

Swedish Grand Prix 6-8 March 2020 Malmö, Sweden

The Swedish Swimming Federation together with the local organizer Malmö Kappsimningsklubb welcomes you to Malmö and the Swedish Grand Prix.

Venue: Hylliebadet (50m), Malmö, Sweden

Competition:	Prelims	Finals
Friday		17:00
Saturday	10:00	17:00
Sunday	09:00	16:00

Warm up:		
Friday		15:00-16:45
Saturday	08:00-09:45	15:00-16:45
Sunday	07:00-08:45	14:00-15:45

Events: Friday 6 March

1. Men's 400 m IM***
2. Women's 400 m IM***
3. Men's 1500 m Freestyle***
4. Women's 1500 m Freestyle***

Saturday 7 March

5. Men's 200 m Freestyle
6. Women's 100 m Freestyle*
7. Men's 100 m Breaststroke*
8. Women's 50 m Breaststroke
9. Men's 100 m Butterfly
10. Women's 100 m Backstroke*
11. Men's 50 m Backstroke*
12. Women's 200 m Butterfly
13. Men's 200 m IM*
14. Women's 400 m Freestyle*
15. Men's 50 m Freestyle*
16. Women's 200 m Breaststroke
17. Men's 800 m Freestyle**
18. Women's 50 m Butterfly*
19. Men's 200 m Backstroke
20. Mixed 4x100 m Medley****

Sunday 8 March

21. Women's 200 m Freestyle
22. Men's 100 m Freestyle*
23. Women's 100 m Breaststroke*
24. Men's 50 m Breaststroke
25. Women's 100 m Butterfly
26. Men's 100 m Backstroke*
27. Women's 50 m Backstroke*
28. Men's 200 m Butterfly
29. Women's 200 m IM*
30. Men's 400 m Freestyle*
31. Women's 50 m Freestyle*
32. Men's 200 m Breaststroke
33. Women's 800 m Freestyle**
34. Men's 50 m Butterfly*
35. Women's 200 m Backstroke
36. Mixed 4x100 m Freestyle****

* Also para events, para swimming as timed finals in the morning session

** Timed finals (fastest heat in the evening session), next fastest heat in morning session as the schedule indicates above, all other heats at the end of the morning session.

***Timed finals

**** Two heats maximum, swum in the final session. For entry time, add individual times of available swimmers in the team.

Entries:

Entries are made by sending an entry form or an entry file (LENEX) to kenneth.magnusson@svensksimidrott.se no later than 21 February 12.00 CET (GMT+1). Swimmers have to meet standard times (table 2).

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

Entry times can be in LCM, SCM and SCY. In all events up to 400 m LCM times will be seeded first after that SCM and last SCY times. In 800 m and 1500 m events, SCM and SCY times will be converted to LCM according to table 1.

Para swimmers have to meet standard times, [here](#).

Qualification period: 1 January 2019 – 20 February 2020.

Entry fee:

SEK 125/entry

Accreditation:

All swimmers and team staff need an accreditation for a fee of SEK 100/accreditation. Swimmers entered in individual events will be issued an accreditation automatically, others have to apply here: <https://response.questback.com/idrott/sgp20>

Finals:

Events up to 200 m are swum in A- and B-finals, 400m Freestyle in A-finals only. Timed finals in the 800 m Freestyle with the last heat in the evening session. Timed finals in 400m IM and 1500 m Freestyle all heats Friday evening. Events indicated as para events will be swum as timed finals for the para swimmers in the morning session.

Withdrawals:

Withdrawals to Friday's events should be made at the latest Friday at 14:30 hours. For prelims and timed finals on Saturday and Sunday withdrawals should be made at the latest 30 minutes after the end of the previous day's finals. All teams will be issued a login to a coach app where withdrawals to prelims and timed finals can be made. Withdrawals from prelim to final should be made at the latest 30 minutes after the end of each event on a form provided at the venue.

Prize money:

Able-bodied Swimmers:

The winners of each individual event will be awarded SEK 1 000 and winning teams in relays SEK 2 000.

The four best performances (FINA points), men and women respectively, will be awarded 1st SEK 20 000, 2nd 15 000, 3rd 10 000 and 4th 5 000. One event per swimmer.

Para Swimmers:

The three best performances (WPS points) for para swimmers, men and women collectively, will be awarded 1st SEK 3 000, 2nd 2 000 and 3rd 1 000.

Best team:

Best team wins a price worth SEK 5 000. Points to the 16 best swimmers of each event 18, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Transportation:

It's a 15 minutes ride from Copenhagen airport to Hyllie Station by train. It's 300 m from the station to the hotel.

Accommodation:

We have reserved rooms at the Best Western Malmö Arena Hotel approx. 500m from the pool.

Prices in SEK incl. meals and accommodation

Friday – Sunday meals from Friday dinner to Sunday lunch

Single	2050:- / room
Double	3150:- / room
Triple	4450:- / room
4-beds room	5500:- / room

Saturday – Sunday meals from Saturday lunch to Sunday lunch

Single	1150:- / room
Double	1825:- / room
Triple	2550:- / room
4-beds room	3275:- / room

Meals:

Lunch or dinner at Arena hotel 150:- / meal.

Booking:

Accommodation and meals thru Malmö Kappsimningsklubb mail louise@malmokappsim.se . Bookings are accepted until 21 February.

Info:

Regarding entries:

Swedish Swimming Federation, Kenneth Magnusson, phone: 010-476 53 09 or mail: kenneth.magnusson@svensksimidrott.se.

All other inquires:

Malmö Kappsimningsklubb mail:

johan.gustavsson@malmokappsim.se

Table 1

	Women		Men	
	SCM	SCY	SCM	SCY
800m/1000y Freestyle	+13.78	-58.50	+16,28	-51,40
1500m/1650y Freestyle	+24,08	+37,50	+32.34	+39.60

Table 2

Grenar	GP Standard Times					
	Women			Men		
	SCM	LCM	SCY	SCM	LCM	SCY
50m Freestyle	00:26.92	00:27.78	00:24.25	00:24.03	00:24.99	00:21.64
100m Freestyle	00:58.30	00:59.92	00:52.52	00:52.38	00:54.34	00:47.18
200m Freestyle	02:07.07	02:10.68	01:54.47	01:55.07	01:59.98	01:43.66
400m Freestyle	04:30.47	04:38.30	05:09.10	04:09.11	04:19.52	04:44.69
800m Freestyle	09:24.13	09:42.88	10:44.72	08:47.96	09:06.75	10:03.38
1500m Freestyle	18:06.97	18:46.29	18:00.48	16:56.57	17:42.54	16:50.50
50m Breaststroke	00:33.95	00:34.75	00:30.58	00:30.43	00:31.45	00:27.41
100m Breaststroke	01:13.37	01:16.03	01:06.09	01:06.26	01:09.72	00:59.69
200m Breaststroke	02:40.68	02:47.40	02:24.75	02:26.38	02:34.19	02:11.87
50m Backstroke	00:30.59	00:32.09	00:27.55	00:27.68	00:29.24	00:24.93
100m Backstroke	01:05.57	01:08.82	00:59.07	00:59.30	01:02.80	00:53.42
200m Backstroke	02:22.79	02:29.71	02:08.63	02:10.68	02:19.10	01:57.72
50m Butterfly	00:29.10	00:29.52	00:26.21	00:25.97	00:26.49	00:23.39
100m Butterfly	01:04.75	01:06.46	00:58.33	00:57.64	00:59.17	00:51.92
200m Butterfly	02:27.39	02:32.21	02:12.78	02:11.81	02:17,00	01:58.74
200m IM	02:24.00	02:29.19	02:09.72	02:10.97	02:16.16	01:57.99
400m IM	05:09.10	05:22.45	04:38.46	04:45.11	04:58.30	04:16.85