**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.

**FRIDAY****Session 1** (Friday, June 27, 16.00)

- 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 28, 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 28, 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 29, 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





**Welcome!**