

# Invitation to Märkesjakten

Saturday, September 18<sup>th</sup>, in Sundbybergs 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.

Unfortunately, we still cannot have an audience at Märkesjakten, ONLY swimmers can enter the pool building. It is okay for parents to hang out outside the pool building and peek in through the windows if possible.

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.

## 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 16<sup>th</sup> of September):

- Log in to the swimmers account at [bokning.ss04.se](http://bokning.ss04.se)
- Click on the tab called *Anmälningar*.
- Chose *Märkesjakten*.
- Fill out the events you and your coach agreed for you to swim.

## At the pool:

- You have to sign in when you arrive, signing in will take place in the *övre entré* of the pool 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](mailto:tavling@ss04.se) as soon as possible.

**Last day to sign up is September 16<sup>th</sup>**

## Important times during Märkesjakten:

**Sign-in period: 16:15 – 16:30**

**Warmup: 16:30 – 17:00**

**SS04 Cheer:** Svart och röd kämparglöd,  
Svart och röd kämparglöd, oh ah 04.

**Competition starts at 17:15**

**Order of events:**

- |          |                    |
|----------|--------------------|
| Event 1. | 50 m Breaststroke  |
| Event 2. | 25 m Breaststroke  |
| Event 3. | 50 m Butterfly     |
| Event 4. | 25 m Butterfly     |
| Event 5. | 25 m Freestyle     |
| Event 6. | 100 m Breaststroke |

## 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](mailto:ekfridsell@gmail.com) if you are interested.

## Contact

---

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

Coach in charge at the event is: Niklas Rajamäki, [niklas.rajamaki@ss04.se](mailto:niklas.rajamaki@ss04.se)