

**Vaasan Uimaseura - Vasa Simsällskap ry**  
arranges an open national swimming competition



**Kvarken Games**

At Vaasa swimming hall April 18th - 19th 2026, 50 meter pool, 8 lanes, omega timing.

Warm up in the competition pool begins one and half hour before each session.

All events are also para events

Saturday morning at 9:30

Warm up at 8:00-9:20

1.	F, G16, G13, G12, G11, G10	200m Freestyle
2.	M, B16, B13, B12, B11, B10	200m Freestyle
3.	F, G16, G13, G12, G11, G10	50m Breastroke
4.	M, B16, B13, B12, B11, B10	50m Breastroke
5.	F, G16, G13	200m Backstroke
6.	M, B16, B13	200m Backstroke
7.	F, G16, G13, G12, G11	100m Butterfly
8.	M, B16, B13, B12, B11	100m Butterfly
9.	F, G16, G13, G12, G11, G10	200m Medley
10.	M, B16, B13, B12, B11, B10	200m Medley
11.	F, G16, G13, G10	4x50 Freestyle
12.	M, B16, B13, B10	4x50 Freestyle
	Break 45min	
13.	F, G16, G13, G12, G11	400m Freestyle
14.	M, B16, B13, B12, B11	400m Freestyle
15.	F, G16, G13, G12, G11, G10	50m Backstroke
16.	M, B16, B13, B12, B11, B10	50m Backstroke
17.	F, G16, G13	200m Breastroke
18.	M, B16, B13	200m Breastroke
19.	F, G16, G13, G12, G11, G10	100m Freestyle
20.	M, B16, B13, B12, B11, B10	100m Freestyle

Sunday morning at 9:30

Warm up at 8:00-9:20

21.	M, B16	1500m Freestyle
22.	F, G16	1500m Freestyle
23.	M, B16, B13, B12, B11	100m Breastroke
24.	F, G16, G13, G12, G11	100m Breastroke
25.	M, B16, B13	200m Butterfly
26.	F, G16, G13	200m Butterfly
	Break 45 min	
27.	M, B16, B13, B12, B11, B10	50m Freestyle
28.	F, G16, G13, G12, G11, G10	50m Freestyle
29.	M, B16, B13	400m Medley
30.	F, G16, G13	400m Medley
31.	M, B16, B13, B12, B11	100m Backstroke
32.	F, G16, G13, G12, G11	100m Backstroke
33.	M, B16, B13, B12, B11, B10	50m Butterfly
34.	F, G16, G13, G12, G11, G10	50m Butterfly
35.	M, B16, B13, B10	4x100 Freestyle
36.	F, G16, G13, G10	4x100 Freestyle

**Registration:** should be made in Tempus by 11th of April. Registrations from abroad or requests for the event file (LENEX) via email to [taina.reini-vierikko@vus.fi](mailto:taina.reini-vierikko@vus.fi).

Time conversions for long and short courses are used in the creation of the race schedule.

The minimum age for events 21 and 22 is 13 years. Two heats will be formed based on times. Swimmers from Vaasa Swimming Club have priority.

If a para-swimmer requires special attention, it is requested to inform the competition organizer in advance. Late registrations are possible if there is room in the heats, but the fee will be tripled.

**Withdrawal:** must be made no later than one hour before the start of the competition session.

**Prizes:** There are prizes for the three best according to the invitation. Competitions organizing committee will make decisions regarding the prize ceremony's after the registration closes and reserves the right to make changes. Prize ceremony's will be held at the pool deck if the amount of entries and the preliminary time schedule allows it.

**Starting fee** 11 euros/start Participating clubs will be invoiced after the competition. The club must provide its billing address to [taina.reini-vierikko@vus.fi](mailto:taina.reini-vierikko@vus.fi).

**Dining options.** For more information, visit [VUS.fi](http://VUS.fi) closer to the date of the competition.

**Other information:** There is a possibility for lunch and dinner in the Vaasa Swimming hall. More information from:  
Manager Taina Reini-Vierikko +358 45-279 2372, [taina.reini-vierikko@vus.fi](mailto:taina.reini-vierikko@vus.fi).

[www.vus.fi](http://www.vus.fi)

**Welcome to VAASA!**