

Slot times for meals during Swim Open 2021

Because of the Swedish covid-19 restrictions there will be some important rules and slot times for all meals.

Generally: All participants will have **30 minutes mealtime**. The restaurant staff will disinfect the used table and chairs before a new sitting is allowed for each table.

- Wash your hands and use alcohol before entering the dining room.
- Only share table with your team/room mates
- Only maximum four persons at each table (and of course no mixing between teammates).
- Remove your mouthguard only at your table, all other time you wear it.
- There will be counters, so if the restaurant is full when you get there you have to wait for the next slot. Your meal planning is therefore very important.
- Respect the below allocation for A/B flight diners and C-, B, respektive A-finalists. We take this responsibility together to make this work for all, not for an individual.

Breakfast: Will be served in two different premises. The Swim Open area will be shielded with curtains to avoid contact with other guests. Remember: A-flights starts at 09:30, see time schedule for B-flights.

6:30 - 50 persons - SLOT 1	Perfect for A-flight swimmers & coaches
6:50 - 75 persons - SLOT 2	Perfect for A-flight swimmers & coaches
7:10 - 50 persons - SLOT 3	Perfect for A-flight swimmers & coaches
7:30 - 75 persons - SLOT 4	Perfect for A-flight swimmers & coaches
7:50 - 50 persons - SLOT 5	Perfect for A-flight swimmers
8:10 - 75 persons - SLOT 6	Late for A-flights swimmers - good for B-flight swimmers
8:30 - 50 persons - SLOT 7	Perfect for B-flight swimmers
8:50 - 75 persons - SLOT 8	Perfect for B-flight swimmers
9:10 - 50 persons - SLOT 9	If you swim late or not at all, this is the best time to go.

Lunch: Will be served in two different premises, no other guests will have lunch there.

11:00 - 50 personer - SLOT 1	Only for swimmers in the A-flight the same day
11:20 - 75 personer - SLOT 2	Only for swimmers in the A-flight the same day
11:40 - 50 personer - SLOT 3	Only for swimmers in the A-flight the same day
12:00 - 75 personer - SLOT 4	Only for swimmers in the B-flight the same day
12:20 - 50 personer - SLOT 5	Only for swimmers in the B-flight the same day
12:40 - 75 personer - SLOT 6	Only for swimmers in the B-flight the same day
13:00 - 50 personer - SLOT 7	Only for swimmers in the B-flight the same day & coaches
13:20 - 75 personer - SLOT 8	Only for coaches and organizers
13:40 - 50 personer - SLOT 9	Only for Meet Officials

Dinner: Will be served in two different premises, no other guests will have dinner there.

17:00 - 50 personer - SLOT 1	Only for none final swimmers & coaches
17:20 - 75 personer - SLOT 2	Only for none final swimmers & coaches
17:40 - 50 personer - SLOT 3	Only for C-final swimmers & coaches
18:00 - 75 personer - SLOT 4	Only for C-final swimmers & coaches
18:20 - 50 personer - SLOT 5	Only for B-final swimmers & coaches
18:40 - 75 personer - SLOT 6	Only for B-final swimmers & coaches
19:00 - 50 personer - SLOT 7	Only for A-final swimmers & coaches
19:20 - 75 personer - SLOT 8	Only for A-final swimmers, coaches and organizers
19:40 - 50 personer - SLOT 9	Only for A-final swimmers, coaches and organizers

Because of current Swedish covid-19 rules and restrictions restaurants are not allowed to serve any kind of meals after 20:00, and restaurants must be empty latest 20:30.