



Göteborg Sim has the pleasure to invite you to the 39th edition of

ULLBERGSTROFÉN

26 – 28 April 2019

The competition takes place over 3 days in Valhallabadet, Goteborg Sweden
The competitions has heats and finals in the 50 meter 10 lane pool
and finals in the 25 meter 8 lane pool.

- Entries:** Entries should be made at the latest on the 1st of April at 12:00 to kansli@goteborgsim.se We reserve the right to limit the number of heats in each event.
- Late entries:** Can not be made.
- Entry fee:** 70 SEK / individual start and 90 SEK / relay. Start fees should be payed before the competition.
- The start list:** Will be published in week 14 on www.livetimes.se
- Scratches:** Scratches for Friday's heats should be made at the latest on Friday April 26th to kansli@goteborgsim.se at 12:00.
- Scoring:** Points are counted in the finals, 9,7,6,5,4,3,2,1. Double points in the relay
- Prizes:** Medals to the top three in each event, 12 000 SEK to the best club 8000SEK for second best club and 4000 SEK for the third best club in the Scoring. Awards to the best individual score according to Fina list in each age group, during the trial or finals.

Competition times:	Friday Session 1 heats and finals	Warm up 14.00-15.15 competition starts 15.30
	Saturday Session 2 heats and finals	Warm up 07.00-08.15 competition starts 08.30
	Saturday Session 3 finals	Warm up 13.15-14.30 Competition starts 14.45
	Sunday Session 4 heats and finals	Warm up 07.00-08.15 competition starts 08.30
	Sunday Session 5 finals	Warm up 13.00-14.15 Competition starts 14.30

Ullberg Office: Located at the entrance in Valhallabadet. Opening hours: Friday from 13:00, Saturday and Sunday from 07.30

Information: Göteborg Sims office
Valhallagatan 3
412 51 Goteborg, Sweden
E-mail kansli@goteborgsim.se
Homepage www.goteborgsim.se

Age groups: A: 18 years and older; B: 16-17 years, C: 14-15 years, D: 13 years and younger. Age groups are the age of the swimmer at 31 december 2019.

Liseberg: All swimmers will get one free admission to the amusement park Liseberg, se www.liseberg.se for information about the park.

Welcome to Goteborg and the 39th edition of Ullbergstrofén 2019



Friday 26 April 15.30-18.30					50 m
Gren					
3	200 m	Free	Women	Direct Finals	
4	100 m	Free	Men	Heats	
5	100 m	Breast	Women	Heats	
6	50 m	Breast	Men	Heats	
7	100 m	Fly	Women	Heats	
8	100 m	Back	Men	Heats	
2	4*50 m	Medley	Mixed	Direct Finals 3 heats	



Saturday 27 April 8.30-12.00					50 m
Gren					
11	50 m	Back	Women	Heats	
12	200 m	Fly	Men	Direct Finals	
13	200 m	Medley	Women	Heats	
14	200 m	Breast	Men	Direct Finals	
15	50 m	Free	Women	Heats	
16	50 m	Fly	Men	Heats	
17	200 m	Back	Women	Direct Finals	
18	200 m	Free	Men	Direct Finals	
19	100 m	Free	Women	Heats	
20	100 m	Breast	Men	Heats	

Sunday 28 April 8.30-12.00					50 m
Gren					
21	50 m	Breast	Women	Heats	
22	100 m	Fly	Men	Heats	
23	100 m	Back	Women	Heats	
24	50 m	Back	Men	Heats	
25	200 m	Fly	Women	Direct Finals	
26	200 m	Medley	Men	Heats	
27	200 m	Breast	Women	Direct Finals	
28	50 m	Free	Men	Heats	
29	50 m	Fly	Women	Heats	
30	200 m	Back	Men	Direct Finals	

Saturday 27 April 14.45-18.00 Final					25 m
Gren					
4	100 m	Free	Men	Finals	A-D
5	100 m	Breast	Women	Finals	A-D
6	50 m	Breast	Men	Finals	A-D
7	100 m	Fly	Women	Finals	A-D
8	100 m	Back	Men	Finals	A-D
11	50 m	Back	Women	Finals	A-D
13	100 m	Medley	Women	Finals	
15	50 m	Free	Women	Finals	A-D
16	50 m	Fly	Men	Finals	A-D
1	4*50 m	Medley	Mixed	Direct Finals 3 heats	

Sunday 28 April 14.30-17.30 Final					25 m
Gren					
19	100 m	Free	Women	Finals	A-D
20	100 m	Breast	Men	Finals	A-D
21	50 m	Breast	Women	Finals	A-D
22	100 m	Fly	Men	Finals	A-D
23	100 m	Back	Women	Finals	A-D
24	50 m	Back	Men	Finals	A-D
26	100 m	Medley	Men	Finals	
28	50 m	Free	Men	Finals	A-D
29	50 m	Fly	Women	Finals	A-D
10	4*50 m	Free	Mixed	Direct Finals 3 heats	