



Baltic Sea Youth Games 2019

Competition memo

Karlstad Municipality and Karlstad Simsällskap (KSS) proudly invites you to the swimming event of Baltic Sea Youth Games, BSYG, on 6 July 2019. The competition will take place at Sundstabadet in Karlstad. This one-day event offers a limited program with the focus on fair and fun competitions.

- **Place:** Sundstabadet, Karlstad. 25m, 6 lanes. Attached layout and signs inside the building provides further information of locations and directions in the arena.
- **How to get there:** Each team will be met at hotel Scandic Winn at 8:30 Saturday morning by representatives from the Swedish Värmlandslaget and then take a 15 min walk to the arena.
- **Entrance:** Through the main entrance facing the small lake Sundstatjärn. Coaches/Team leaders will receive access bands for their team members when meeting up with their respective hosts at Hotel Winn. The bands are used to gain access to the pool area and to lock/unlock the lockers. Please note that the bands are to be returned to your host by the end of the competition.

Visitors are provided access to the competition area by a KSS representative wearing easily recognisable clothing. Please use indoor shoes or the shoe protectors provided.

- **Locker rooms:** Swimmers will get access to the locker rooms and lockers with the access band provided.
- **Showers:** Please note that the locker rooms and showers are shared with the public, who have access to other areas of the swimming facility, hence we ask you to please show consideration.



Overall schedule:

Estimated times	Activity
09.00	Warm up
09.30	Technical meeting / Manager's meeting
10.00	4*50 m relay medley (mixed)
10.20	100 m breaststroke
10.50	200 m freestyle
11.45	100 m backstroke
12.00	Lunch break
14.00	Warm up
15.00	100 m freestyle
15.30	200 m medley
16.25	100 m butterfly
17.00	50 m freestyle
17.30	4*100 m relay freestyle (mixed)

- **Technical meeting / Managers meeting:** In the room “halvmånen” in conjunction with the main swimming hall. The meeting will be held at 9:30.
- **Competition bureau:** Adjacent to lane 1
- **Warm up:** In the main swimming hall
- **Pace course:** Lane 1
- **Start and heat lists:** Will be provided via a link on the BSYG web site, on <http://www.livetiming.se/index.php?cid=4636> and as hard copies on the day of the competition.
- **Warm down:** Please use the lanes dedicated for this in the smaller 25m-pool next to the competition pool (marked out in attached layout). A KSS host will be present to provide directions if required.
- **Prices:** Medals will be given to the three top performers in each event. In addition there will also be a team competition where the teams will be ranked based on resulting total FINA points.
- **Competition results:** log in to LIVEtiming on <http://www.livetiming.se/index.php?cid=4636> for on-line, real time results. Results will also be printed and posted on the BSYG web site.



- **Accommodation and food:** Lunch on Saturday will be served in the lunch restaurant in the Sundsta arena (follow signs). All other meals are arranged by BSYG and information is provided separately. Own food and snacks can of course be consumed but we appreciate if this can be done outside the swimming pool area to avoid water contamination and unhygienic conditions.
- **Sales:** Snacks and drinks can be purchased from the kiosk in the arena and KSS will offer a limited number of club articles such as towels, water bottles etc for sale.
- **Mobile devices/cameras:** It is only allowed to film and take photo's in the competition area. In all other areas of the swimming arena, common areas, change room etc. there is a strict no phone/camera policy.
- **Further information:** ksstavling@gmail.com or Per Bülund +46-70-3803247

Welcome to an exciting and fun event