



MEMO

Grand Prix Final
Jönköping
23-25 april 2010



JÖNKÖPINGS SIMSÄLLSKAP AND THE SWEDISH SWIMMING FEDERATION WOULD LIKE TO WELCOME YOU TO GRAND PRIX FINAL IN JÖNKÖPING

COMPETITION POOL: Rosenlundsbadet, 50 m, 8 banor
Elmiavägen 4, 554 54 Jönköping

TIMESCHEDULE:	Heats	Final
Friday 23 April	17.00	
Saturday 24 April	17.00	10.00
Sunday 25 April		10.00

WARM UP:	Friday	15.30-16.45
	Saturday	08.30-09.45, 15.30-16.45
	Sunday	08.30-09.45

ORDER OF EVENTS:	Friday (heats) and Saturday (final)	Saturday (heats) and Sunday (final)
	1. 100 m free men	17. 100 m free women
	2. 200 m free women	18. 200 m free men
	3. 50 m breast men	19. 50 m breast women
	4. 100 m breast women	20. 100 m breast men
	5. 400 m medley men	21. 400 m medley women
	6. 100 m butterfly women	22. 100 m butterfly men
	7. 100 m back men	23. 100 m back women
	8. 50 m back women	24. 50 m back men
	9. 200 m butterfly men	25. 200 m butterfly women
	10. 200 m medley women	26. 200 m medley men
	11. 400 m free men	27. 400 m free women
	12. 50 m free women	28. 50 m free men
	13. 200 m breast men	29. 200 m breast women
	14. *800 m free women	30. *1500 m free men
	15. 50 m butterfly men	31. 50 m butterfly women
	16. 200 m back women	32. 200 m back men

* direct final, "finalheat" (the 8 best times) will be swum in the final session.
The heat sessions Friday and Saturday is estimated around 3 hours.

AUDIENCE: There is no entry fee for spectators.

AWARD CEREMONY: There will be an award ceremony for the top three swimmers in each event.
The first ceremony will start after the 4th event and so on.

CALL ROOM AREA:	Final swimmers will gather before their heat at a designated place, for marching in to the final.
CANCELLATION PRELIMS:	Cancellation of swimmers for Friday heats should be made at the latest Friday April 23th at 16.00 to the competition bureau. For Saturday heats, the deadline is Saturday at 16.00. The swimmer's ID number should always be given in the cancellation.
CANCELLATION FINALS:	Cancellation for finals should be made at the latest 30 minutes after the event during heats is finished. Late cancellation – penalty fee SEK 300.
COACHES COFFEE:	Jönköpings SS will offer all coaches coffee and snacks.
COACHES MEETING:	The competition referee asks that at least one representative from every team will attend the coaches (technical) meeting Friday April 23th at 15.45 at the diving pool.
COMPETITION BUREAU:	Friday at JSS kansli, Saturday and Sunday at the competition secretary: Friday and Saturday 15.30- to 30 min after the end of the session. Saturday and Sunday 08.30- to 30 min after the end of the session.
HEAT SHEETS:	Every club can get their heat sheet at the competition area in your pigeon box. Heat sheets will also be posted in the competition area.
INFO BEFORE COMPETITION:	Jönköpings Simsällskap, tel: +46 36-17 27 60, fax: +46 36-17 27 68 e-mail: jss@jss.f.se website: www.jss.f.se
INFO DURING COMPETITION:	Will be available for every club in your pigeon box, at the competition area.
MESSAGEBENCHES:	Space for massage benches will be available in the 25 m pool.
MEDICAL CARE:	Medical help is available during the competition.
RESULTS:	Results will be posted at the competition area. After each session, results will be posted on www.jss.f.se . After the competition, results can be downloaded from our website.

Best Regards

Jönköpings Simsällskap