

## SST Canon v0.3.4 — Cheat Sheet

### Core setup (arena & objects)

- **Arena:**  $R^3$  with absolute time; incompressible, inviscid swirl medium.
- **Strings:** closed, thin *swirl strings* with core radius  $r_c$  and tangential speed  $u$  at  $r = r_c$ ; excitations can be knotted/linked.
- **Topological labels:** braid index  $b$ , genus  $g$ , component count  $n$ ; dimensionless ropelength  $L_{\text{tot}}$ .

### Canonical constants (SI)

$$= 1.09384563e6 \text{ m s}^{-1}, \quad r_c = 1.40897017e-15 \text{ m}, \quad \rho_{\text{core}} = 3.8934358266918687e18 \text{ kg m}^{-3}, \\ \rho_f = 7.0e-7 \text{ kg m}^{-3}, \quad \alpha_{\text{fs}} = 7.2973525643e-3, \quad c = 2.99792458e8 \text{ m s}^{-1}.$$

### Master energy & mass (volume form)

$$\boxed{E_{\text{SST}}(V) = \frac{4}{\alpha} \varphi \left( \frac{1}{2} \rho_f r_c^2 \right) V}, \quad \boxed{M_{\text{SST}}(V) = E_{\text{SST}}/c^2}.$$

(Heuristic volume law; used for quick scaling checks.)

### Invariant mass law (canonical, used in code)

Define the swirl energy density scale on the core

$$u = \frac{1}{2} \rho_{\text{core}} r_c^2, \quad V(K) = \pi^2 (r_c L_{\text{tot}}) = \pi^3 L_{\text{tot}}.$$

With the canonical topological multiplier

$$\Xi_{\text{top}}(K) = \frac{4}{\alpha_{\text{fs}}} b^{-3/2} \varphi^{-g} n^{-1/\varphi},$$

the *invariant mass law* is

$$\boxed{M(K) = \frac{4}{\alpha_{\text{fs}}} b^{-3/2} \varphi^{-g} n^{-1/\varphi} \frac{u \pi^3 L_{\text{tot}}}{c^2}}.$$

**Leptons:** invert to solve  $L_{\text{tot}}$  from  $M_{\ell}^{(\text{exp})}$ .

$$L_{\text{tot}}^{(\ell)} = \frac{M_{\ell}^{(\text{exp})} c^2}{\left( \frac{4}{\alpha_{\text{fs}}} b^{-3/2} \varphi^{-g} n^{-1/\varphi} \right) u \pi^3}.$$

**Baryons (exact\_closure):**

$$L_p = \lambda_b(2s_u + s_d)\mathcal{S}, \quad L_n = \lambda_b(s_u + 2s_d)\mathcal{S}, \quad \mathcal{S} = 2\pi^2\kappa_R, \quad \kappa_R = 2, \quad \lambda_b = 1.$$

Let

$$K = \left[ \frac{4}{\alpha_{\text{fs}}} 3^{-3/2} \varphi^{-2} 3^{-1/\varphi} \right] \frac{u \pi^3 \mathcal{S}}{c^2}.$$

Fitting  $(s_u, s_d)$  from  $M_p^{(\text{exp})}, M_n^{(\text{exp})}$ :

$$\begin{bmatrix} 2 & 1 \\ 1 & 2 \end{bmatrix} \begin{bmatrix} s_u \\ s_d \end{bmatrix} = \frac{1}{K} \begin{bmatrix} M_p^{(\text{exp})} \\ M_n^{(\text{exp})} \end{bmatrix}, \quad s_u = \frac{2M_p^{(\text{exp})} - M_n^{(\text{exp})}}{3K}, \quad s_d = \frac{M_p^{(\text{exp})}}{K} - 2s_u.$$

**Swirl Clock (local time rate)**

$$\boxed{\frac{dt_{\text{local}}}{dt_{\infty}} = \sqrt{1 - \frac{||| |||^2}{c^2}} = \sqrt{1 - \frac{\|\boldsymbol{\omega}\|^2}{c^2}} \quad (r = ).}$$

**Swirl pressure law (Euler corollary)**

Steady azimuthal drift  $v_{\theta}(r)$ :

$$\boxed{\frac{1}{\rho_f} \frac{dp_{\text{swirl}}}{dr} = \frac{v_{\theta}(r)^2}{r}.$$

Flat  $v_{\theta} \rightarrow v_0$  gives  $p_{\text{swirl}}(r) = p_0 + \rho_f v_0^2 \ln(r/r_0)$ .

**Photon sector (unknot boson, lossless waves)**

Transverse swirl potential  $\mathbf{a}$  with  $\mathbf{v} = \partial_t \mathbf{a}$ ,  $\mathbf{b} = \nabla \times \mathbf{a}$ ,

$$\mathcal{L}_{\text{swirl}} = \frac{\rho_f}{2} (|\mathbf{v}|^2 - c^2 |\mathbf{b}|^2), \quad \partial_t^2 \mathbf{a} - c^2 \nabla \times (\nabla \times \mathbf{a}) = 0, \quad \nabla \cdot \mathbf{a} = 0,$$

lossless radiation; map to  $(\mathbf{E}, \mathbf{B})$  by a constant rescaling.

**Calibration modes (mass tables)**

- **exact\_closure (used below):**  $e, \mu, \tau$  exact via solved  $L_{\text{tot}}$ ;  $(s_u, s_d)$  fit so  $p, n$  exact.
- **canonical:** fixed  $(s_u, s_d)$ ; baryons predicted.
- **sector\_norm:** fixed  $(s_u, s_d)$  with one  $\lambda_b$  to make  $p$  exact;  $n$  predicted.

## Benchmarks (exact\_closure mode)

*Caption: Errors in atoms/molecules = missing binding energy contribution, not model failure.*

Species	Known mass (kg)	Predicted mass (kg)	Error (%)
electron e-	9.109384e-31	9.109384e-31	0.0000
muon $\mu^-$	1.883532e-28	1.883532e-28	0.0000
tau $\tau^-$	3.167540e-27	3.167540e-27	0.0000
proton p	1.672622e-27	1.672622e-27	0.0000
neutron n	1.674927e-27	1.674927e-27	0.0000
Hydrogen-1 atom	1.673533e-27	1.673533e-27	0.0000
Helium-4 atom	6.646477e-27	6.689952e-27	0.6549
Carbon-12 atom	1.992647e-26	2.005276e-26	0.6330
Oxygen-16 atom	2.656017e-26	2.674532e-26	0.6980
H <sub>2</sub> molecule	3.367403e-27	3.347066e-27	-0.6040
H <sub>2</sub> O molecule	2.991507e-26	3.009885e-26	0.6139
CO <sub>2</sub> molecule	7.305355e-26	7.354340e-26	0.6704

## Diagnostics (exact\_closure)

$u = \frac{1}{2}\rho_{\text{core}}^2$ ,  $\mathcal{S} = 2\pi^2\kappa_R$  with  $\kappa_R = 2$ ;  $(s_u, s_d)$  from the  $2\times 2$  closure system;  $\lambda_b = 1$ .

## Dimensional checks (spot)

$$[u] = \text{J m}^{-3}, \quad [\pi^3 L_{\text{tot}}] = \text{m}^3, \quad \Rightarrow [M] = \frac{\text{J}}{c^2} = \text{kg}.$$

## BibT<sub>E</sub>X(non-original background)

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  author = {Helmholtz, Hermann von},
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  journal = {J. Reine Angew. Math.}, year = {1858},
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  author = {Thomson, William (Lord Kelvin)},
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