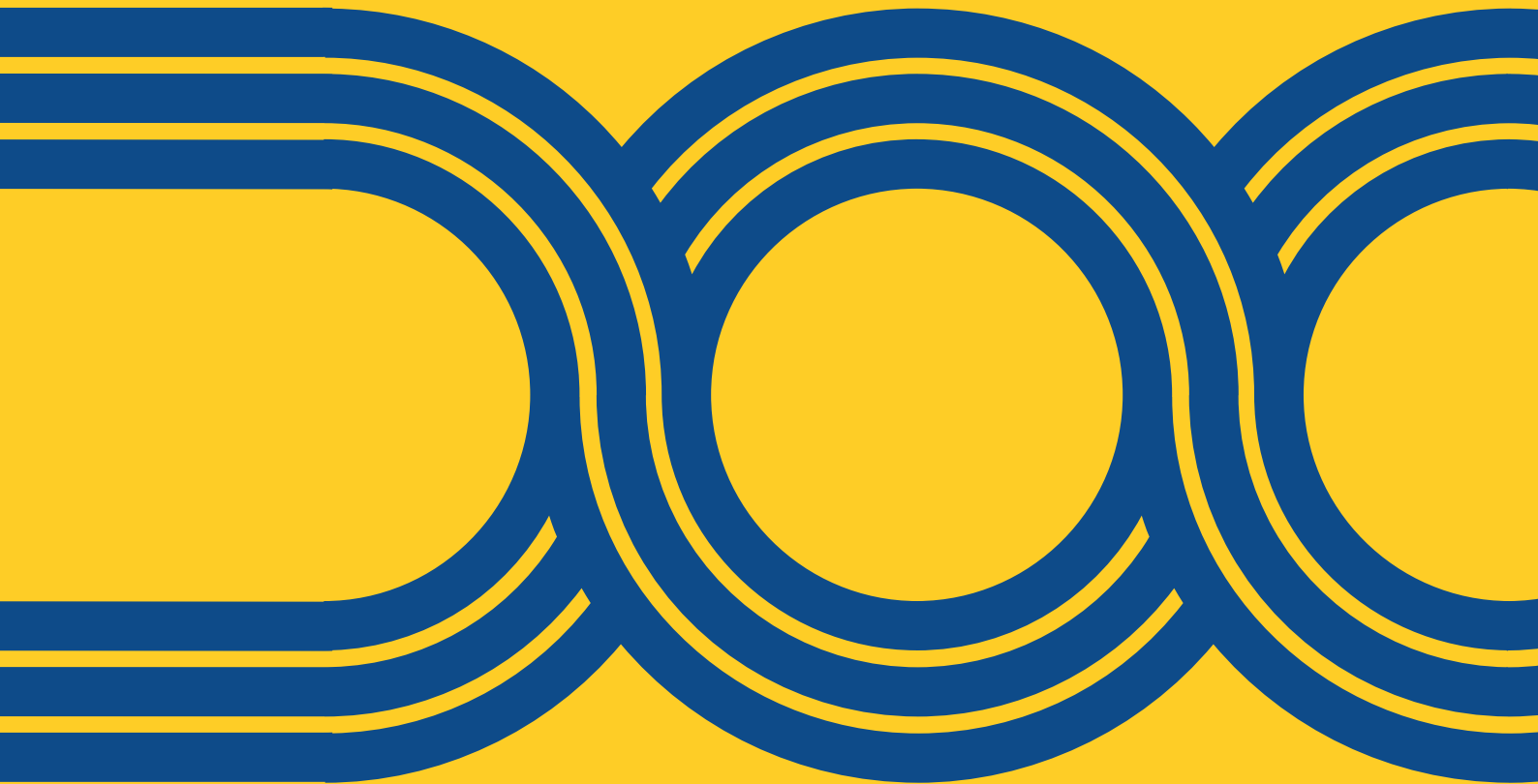




4–6 September 2026 in Malmö

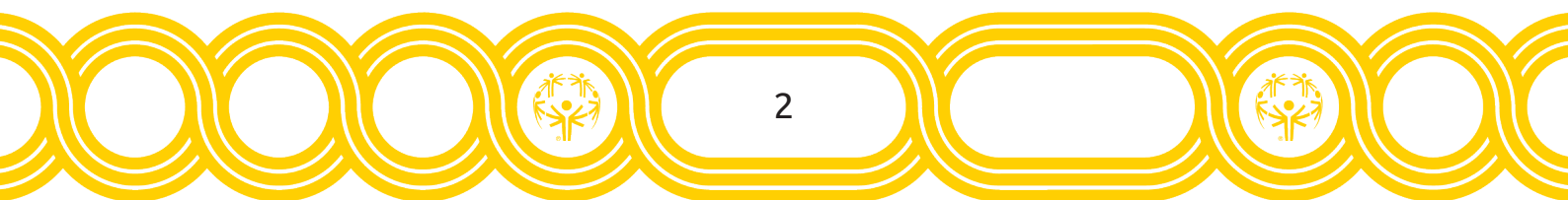
Competition Guide: **Swimming**



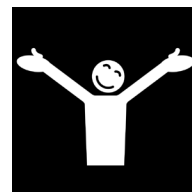
**SPECIAL
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INVITATIONAL
GAMES 2026

Content

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Welcome to SOSIG!



We are so happy that you will participate.

Here you will meet new friends, experience exciting competitions and feel the joy of competing together with others.

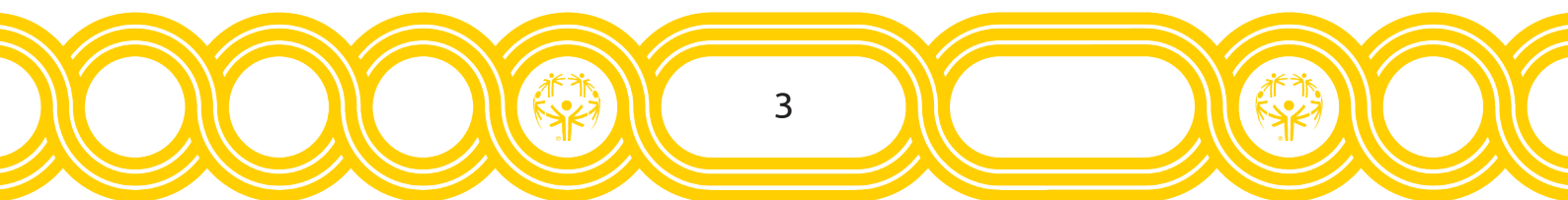
There will be athletes from Sweden and 25 other countries who will be competing in Malmö!

The most important thing to remember is to:

- **Have fun**
- **Do your best**
- **Be part of the community with all the athletes and leaders**

We at Special Olympics Sweden really look forward to meeting you!

Best regards,
Special Olympics Sverige



Competition Information

Swimming sport organizers:

- Swedish Swimming Association
- Skåne Swimming Association
- Malmö Kappsimningsklubb

Contact Details

Kansliet@skanesim.se
+46 70 897 87 91

Competition Venue:

Hylliebadet
Address: Hyllievångsvägen 20 in Hyllie

Changing Rooms:

There is a possibility to change clothes and shower in the area.
To enter the changing rooms you need a special band.

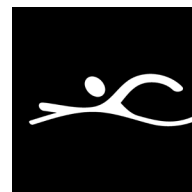
The band is collected by the coach/leader upon arrival.
In the changing room there are lockers that can be locked.

You lock the locker with your band.
You also need your band to enter the pool.

You keep the band during the weekend.
You return the band when the competition is over.

Information session for coaches

There will be a digital meeting in August, before SOSIG.
The meeting will be in English.
The team contact person will receive an invitation with a link.



Other important information

Start commands are given in English.
It is a good idea to practice this with your coach.

Keep your wristband safe.

Without your wristband, you cannot:

- enter the changing rooms
- enter the pool area
- open your locker

Lost wristband will be charged 100 SEK.



Before the Competition

What to bring:

- Swimwear for both warm-up and competition
- Swim cap
- Goggles
- T-shirt, shorts, and shoes to wear between races
- Towel



Registration

Coaches or leaders can pick up entry bands approximately 30 minutes before the start of the warm-up swim.

Check-in takes place at the entrance to Hylliebadet.

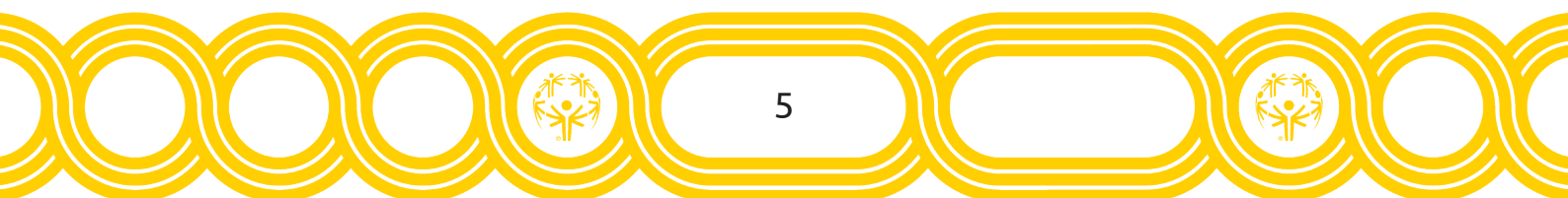
The start of the warm-up swim is determined by coaches and leaders

The start of the warm-up swim ends 15 minutes before the start of the competition.



Attendance

Registering your attendance upon arrival means that you confirm that you are on site and ready for the competition.



During the competition

Divisioning

The competition begins with a swim session.
You swim the events you are registered for.

The results from the swim session determine your group.
You are placed in a group with swimmers of approximately the same level.
This is done to make the competition as fair as possible.

Competition

When it is time for your event, all swimmers gather in a call room.

Ask your coach or leader if you are unsure
which events you will swim in.

From the call room, everyone goes together to the start.
Your coach or leader can accompany you.

Award Ceremony

The ceremony takes place on Sunday.

Medals are awarded for 1st, 2nd, and 3rd place.

All participants receive a participation plaque.



Packing List

Here are tips on things to pack and bring to Malmö and the competitions.

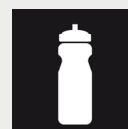
Match clothes

clothes you play in



Water bottle

Marked with you name



Sports equipment

shot put or javelin



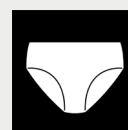
Non-match clothes

Clothes for when you are not competing



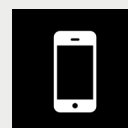
Underwear and socks

Underwear and socks that lasts your whole stay



Phone

Don't forget the charger



Rain wear

If it rains during the opening ceremony for example



Toiletry bag

Examples of items for your toiletry bag: deodorant, soap, shampoo, conditioner, toothbrush, toothpaste)



Medicine

If you are taking medicine, it's important to bring it yourself



Speci-Lo

Speci-Lo is Special Olympics Sweden's mascot.

She is a brave lynx who loves sports almost as much as she loves giving hugs.

Speci-Lo will be at SOSIG and is the athletes' very best friend.

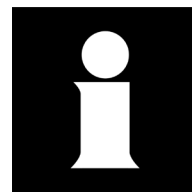
She cheers and encourages and helps the athletes bring out their inner lynx, just as a good friend should.



General Questions

If you have any questions you can e-mail us.

E-mail address: info@specialolympics.se



Website

At <https://www.sogames2026.se/> you find all the information about:

- Competition
- Event
- Surrounding Activities



There is always the latest information with updated times.

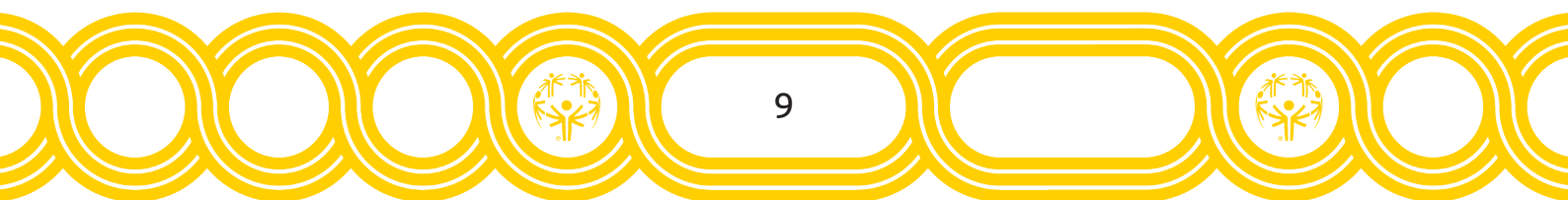
See you in Malmö!

We are very much looking forward to meeting you at
Special Olympics Sweden Invitational Games.

We wish you a great good luck!



Best regards,
Special Olympics Sverige





SPECIAL OLYMPICS SWEDEN

INVITATIONAL GAMES 2026

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