

Invitation Märkesjakten

Sunday November 21st, Sundbyberg Simhall

Märkesjakten is first and foremost an event for our Medley swimmers but also a great opportunity to train to race for all other swimmers in SS04. Everyone that participates is a winner! The focus is for the swimmers to chase their own personal bests not competing against each other. In every event (stroke and distance) there are three different achievement levels; bronze, silver, and gold. This enables boys and girls to race together.

The first step for swimmers is to swim 25 meters of every stroke. When the gold time has been achieved in a stroke the swimmer may continue on to the 50 meter distance in that stroke and so on up until the 100 meter distance. Märkesjakten is a way to train for racing and everything that swimming competitions are about, before going to a real competition. The rules and regulations involved with swimming competitions are applied starting from the 50 meter distance. The officials will however keep an eye on the swimmers already from the 25 meter distance.

Information about if parents are allowed in will be sent out at a later time.

About the event:

If you are unsure about what you should swim, talk to your coach during practice.

You sign yourself up for this event through the following steps (no later than the 17th of November):

- Log in to the swimmers account at bokning.ss04.se
- Click on the tab called *Anmälningar*.
- Chose *Märkesjakten*.
- Fill out the events you and your coach agreed for you to swim, however maximal of one event per stroke.

At the pool:

- You have to sign in when you arrive in the main entrance of the pool (övre entrén), signing in will take place during a certain time period (see below). When you have signed in you may go change.
We will scratch everyone who have not signed in.
- After changing into your swimsuit, find your coach for help with the warm up.

In the event you get sick and therefore cannot participate, please send a notice of absence email to tavling@ss04.se as soon as possible.

Last day to sign up is November 17th

Important times

Sign-in period: 15.30-16.00 (Make sure you get signed in)

After you have signed in you may go change

Warmup: 16:00-16:30

Competition starts at: 16:45

Grenordning:

Gren 1.	50 m Bröstsims
Gren 2.	25 m Bröstsims
Gren 3.	50 m Fjärilsims
Gren 4.	25 m Fjärilsims
Gren 5.	100 m Medley

Cheer:
Svart och röd kämparglöd,
svart och röd kämparglöd,
oh ah 04!

Maximal of
one event
per stroke
and person.

Awards

When you have swam all your events for the day, head over to our medal table to pick up your participation medal as well as a diploma for your achievement stickers (if you do not already have these).

After achieving the gold time in the majority of the strokes you have the option of purchasing a trophy. There is one trophy for the 25 meter events and another for the 50 meter events. Trophies can be purchased in the SS04 shop at a later time.

Other information

The officials at Märkesjakten are parents, relatives and other individuals working this event solely nonprofit and are so important for us to be able to arrange these events. If you also want to help out, we welcome your help. Please contact Eva-Karin Fridsell at ekfridsell@gmail.com if you are interested.

Contact

Questions are answered through email (also send your notice of absence due to sickness here): kansli@ss04.se