

## MEMO

### Swedish Grand Prix 3

### 24-25 March 2012 in Stockholm

SPÅRVÄGEN SWIM CLUB AND THE SWEDISH SWIMMING FEDERATION WOULD LIKE TO WELCOME YOU TO GRAND PRIX 3 IN STOCKHOLM AND ERIKSDALSBADET.

COMPETITION POOL: Eriksdalsbadet, 50 m, 8 lanes  
Address: Hammarby Slussväg 20, 118 60 Stockholm  
See [Map](#)

TIMES OF COMPETITION:		Preliminaries	Final
	Saturday March 24 <sup>th</sup>	10.00	17.00
	Sunday March 25 <sup>th</sup>	09:00	16:00

REFEREE: Mr Jonas Åström from the Swedish Swimming Federation

OLYMPIC QUALIFICATION: The competition is FINA approved for qualification to the London Olympic Games 2012

WARM UP:

Friday	17:00-19:00
Saturday	08:30-09:45, 15:30 – 16:45
Sunday	07:30-08:45, 14:30 - 15:45

ORDER OF EVENTS:

Saturday	Sunday
1. 100 m free men	17. 100 m free women
2. 200 m free women	18. 200 m free men
3. 50 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. *1500 m free women	30. *800 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 is estimated around 3h 15m.*



- ADVENTURE POOLS:** No competitors will be allowed in the adventure pools or the Jacuzzis unless a ticket is purchased. Tickets can be purchased in the main entrance of the building.
- 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 4<sup>th</sup> event and so on. The 5 best swimmers after all events, women and men, ranked highest points according to FINA list, will be awarded with prize money 5000 SEK, 4000 SEK, 3000 SEK, 2000 SEK and 1000 SEK. Coaches will be responsible that the swimmers show up in time for the ceremony.
- CALL ROOM AREA:** Final swimmers will gather before their heat at a designated place behind the screens on window-side of the pool, for marching in to the final.
- CAFETERIA:** Is available on pool deck, in the 25m pool area.
- CANCELLATION PRELIMS:** Cancellation of swimmers for Saturday preliminaries should be made at the latest at 09:00 to the meet secretariat. For Sunday preliminaries the deadline is 08:00. 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 preliminaries session is finished.
- Late cancellation will result in a SEK 300 penalty fee.
- COACHES COFFEE:** Spårvägen will offer all coaches coffee and snacks. Please respect the referees gathering and coffee breaks.
- COACHES MEETING:** The competition referee asks that at least one representative from every team will attend the coaches (technical) meeting Saturday March 24<sup>th</sup>. The meeting will be held 08:45, at advised Conference room, on upper level behind the 25 m pool.
- COMPETITION BUREAU:** The competition bureau will be located just in the end of the 50 m pool, on the way in from the entrance.  
Hours: Fri 15.30- 19.00  
Sat and Sun 08.30 - to 30 min after the session ends.  
Sat and Sun 15.30 - to 30 min after the session ends.
- DAYLIGHT SAVING TIME:** Please **OBSERVE**. The night between Saturday & Sunday Sweden changes to daylight saving time, 02:00 -> 03:00. Please don't be late for Sunday preliminaries.
- DRESSING ROOMS:** There will be designated Grand Prix dressing rooms. Lockers will be available, but you need to bring your own lock. Locks that are in place after the sessions are over, will be cut open by the pool staff. Neither Eriksdalsbadet nor Spårvägen will be responsible for lost items.  
*We want to warn you that thefts have occurred in the dressing rooms.*



EMERGENCY EXIT:	It is strictly forbidden to use the emergency exits. They are only to be used during immediate danger.
ENTRANCE:	Along the 50 m pool at the parking lots, next to the swim jump pool tower. Entrance opens 15 minutes before warmup start.
ENTRY FEE:	The entry fee should be paid to the competition bureau before the competition starts, or you will receive an invoice from the bureau.
EXTRA HEETS:	Will be offered directly after both morning preliminaries sessions, at a cost of SEK 300:-/each swimmer. Registration at the meet secretariat at the latest 1 hour before each prelim session. Max. two male, respectively female heat each session, and maximum 200 m events.
HEAT SHEETS:	Every club can get their heat sheet at the competition bureau. Heat sheets will also be posted in the competition area. Additionally, they will be sold to spectators.
INFO BEFORE COMPETITION:	Spårvägen Swim Club: Bräckeg. 14, 162 61 Vällingby, tel: +46 8 471 82 25, +46 708 777571 e-mail: <a href="mailto:kansli@sparvagensim.se">kansli@sparvagensim.se</a> website: <a href="http://www.sparvagensim.se">www.sparvagensim.se</a>
INFO DURING COMPETITION:	Will be available for every club in your pigeon box, at the competition bureau
LATE CANCELLATION:	In the event of a late cancellation, the swim club will be charged SEK 300.
LOST & FOUNDS	Lost and founds will be piled together after every day and available in the competition bureau.
MESSAGE-BENCHES:	Space for massage benches will be available along the 50 m pool.
MEDICAL CARE:	Nurse will be available on deck during competition. Get in contact with the competition bureau if assistance is needed. Doctor can be reached on call.
MEDICAL CERTIFICATIONS/ PRESCRIPTIONS/ DISPENSATIONS:	Must be submitted to the Meet secretariat prior to the first heat starts
ON LINE TIMING:	The competition can be followed live online via <a href="http://livetiming">livetiming</a>
PARKING:	Parking will be available at the back of the building. There are two parking companies who have parking lots, so make sure you pay in the right parking meter.
PUBLIC TRANSPORTATION:	The Subway to Skanstull or bus number 4. Check out <a href="http://www.sl.se">www.sl.se</a> for timetable and route. For maps, check <a href="#">Map</a>



RESULTS:



Results will be posted at the designated place in the competition area. Results for each event can be obtained from the competition bureau. After each session, results will be posted on [www.sparvagensim.se](http://www.sparvagensim.se) and [livetiming](#). After the competition, results can be downloaded from our website.

START ON TOP:

During preliminaries, heats might be swum with previous heat still in the water. Final information will be submitted during Coaches meeting.

WARM DOWN:

Four lanes will be marked for warm down in the 25 m pool.

WARM UP CLOTHES:

Warm up clothes is to be put in each lane's basket.