

# INFORMATION FOLDER

## 23rd DANISH INTERNATIONAL SWIM CUP

### ADRESSES, ACCOMMODATION

Boldesager Skole Cosmos, Nørrebrogade 100, 6700 Esbjerg.  
Fourfeldtskolen Bohr, Ndr. Fovrfeldvej 1, 6710 Esbjerg V.  
Spangsbjergskolen Cosmos, Skrænten 120, 6700 Esbjerg.  
Vitaskolen Bohr, Vester Gjesingvej 28, 6715 Esbjerg N.

### ADRESSES, POOLS

Svømmestadion Danmark (SD), Gl. Vardevej 60, 6700 Esbjerg.  
UC Syddanmarks svømmehal (UC), Skolebakken 171, 6705 Esbjerg Ø.

### ARRIVAL

Teams, who have ordered accommodation and meals, shall upon arrival in Esbjerg check in at the school where they are staying.

Teams, who haven't ordered accommodation and meals, shall at arrival check in at the information desk at Svømmestadion Danmark.

### MEALS

Breakfast and lunch will be served at both pools.

Dinner will be served for all at Badminton Centret. Badminton Centret is located next to Svømmestadion Danmark.

### BUS SERVICE

There will be a bus service from all schools to both pools with continuous operation at peak times and with 20-60 minutes between buses running the rest of the day.

The first bus in the morning will be at 5.30, and last bus in the evening will be at 22.00.

All teams will receive timetables, and these will be posted at the schools and pools.

The busses will be marked with flags and the name of the competition.

The busses drive in a circle, so you cannot get on the wrong bus.

### INFORMATION DESK AT SVØMMESTADION DANMARK

Will be open Thursday from 16.00 - 20.00.

Friday to Sunday it will be open during both prelims and finals.

Deposit for keys to the lockers in the changing room - 100 DKK or 10 Euro.

### CONTACT INFORMATION

Esbjerg Svømmeklub  
Gl. Vardevej 62  
6700 Esbjerg

Phone: +45 30 20 61 15

E-mail: [swimcup@esbjergsk.dk](mailto:swimcup@esbjergsk.dk)

Website: <http://www.swimcup.dk/>

## ACCOMMODATION

At four schools in Esbjerg City.

List of schools can be found at <http://www.swimcup.dk/>.

The schools will be open from Thursday at 14.00 and must be vacated no later than 10.00 on Sunday.

Luggage can be kept at Badminton Centret at Svømmestadion Danmark until departure.

Please leave the school and classrooms as you found them.

## COMPETITION

### Warmup Thursday

From 17.00 - 19.00 at both pools.

### Morning session

Warmup 7.00 - 8.35, competition start at 8.45 at both pools.

The pools will open at 7.00.

Swim down will end 20 minutes after each session.

### Finals

Will start Friday at 18.00 (opening show from 17.15), Saturday at 17.00 and Sunday at 16.00.

Warmup 1 hour before competition start - Friday from 16.10 - 17.10.

### Programs

For Friday morning session the program will be handed out Thursday upon arrival.

Saturday and Sundays morning session programs can be picked up at the Information Desk Friday during the prelims.

The program for the finals can be picked up 1 hour after end of morning session.

### Withdrawals

After May 22nd no further withdrawals can be made. There will be an empty lane.

For finals - no later than 30 minutes after last publication of results.

### Results

Will be posted at both pools and can be seen at <http://www.swimcup.dk/>.

### Relays

Names for Fridays relays shall be handed in no later than 8.30.

Names for Saturdays relays shall be handed in no later than 15.00.

### Opening show Friday

Will start at 17.15 at Svømmestadion Danmark. We encourage you all to attend and be there in good time.

### Show respect at the pools

Don't take up more space than necessary, in order to have room for everyone.

Please clean up after yourselves after each session.

### Hygiene

It is a requirement that ALL swimmers wash themselves thoroughly and without swimwear before entering the pools.

Swimmers who do not meet this requirement will be excluded from further participation.

### Swim rules

FINA's current rules and regulations at the time of the competition will be followed.

### Team leader meetings

7.15 every day at both pools.

### Official meetings

Morning sessions: 7.45 at both pools.

Evening sessions: Friday 16.15, Saturday 17.00 and Sunday 15.00.

### COACH LOUNGE

Available at both pools featuring refreshments of various kinds and with the possibility of Internet connection.

### WELCOME PACKAGE

Upon arrival at the school the team will receive a welcome package.

The teams MUST immediately upon arrival at the school check that the welcome packs and content correspond to the ordered.

Welcome packages include among other admission for swimmers, leaders and officials.

The card gives access to the pools, busses, and meals, if ordered.

Take care of the card, since new meal vouchers must be purchased if lost.

| Time schedule          | Thursday    | Friday                           |             | Saturday                         |             | Sunday                           |             |
|------------------------|-------------|----------------------------------|-------------|----------------------------------|-------------|----------------------------------|-------------|
|                        |             | Prelims                          | Finals      | Prelims                          | Finals      | Prelims                          | Finals      |
| Warmup                 | 17.00-19.00 | 7.00-8.35                        | 16.20-17.20 | 7.00-8.35                        | 15.45-16.45 | 7.00-8.35                        | 14.00-15.45 |
| Competition start      | -           | 8.45                             | 18.00       | 8.45                             | 17.00       | 8.45                             | 16.00       |
| Teamleader meeting     | -           | 7.15                             | -           | 7.15                             | -           | 7.15                             | -           |
| Officials meeting      | -           | 7.45                             | 16.15       | 7.45                             | 16.00       | 7.45                             | 15.00       |
| Expected end           | -           | 13.20 UC<br>15.20 SD             | 20.15       | 12.30 UC<br>15.30 SD             | 20.10       | 12.00 UC<br>14.30 SD             | 18.45       |
| Swim down              | -           | 13.20-13.40 UC<br>15.20-15.40 SD | 20.15-20.35 | 12.30-12.50 UC<br>15.30-15.50 SD | 20.10-20.30 | 12.00-12.20 UC<br>14.30-14.50 SD | 18.45-19.05 |
| Names for relays       | -           | 8.30                             | -           | .                                | 15.00       | .                                | .           |
| Breakfast              | -           | 6.00-8.00                        |             | 6.00-8.00                        |             | 6.00-8.00                        |             |
| Lunch                  | -           | 11.00-13.30                      |             | 11.00-13.30                      |             | 11.00-13.30                      |             |
| Dinner                 | -           | 18.00-21.00                      |             | 17.00-20.30                      |             | -                                |             |
| Bus                    | -           | 5.30-21.45                       |             | 5.30-21.45                       |             | 5.30-14.00                       |             |
| Information Desk       | 16.00-20.00 | 7.00-15.50                       | 16.20-20.15 | 7.00-15.25                       | 16.45-21.10 | 7.00-19.05                       |             |
| Arrival at schools     | From 14.00  | -                                | -           | -                                | -           | -                                | -           |
| Departure from schools | -           | -                                | -           | -                                | -           | -                                | 10.00       |