



Swedish Grand Prix 28-29 January 2017 Malmö, Sweden

Venue: Hylliebadet (50m), Malmö, Sweden

Competition:	Prelims	Finals
Saturday	10.00	17.00
Sunday	09.00	16.00

Warm up:	Friday	15.00-19.00
Saturday	08.00-09.45	15.00-16.45
Sunday	07.00-08.45	14.00-15.45

Events:	Saturday 28 January	Sunday 29 January
	1. 100 m Freestyle M	18. 100 m Freestyle W
	2. 200 m Freestyle W	19. 200 m Freestyle M
	3. 50 m Breaststroke M	20. 50 m Breaststroke W
	4. 100 m Breaststroke W	21. 100 m Breaststroke M
	5. 400 m Medley M	22. 400 m Medley W
	6. 100 m Butterfly W	23. 100 m Butterfly M
	7. 100 m Backstroke M	24. 100 m Backstroke W
	8. 50 m Backstroke W	25. 50 m Backstroke M
	9. 200 m Butterfly M	26. 200 m Butterfly W
	10. 200 m Medley W	27. 200 m Medley M
	11. 400 m Freestyle M	28. 400 m Freestyle W
	12. 50 m Freestyle W	29. 50 m Freestyle M
	13. 200 m Breaststroke M	30. 200 m Breaststroke W
	14. 800 m Freestyle W*	31. 1500 m Freestyle M*
	15. 50 m Butterfly M	32. 50 m Butterfly W
	16. 200 m Backstroke W	33. 200 m Backstroke M
	17. 4x100 m Medley Mix**	34. 4x100 m Freestyle Mix**

* Timed final (fastest heat in the evening session)

** Max two heats, 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 13 January. 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 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 finals. In all other events LCM will be seeded first after that SCM and last SCY. Please indicate if the entry times are LCM, SCM or SCY.

- Entry fee:** SEK 100/entry
- Accreditation:** All swimmers and team staff need a accreditation for a fee of SEK 100/accreditation
- Finals:** Distances up to 200m are swum in A- and B-finals, distances of 400m A-finals only. In 800/1500m the last heat in the finals session.
- Withdrawals:** Withdrawals to prelims and timed finals on Saturday should be made Friday 20.00 at the latest and for Sunday at the latest 30 minutes after the end of Saturday's finals. Withdrawals from prelim to final should be made at the latest 30 minutes after each event.
- Best performance:** The five best performances (FINA points) will be awarded 1st SEK 10 000, 2nd 8 000, 3rd 6 000, 4th 4 000 and 5th 2 000. One event per swimmer, results from finals only.
- Best club/nation:** Best club/nation wins a price worth SEK 5000. 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 takes 15 minutes from Copenhagen airport to Hyllie Station by train.
- Accommodation:** We have reserved room at the Arena Hotel approx. 500m from the pool and 300m from Hyllie Station.

Prices in SEK incl. meals and accommodation

Friday – Sunday meals from Friday dinner to Sunday lunch

Single	2100:- / room
Double	2750:- / room
Triple	3600:- / room
Quad (limited number of rooms)	4400:- / room

Saturday – Sunday meals from Saturday lunch to Sunday lunch

Single	1150:- / room
Double	1650:- / room
Triple	2150:- / room
Quad (limited number of rooms)	2650:- / room





- Meals:** Lunch or dinner at Arena hotel 130:- / meal
- Booking:** Accommodation and meals thru Malmö Kappsimningsklubb mail louise@malmokappsim.se
- Info:** Regarding entries:
Swedish Swimming Federation, Kenneth Magnusson, phone: 010-476 53 09 or mail: kenneth.magnusson@svensksimidrott.se.
- Other inquires:
Malmö Kappsimningsklubb Robert Johnsson, phone: 070-5552067 or mail: robban@malmokappsim.se



Table 1

	Women		Men	
	25m	Yard	25m	Yard
800m/1000y Freestyle	+13,78	-58,50		
1500m/1650y Freestyle			+32,34	+39,60

Table 2

Grenar	GP Standard Times					
	Women			Men		
	25m	50m	Yard	25m	50m	Yard
50m Freestyle	00:26,92	00:27,78	00:24,39	00:24,11	00:24,99	00:21,84
100m Freestyle	00:58,30	00:59,92	00:52,82	00:52,38	00:54,35	00:47,46
200m Freestyle	02:07,07	02:10,68	01:55,13	01:55,07	02:00,14	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	08:51,56	09:09,79	10:07,01
1500m Freestyle	18:06,97	18:46,29	18:10,39	16:56,57	17:47,20	17:07,59
50m Breaststroke	00:34,08	00:35,07	00:31,22	00:30,57	00:31,66	00:27,69
100m Breaststroke	01:13,57	01:16,30	01:07,39	01:06,63	01:10,07	01:00,37
200m Breaststroke	02:40,87	02:48,20	02:27,36	02:27,40	02:34,61	02:13,54
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	01:02,97	00:54,32
200m Backstroke	02:22,79	02:29,71	02:10,80	02:10,68	02:19,10	01:59,70
50m Butterfly	00:29,11	00:29,52	00:26,67	00:26,31	00:26,76	00:23,85
100m Butterfly	01:04,75	01:06,46	00:58,98	00:57,95	00:59,75	00:52,53
200m Butterfly	02:27,39	02:32,21	02:14,59	02:12,62	02:18,24	01:58,82
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	04:59,99	04:18,31