



GENERAL INFORMATION

Swedish Grand Prix 3

20 - 21 April 2013 in Jönköping

Venue: Rosenlundsbadet (50m), 8 lanes in Jönköping

Organizers: Svenska Simförbundet and Jönköpings Simsällskap

Dates and time:	Heats	Finals
Saturday 20 April	10.00	17.00
Sunday 21 April	09.00	16.00

Entries: Entries are made by sending an entry form or an entry file (LENEX) to kenneth.magnusson@simforbundet.se no later than 6 April. Swimmers have to meet attached standard times (Table 2).

Swimmers who have met a standard time in at least one event can request to be entered in events where he/she haven't met the standard time. Depending on the numbers of entries such requests can be granted.

Entry Times can be in LCM, SCM and SCY. Times in SCM and SCY will be converted in accordance with table 1 in timed finales. In all other events LCM will be seeded first after that SCM and last SCY.

Please indicate in the entries if the entry times are LCM, SCM or SCY.

Entry fees: SEK 100:-/entry

Qualification period: 6 April 2012 – 5 April 2013

Events:	Freestyle	50, 100, 200, 400, 800/1500 m
	Backstroke	50, 100, 200m
	Breaststroke	50, 100, 200m
	Butterfly	50, 100, 200m
	Ind. Medley	200, 400m

Finals: Distances up to 200m will have an A- and a B-final. Events of 400m an A-final only and 800/1500m will be timed finals with the fastest heat in the evening session.

Additional info: Will be available on www.jonkopingss.se from 8 April.



Order of events:

Saturday

1. Men's 100 m Freestyle
2. Women's 200 m Freestyle
3. Men's 50 m Breaststroke
4. Women's 100 m Breaststroke
5. Men's 400 m Ind. Medley
6. Women's 100 m Butterfly
7. Men's 100 m Backstroke
8. Women's 50 m Backstroke
9. Men's 200 m Butterfly
10. Women's 200 m Ind. Medley
11. Men's 400 m Freestyle
12. Women's 50 m Freestyle
13. Men's 200 m Breaststroke
14. Women's 800 m Freestyle*
15. Men's 50 m Butterfly
16. Women's 200 m Backstroke

Sunday

17. Women's 100 m Freestyle
18. Men's 200 m Freestyle
19. Women's 50 m Breaststroke
20. Men's 100 m Breaststroke
21. Women's 400 m Ind. Medley
22. Men's 100 m Butterfly
23. Women's 100 m Backstroke
24. Men's 50 m Backstroke
25. Women's 200 m Butterfly
26. Men's 200 m Ind. Medley
27. Women's 400 m Freestyle
28. Men's 50 m Freestyle
29. Women's 200 m Breaststroke
30. Men's 1500 m Freestyle*
31. Women's 50 m Butterfly
32. Men's 200 m Backstroke

*Timed final (best heat in the evening session)

Lunch/dinner:

All meals can be offered at KFUM Jönköping

Lunch	SEK 75
Dinner	SEK 75

Accommodation:

Lodges, Villa Björkhagen, 4 beds SEK from 795 (no meals)

Hotel, Friday - Sunday incl. breakfast. Prices in SEK.

	Four-bed	Triple	Double	Single
Scandic Elmia	1160	1000	840	740
Sunday incl. breakfast. Prices in SEK.				

All bookings are made through Jönköpings Simsällskap

Payment:

All payments are made to:
 Jönköpings Simsällskap
 Bank: Nordea
 BIC/SWIFT: NDEAESS
 IBAN: SE77 9500 0099 6026 0012 7761

World Championships: This meet has been approved by FINA as a World Championships 2013 qualification meet.



Info:

Regarding entries:

Kenneth Magnusson, kenneth.magnusson@simforbundet.se , +46 10 476 5309

Other info:

Jönköpings Simsällskap's webpage www.jonkopingss.seE-mail: thomas.salenius@jonkopingss.se Phone +46 735-06 59 20**Table 1**

Conversion Times				
	Women		Men	
	25m	Yard	25m	Yard
800m/*1000y Freestyle	21,00	-59,40		
1500m/*1650y Freestyle			46,60	46,50

Table 2

Grenar	GP Standard Times					
	Damer			Herrar		
	25m	50m	Yard	25m	50m	Yard
50m Freestyle	00:26,92	00:27,78	00:24,39	00:24,11	00:25,15	00:21,84
100m Freestyle	00:58,30	00:59,92	00:52,82	00:52,38	00:54,43	00:47,46
200m Freestyle	02:07,07	02:10,97	01:55,13	01:55,07	02:00,29	01:44,25
400m Freestyle	04:30,47	04:38,30	05:11,85	04:09,11	04:19,52	04:47,22
800m Freestyle	09:24,13	09:46,63	10:44,80			
1500m Freestyle				16:56,57	17:47,50	17:07,59
50m Breaststroke	00:34,26	00:35,22	00:31,38	00:30,72	00:31,88	00:27,83
100m Breaststroke	01:13,77	01:17,05	01:07,57	01:06,73	01:10,20	01:00,46
200m Breaststroke	02:40,87	02:49,02	02:27,36	02:27,52	02:35,10	02:13,65
50m Backstroke	00:30,59	00:32,14	00:28,05	00:27,73	00:29,35	00:25,40
100m Backstroke	01:05,57	01:08,82	01:00,06	00:59,33	01:03,31	00:54,32
200m Backstroke	02:22,79	02:29,71	02:10,80	02:10,68	02:19,70	01:59,70
50m Butterfly	00:29,11	00:29,52	00:26,67	00:26,37	00:26,90	00:23,90
100m Butterfly	01:04,76	01:06,46	00:58,99	00:57,95	00:59,96	00:52,53
200m Butterfly	02:27,39	02:32,21	02:14,59	02:13,13	02:20,47	01:59,28
200m IM	02:24,00	02:29,19	02:11,90	02:10,97	02:16,99	01:58,66
400m IM	05:09,10	05:22,45	04:43,14	04:45,11	05:01,24	04:18,31

