

Göteborgsimmet 2019

Göteborg Sim warmly welcomes you to *Göteborgsimmet* Sunday, August 18, 2019. Below you will find information for your participation.

Transport to Göteborgsimmet

Please use public transport or ride your bike to the event! Avoid traveling by car! If you do travel by car, please carpool and know that there are very limited parking spaces and no parking hosts.

Public transit: Take tram number 5 to the stop Töpelsgatan. From the tram stop it is a 1800-meter walk marked with signs to show the way to the event area.

Check-in and packet pick-up

Check-in and packet pick-up can be found immediately when you enter the event area at Delsjöns badplats. Each participant receives an envelope containing a swim cap, electronic timing chip, a plastic bag for personal belongings, and a steel wire to seal the bag. To facilitate check-in, we ask each participant to enter his or her race number. To find your race number, startlists will be available on the website www.goteborgsimmet.se before the event as well as on bulletin boards in the check-in area on the day of the event.

Changing rooms

Changing is done outdoors on the hillside down to the beach.

Timing

Timing is done by electronic timing chip. The chip is fastened around the swimmer's wrist of choice.

Starting area

From 10 minutes to about 3 minutes before each start, the current starting wave is released into the starting tent located down at the beach. Signage at the entrance to the tent shows which starting wave is currently being let in. At this stage, race personnel will check that you belong to the correct starting wave and that you have your swim cap and electronic timing chip on you. The swim cap should be worn so the race number is on the left side. You will then be able to leave your plastic bag with personal belongings. The plastic bag is marked with the participant's race number. The organizer does not assume responsibility for personal belongings.

All swimmers then pass through a gate where the electronic timing chip is registered. If for any reason you decide to discontinue your swim after this point, you **must** unconditionally notify race personnel and return your electronic timing chip!

Starting procedure

Open classes (1000 m, all waves except 20 & 21)

As the swimmer passes through the gate at the edge of the water where the electronic timing chip is registered, timing begins and the swimmer can immediately start swimming.

Competition classes (5000 m, 2500 m, 1000 m competition classes, waves 6, 7, 20 & 21)

Start in the water with one hand placed on the rope behind the swimmer. The rope is the starting line and it is lifted at the start of the race. During the last five minutes, the launcher announces every full minute. Approximately 10 seconds before start is indicated with clear warning whistle. The starting official will then also hold up a flag. At the start of the race an audio signal will sound and the flag will be lowered swiftly.

Swimmers participating in the open class in 2500m and 5000m start at the edge of the water behind the competition classes.

Course information

The 1000-meter race is a 2 x 500 m long out and back course marked with rope; at 250 meters the course simply turns and you swim on the other side of the rope back in to the finish line. The turning point is marked with a large yellow / orange buoy. Floating docks with safety personnel are close by along the entire course.

The 2500-meter and 5000-meter races are two and four laps respectively on a 2 x 625-meter loop marked with large yellow buoys.

See the course map on the website.

Cut-off time at 2500-meters for 5000-meter swimmers

Participants in the 5000-meter race who have not completed the first 2500 meters/2 laps within 6 minutes will not be allowed to continue for safety reasons.

Finish

The finish line is marked with a big orange sign with the text "FINISH". Immediately behind the finish line there will be signs, each depicting a hand. A correct finish is to place your hand with the electronic timing chip on one of these signs to register your finish. Then continue forward onto the beach.

After finishing

A back-up time is recorded a few meters after the finish line. The participant is asked to place their hand with the timing chip above a picture of a hand. This also aims to ensure that the participant has completed the swimming and is back on land. Each participant receives a medal, a bottle of water and a banana after the race. We ask everyone to walk away from the finishing area as soon as possible to prevent lines to the finish line.

If you do not finish

If for any reason you choose to not finish the race, you **must** notify an official and return your timing chip.

Awards

The award ceremony for the top women and men in their respective distances will take place down on the beach at the edge of the water.

For 2500 and 5000 meters (USM/JSM/SM/DM), the award ceremony is at 12:00.
For 1000 meters the award ceremony is at 2.30 pm.

Results

The results will continuously be posted on bulletin boards placed by the bag pick-up as well as on top of the hill. Live results are also available on the homepage www.goteborgsimmet.se.

Finisher certificates

If you want a finisher certificate for your race, you can print it yourself after the race via the online results, which you can access on the homepage www.goteborgsimmet.se. We will also send you a direct link via e-mail for printing of your finisher certificate.

Swim shop

Swimwear and goggles are available for sale in a tent in the event area.

Concessions

Concessions are available in a small red building on the top of the hill leading down to the lake.

Bathrooms

Bathrooms are located at the top of the hill.

Safety and First Aid

Lifeguards are stationed along the race course. A doctor and nurses can be found in the medical tent adjacent to the beach. There are also nurses available in the finishing area.

Media

The organizer will photograph and film the participants during the competition and reserve the right to publish photo and film material freely through the internet, television, radio, newspapers and various forms of marketing of *Göteborgsimmet* and *Göteborgsklassikern*.

Göteborgsklassikern

The 1000 m race is part of the Gothenburg Classic, *Göteborgsklassikern*, for more information please visit www.goteborgsklassikern.se.

Open Water Trophy

The 5000 meters race is part of the Swedish Swim Association's [Open Water Trophy](#).

Competition license

Competition license is not required by athletes in the open classes. For competition swimmers competing within the Swedish Nationals (SM, JSM, USM or Masters-SM) belonging to a swim club and a valid licence is needed, as well as an application for the nationals through Svenska Simförbundet.

Wetsuits

Wetsuits are allowed in all start groups of 1000 meters. Open class swimmers in 2500 m and 5000 m may also use a wetsuit regardless of the race day conditions. In the nationals we follow Svenska Simförbundet's rules, see Mästerskaps-PM.

Tidsprogram

Startgrupp	Starttid	Klass	Anmärkning
Lördag			
Mix Relay	17.00	4 x 1250 m	
0 Night Swim	22.00	GSN-1000 m	
Söndag			
1 JSM	09.00	5000 m	SM – Start from water
2 SM	09.00	5000 m	SM – Start from water
6	09.00	GS-5000 m	Competition/Non-competition
7	09.20	GS-2500 m	Competition/Non-competition
3 Masters-SM	10.20	2500 m	SM – Start from water
4 USM (16-17)	11.00	2500 m	SM – Start from water
5 USM (13-15)	11.05	2500 m	SM – Start from water
10	12.30	GS-1000 m	Non-competition
11	12.40	GS-1000 m	Non-competition
12	12.50	GS-1000 m	Non-competition
13	13.00	GS-1000 m	Non-competition
14	13.10	GS-1000 m	Non-competition
15	13.20	GS-1000 m	Non-competition
16	13.30	GS-1000 m	Non-competition
30	13.40	GS-500 m	Non-competition
20	14.00	GST-1000 m*	Competition – Start from water
21	14.00	GST-1000 m*	Competition – Start from water
17	14.10	GS-1000 m	Non-competition
18	14.20	GS-1000 m	Non-competition
31	14.30	GS-500 m	Non-competition
99	14.45	GSF-1000m	Officials

* **Youth:** Girls/Boys, younger (- 15) and older (16-17). **Adult:** Women/Men, 18+.

Additional information

All information about Göteborgsimmet, such as a list of registrants, startlists, course maps, and maps of the event area, is posted and regularly updated on www.goteborgsimmet.se under the heading "Information". There you can also find "FAQs".