



INVITATION Grand Prix 3 19-21 March 2010



COMPETITION POOL

Eriksdalsbadet, 50 m, 8 lanes.

ORGANIZERS

Swedish Swimming Federation and Spårvägen Swimclub

Time of Competition	Prelims	Finals
Friday, March 19 th	17.00	
Saturday, March 20 th		10.00
Saturday, March 20 th	17.00	
Sunday, March 21 st		10.00

REGISTRATION

Registration via email should be received by Spårvägen Swimclub at the latest **March 5th** to kansli@sparvagensim.se

REGISTRATION FEE

100 sek/registration to be paid to Spårvägen Simförening at the competitiondesk by the pool before the competition, or by invoice.

STROKE CATEGORIES

- Freestyle sprint 50/100/200m
- Freestyle distance 400/800/1500m
- Backstroke 50/100/200m
- Breaststroke 50/100/200m
- Butterfly 50/100/200m
- Individual Medley 200/400m

ORDER OF EVENTS

FRIDAY 19th (prelim) and SATURDAY 20th (final)

1. 100 m freestyle men
2. 200 m freestyle women
3. 50 m breaststroke men
4. 100 m breaststroke women
5. 400 m IM men
6. 100 m butterfly women
7. 100 m backstroke men
8. 50 m backstroke women
9. 200 m butterfly men
10. 200 m IM women
11. 400 m freestyle men
12. 50 m freestyle women
13. 200 m breaststroke men
14. *1500 m freestyle women
15. 50 m butterfly men
16. 200 m backstroke women

SATURDAY 20th (prelim) and SUNDAY 21st (final)

17. 100 m freestyle women
18. 200 m freestyle men
19. 50 m breaststroke women
20. 100 m breaststroke men
21. 400 m IM women
22. 100 m butterfly men
23. 100 m backstroke women
24. 50 m backstroke men
25. 200 m butterfly women
26. 200 m IM men
27. 400 m freestyle women
28. 50 m freestyle men
29. 200 m breaststroke women
30. *800 m freestyle men
31. 50 m butterfly women
32. 200 m backstroke men

* Direct final, the 8 highest ranked heat sheet times will be swum during finals.

INFO

Spårvägens office +46 8 471 82 25 or by mail: jenny.gustavsson@sparvagensim.se or kansli@sparvagensim.se

Address: Spårvägen Simförening, Bräckeg. 5, 162 61 Vällingby.
Also check our website: www.sparvagensim.se which contains all info about Grand Prix .

MEMO

Published on website: www.sparvagensim.se, after March 8th

CAR RENTAL

Europcar, Din Bil Söder +46 8 640 04 85

FOOD

We can offer some alternatives for lunch and dinner.

- **Lunch and dinner** at Eriksdalshallens Mat & Café, approximately 10 min walking distance from the pool. SEK 80,00/meal
- **Lunch** at Eriksdalsbadets restaurang, in the building. SEK 80,00/meal.
Dinner at Restaurang SalaThai, at Ringen köpcentrum, approximately 5 min walking distance from the pool, (across the street at Clarion hotel). SEK 80,00/meal.

LODGING (The price is per night and room, including breakfast)

Clarion Stockholm Hotel, approx. 3-5 min walking from the pool, (Ringvägen 98)
<http://www.clarionstockholm.com/hotel.aspx>

Single	SEK 751 /room/night
Double	SEK 958 /room/night
3-Beds/room	SEK 1308 /room/night

List with names on all guests, divided/split per room must be supplied to kansli@sparvagensim.se on March 1st, at the latest. (Demand from the hotel)

Your room and food reservation should be received by us as soon as possible but at the latest 18 th of February .

The invoice will be sent out after March 1st, so please supply a complete invoice address.

Please use the attached paper for your reservations. We have reserved a few rooms and meals, so please send us your booking as soon as possible.

Fax: +46 8 471 82 26
E-mail: kansli@sparvagensim.se
Phone: +46 8 471 82 25

RESERVATION, GP 3, 19-21 March 2010

Club: _____

Contact person: _____

Phonenumber: _____

Emailadress: _____

Invoice address: _____

LODGING

We wish to stay at the following site. Price per night and room including breakfast.

Lodging	Fri-Sat night	Sat-Sun night
Clarion Stockholm Hotel, 3-5 min walking distance from the pool		
Single room, SEK 751 /room/night	___ room(s)	___ room(s)
Double, SEK 958 /room/night	___ room(s)	___ room(s)
3-Beds room, SEK 1308 /room/night	___ room(s)	___ room(s)

List with names on all guests, divided/split per room must be supplied to kansli@sparvagensim.se at the latest on March 1st

FOOD

Eriksdalshallens Mat & Café, appr. 10 min walking distance from the pool, SEK 80 /meal.

We wish to book the following meals:

- ___ meals for dinner Friday
- ___ meals for lunch Saturday
- ___ meals for dinner Saturday
- ___ meals for lunch Sunday

Eriksdalbadets restaurang, in the pool building, SEK 80 /meal.

We wish to book the following meals:

- ___ meals for lunch Saturday
- ___ meals for lunch Sunday

Restaurang SalaThai, approx. 5 min walking distance from the pool, SEK 80 /meal.

We wish to book the following meals:

- ___ meals for dinner Friday
- ___ meals for dinner Saturday

We want your reservation as soon as possible, and at the latest before February 18th.
The invoice will be sent out after March 1st

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