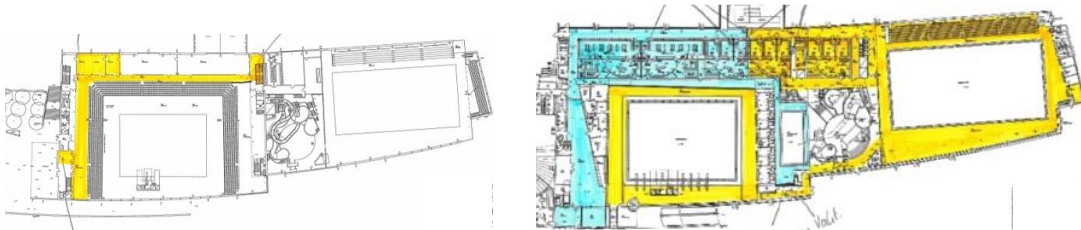



Competition arena information

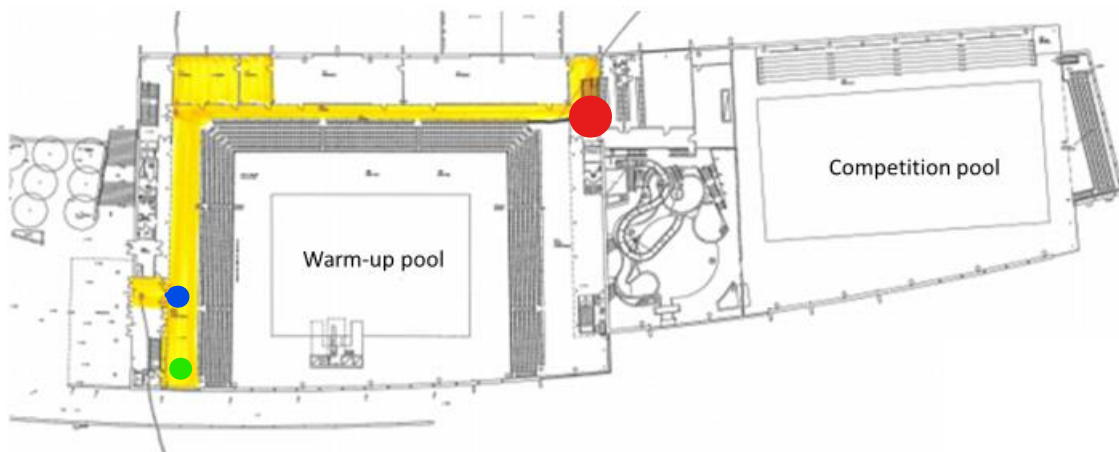
Eriksdalsbadet

- The arena will be closed for public during the event.
- Swimming school will be held (see blue area) but that not affect the Swim Open areas.
- Swim Open areas in yellow. As you see we have the entire space in the 25 m pool for warm-up, massage etc = the place to be when you are not in the racing mode.

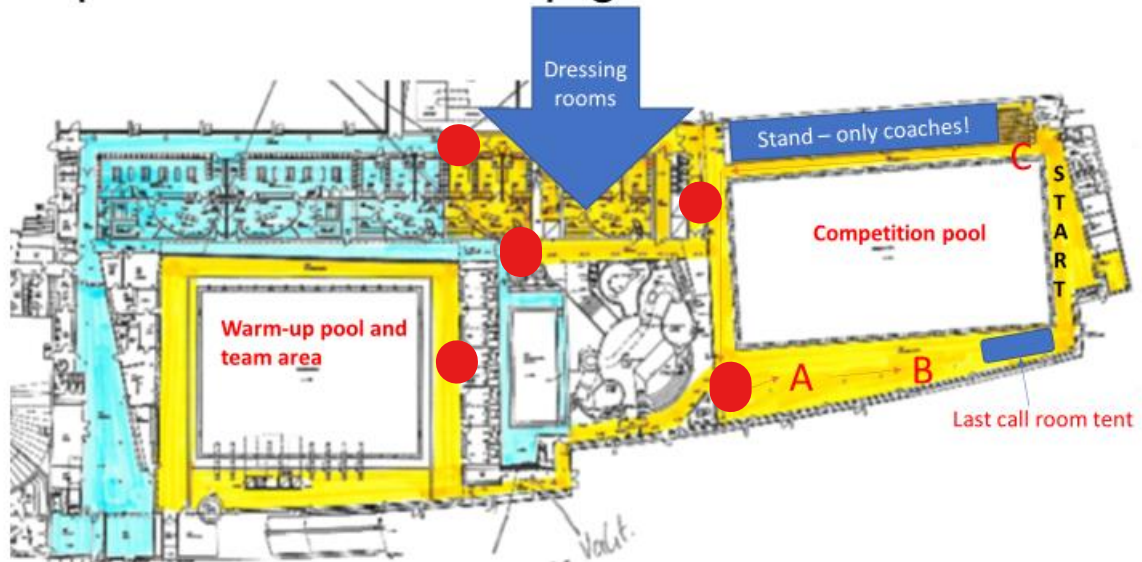


Entrance to the arena upper level

- On the footbridge from Clarion Hotel you get directly to the Swim Open entrance as earlier years, just follow the signs in the arena – go down the stairs and you are at ground level where the competition pool are and  to the warm-up pool.



Competition and warm-up ground level



How to move in the arena?

1. Entrance upper level – follow the pool around – down the stairs.
2. Ground level – go to the warm-up pool on the shortside of the competition pool (2019's startside) or to the dressingrooms.
3. All competitors only walk one-way direction, see arrows →
4. Only coaches are permitted to walk between competition pool and warm-up pool area in a two way direction (between the stand and the shortside)
5. Time for competition? Go to the pool just 10 minutes before your race, stay in area A, 5 minutes before the race go to area B.
6. 1 minute before your race go to the **Last call room tent**, and then into the startdeck. **First here you can remove your mouth guard.**
7. After the race, get your clothes at C, pass your coach at the stand, get the "perfect race" smile from the coach and then you follow the pool either to the dressing room or go to the warm-up pool area. Keep social distance of course.
8. **Don't forget – competitors are only allowed to be at the arena, both warm-up area and competition area, during their respective morning flights or C-B-A final.**

All coaches/teamleaders: It's important that you share the responsibility for your team and the way the participants in your team handle the rules and restrictions we all must respect and follow. Please updates your team daily about this, it's crucial for the health for all.

Deviations from the contagious preventive measures may in worst case result in suspension from the competition for the participant concerned if deemed necessary.