



# GENERAL INFORMATION

## Swedish Grand Prix 1

### 26 - 27 January 2013 in Uppsala

**Venue:** Fryrishovsbadet (50m), 8 lanes in Uppsala

**Organizers:** Svenska Simförbundet and Upsala Simsällskap

<b>Dates and time:</b>	Heats	Finals
Saturday 26/1	10.00	17.00
Sunday 27/1	09.00	16.00

**Entries:** Entries are made by sending an entry form or an entry file (LENEX) to [kenneth.magnusson@simforbundet.se](mailto:kenneth.magnusson@simforbundet.se) no later than 12 January. Swimmers have to meet attached standard times (table 2).

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

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:** 2012-01-12 – 2013-01-11

<b>Events:</b>	
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.upsalasinu.se](http://www.upsalasinu.se) from 12 January.



**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 Fyrishov

Breakfast	SEK 69
Lunch	SEK 95
Dinner	SEK 95

**Accommodation:**

Lodges, Fyrishov, 4 beds SEK 695 (no meals)  
For more information: [www.fyrishov.se](http://www.fyrishov.se)

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

	Double	Single	Extra bed
Hotel Uplandia	760	760	200
For more information:	<a href="http://www.scandichotels.se/uplandia">www.scandichotels.se/uplandia</a>		

Hotel Scandic Nord	740	740	200
For more information:	<a href="http://www.scandic-hotels.se/upsalanord">www.scandic-hotels.se/upsalanord</a>		

**All bookings are made through Upsala Simsällskap**

**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](mailto:kenneth.magnusson@simforbundet.se), +46 10 476 5309

Other info:

Upsala Simsällskap's webpage [www.upsalasinu](http://www.upsalasinu)

E-mail: [kansli@upsalasinu](mailto:kansli@upsalasinu) Phone +46 18 222 164



Table 1

**GP conversion times 2013**

	<b>Women</b>		<b>Men</b>	
	<b>25m</b>	<b>Yard</b>	<b>25m</b>	<b>Yard</b>
800m/*1000y Freestyle	21,00	-59,40	26,40	-47,20
1500m/*1650y Freestyle	39,32	35,90	46,60	46,50



Table 2

**GP 1 standard times**

	<b>Women</b>			<b>Men</b>		
	<b>SCM</b>	<b>LCM</b>	<b>SCY</b>	<b>SCM</b>	<b>LCM</b>	<b>SCY</b>
50m Freestyle	27.29	28.19	24.79	24.49	25.39	22.59
100m Freestyle	58.69	1:00.79	53.39	53.29	55.29	50.29
200m Freestyle	2:07.99	2:12.29	1:56.09	1:57.49	2:02.59	1:46.89
400m (*500y) Freestyle	4:32.89	4:41.69	*5:11.89	4:13.39	4:25.49	*4:49.69
800m (*1000y) Freestyle	9:27.19	9:48.19	*10:47.59	8:59.69	9:26.09	*10:16.29
1500m (*1650y) Freestyle	18:06.97	18:46.29	*18:10.39	17:07.49	17:54.09	*17:07.59
50m Breaststroke	34.59	35.69	32.09	30.99	32.19	28.89
100m Breaststroke	1:14.49	1:17.59	1:08.09	1:07.29	1:10.89	1:01.49
200m Breaststroke	2:42.29	2:49.29	2:29.49	2:28.69	2:37.59	2:16.49
50m Ryggsim	31.29	32.89	29.19	28.49	30.09	26.69
100m Ryggsim	1:06.69	1:10.19	1:00.19	1:00.79	1:04.79	54.89
200m Ryggsim	2:24.89	2:32.19	2:12.09	2:14.39	2:21.79	2:01.69
50m Butterfly	29.49	30.09	28.59	26.69	27.29	25.19
100m Butterfly	1:05.09	1:07.09	58.99	58.89	1:01.19	53.89
200m Butterfly	2:27.39	2:32.29	2:14.59	2:15.09	2:22.29	2:04.09
200m IM	2:26.09	2:31.39	2:12.29	2:14.29	2:19.79	2:03.29
400m IM	5:11.09	5:24.59	4:43.39	4:50.79	5:07.79	4:22.79