



Göteborg Sim has the pleasure to invite you to the 41th edition of

# ULLBERGSTROFÉN

**28-30 april (Friday-Sunday) 2023**

The competition takes place over 3 days in Valhallabadet, Goteborg, Sweden  
The competitions have 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 3rd of April, at 23:59, to [tavling@goteborgsim.se](mailto:tavling@goteborgsim.se) We reserve the right to limit the number of heats in each event. Entry times must have been done during 2022 – 2023.
- Late entries:** Can not be made.
- Entry fee:** 100 SEK / individual start and 120 SEK / relay. Start fees must be payed before the competition.  
Bank: Swedbank  
SWIFT: SWEDSESS  
IBAN: SE 8000 0810 5900 3297 6862  
Address: Göteborg Sim  
Åvägen 17 A, 2 tr.  
412 51 Goteborg  
Sweden
- The start list:** Will be published in week 14, on <https://livetiming.se>
- Scratches:** Scratches for Friday's heats should be made at the latest on Friday 28<sup>th</sup> April, at 12:00, to [tavling@goteborgsim.se](mailto:tavling@goteborgsim.se)
- 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 8000 SEK for second best club and 4000 SEK for the third best club in the Scoring by gift vouchers. Awards to the best individual score according to Fina list in each age group, during the trial or finals.

<b>Competition times:</b>	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 13.00-14.00 Competition starts 14.15
	Sunday Session 4 heats and finals	Warm up 07.00-08.15 competition starts 08.30
	Sunday Session 5 finals	Warm up 13.00-14.00 Competition starts 14.15

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

**Information:** Göteborg Sim  
Åvägen 17 A, 2 tr.  
412 51 Goteborg, Sweden  
E-mail [tavling@goteborgsim.se](mailto:tavling@goteborgsim.se)  
Homepage [www.goteborgsim.se](http://www.goteborgsim.se)

**Age groups:** A: 18 years and older; B: 16-17 years, C: 14-15 years, D: 13 years.  
Age groups are the age of the swimmer at 31 december 2023.

# Welcome to Goteborg and the 41th edition of Ullbergstrofén 2023



<b>Friday 28 april 15.30-18.30</b>					<b>50 m</b>
<b>Event</b>					
<b>3</b>	200 m	Free	Women	Direct Finals	
<b>4</b>	100 m	Free	Men	Heats	
<b>5</b>	100 m	Breast	Women	Heats	
<b>6</b>	50 m	Breast	Men	Heats	
<b>7</b>	100 m	Fly	Women	Heats	
<b>8</b>	100 m	Back	Men	Heats	
<b>1</b>	4*50 m	Medley	Mixed	Direct Finals	



<b>Saturday 29 april 8.30-12.00</b>					<b>50 m</b>
<b>Event</b>					
<b>11</b>	50 m	Back	Women	Heats	
<b>12</b>	200 m	Fly	Men	Direct Finals	
<b>13</b>	200 m	Medley	Women	Heats	
<b>14</b>	200 m	Breast	Men	Direct Finals	
<b>15</b>	50 m	Free	Women	Heats	
<b>16</b>	50 m	Fly	Men	Heats	
<b>17</b>	200 m	Back	Women	Direct Finals	
<b>18</b>	200 m	Free	Men	Direct Finals	
<b>19</b>	100 m	Free	Women	Heats	
<b>20</b>	100 m	Breast	Men	Heats	

<b>Sunday 30 april 8.30-12.00</b>					<b>50 m</b>
<b>Event</b>					
<b>21</b>	50 m	Breast	Women	Heats	
<b>22</b>	100 m	Fly	Men	Heats	
<b>23</b>	100 m	Back	Women	Heats	
<b>24</b>	50 m	Back	Men	Heats	
<b>25</b>	200 m	Fly	Women	Direct Finals	
<b>26</b>	200 m	Medley	Men	Heats	
<b>27</b>	200 m	Breast	Women	Direct Finals	
<b>28</b>	50 m	Free	Men	Heats	
<b>29</b>	50 m	Fly	Women	Heats	
<b>30</b>	200 m	Back	Men	Direct Finals	

<b>Saturday 29 april 14.15-17.00 Final</b>					<b>25 m</b>
<b>Event</b>					
<b>4</b>	100 m	Free	Men	Finals	A-D
<b>5</b>	100 m	Breast	Women	Finals	A-D
<b>6</b>	50 m	Breast	Men	Finals	A-D
<b>7</b>	100 m	Fly	Women	Finals	A-D
<b>8</b>	100 m	Back	Men	Finals	A-D
<b>11</b>	50 m	Back	Women	Finals	A-D
<b>13</b>	100 m	Medley	Women	Finals	
<b>15</b>	50 m	Free	Women	Finals	A-D
<b>16</b>	50 m	Fly	Men	Finals	A-D
<b>2</b>	4*50 m	Medley	Mixed	Direct Finals	

<b>Sunday 30 april 14.15-17.00 Final</b>					<b>25 m</b>
<b>Event</b>					
<b>19</b>	100 m	Free	Women	Finals	A-D
<b>20</b>	100 m	Breast	Men	Finals	A-D
<b>21</b>	50 m	Breast	Women	Finals	A-D
<b>22</b>	100 m	Fly	Men	Finals	A-D
<b>23</b>	100 m	Back	Women	Finals	A-D
<b>24</b>	50 m	Back	Men	Finals	A-D
<b>26</b>	100 m	Medley	Men	Finals	
<b>28</b>	50 m	Free	Men	Finals	A-D
<b>29</b>	50 m	Fly	Women	Finals	A-D
<b>10</b>	4*50 m	Free	Mixed	Direct Finals	