

GENERAL INFORMATION

Swedish Grand Prix 1

24 – 25 January 2015 in Uppsala

Venue: Fyrishovsbadet (50m), 8 lanes in Uppsala

Organizers: Svenska Simförbundet and Upsala Simsällskap

Dates and time:	Heats	Finals
Saturday 24 January	10.00	17.00
Sunday 25 January	09.00	16.00

Entries: Entries are made by sending an entry form or an entry file (LENEX) to kenneth.magnusson@simforbundet.se no later than 9 January. Swimmers have to meet attached standard times (table 2).

Swimmers who have met a standard time in one event can request to be entered in events where he/she haven't met the standard time. Depending on the numbers 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 finales. In all other events LCM will be seeded first after that SCM and last SCY.

Please indicate in the entries if the entry times are LCM, SCM or SCY.

Entry fees: SEK 100:-/entry

Qualification period: 2014-01-09 – 2015-01-08

Events:	Freestyle	50, 100, 200, 400, 800/1500 m
	Backstroke	50, 100, 200m
	Breaststroke	50, 100, 200m
	Butterfly	50, 100, 200m
	Ind. Medley	200, 400m

Finals: Distances up to 200m will have an A- and a B-final. Events of 400m an A-final only and 800/1500m will be timed finals with the fastest heat in the evening session.

Team Leaders Guide: Will be available on www.upsalasinu from 10 January.

Order of events:

Saturday

1. Men's 100 m Freestyle
2. Women's 200 m Freestyle
3. Men's 50 m Breaststroke
4. Women's 100 m Breaststroke
5. Men's 400 m Ind. Medley
6. Women's 100 m Butterfly
7. Men's 100 m Backstroke
8. Women's 50 m Backstroke
9. Men's 200 m Butterfly
10. Women's 200 m Ind. Medley
11. Men's 400 m Freestyle
12. Women's 50 m Freestyle
13. Men's 200 m Breaststroke
14. Women's 800 m Freestyle*
15. Men's 50 m Butterfly
16. Women's 200 m Backstroke

Sunday

17. Women's 100 m Freestyle
18. Men's 200 m Freestyle
19. Women's 50 m Breaststroke
20. Men's 100 m Breaststroke
21. Women's 400 m Ind. Medley
22. Men's 100 m Butterfly
23. Women's 100 m Backstroke
24. Men's 50 m Backstroke
25. Women's 200 m Butterfly
26. Men's 200 m Ind. Medley
27. Women's 400 m Freestyle
28. Men's 50 m Freestyle
29. Women's 200 m Breaststroke
30. Men's 1500 m Freestyle*
31. Women's 50 m Butterfly
32. Men's 200 m Backstroke

*Timed final (best heat in the evening session)

Lunch/dinner:

All meals can be offered at Fyrishov

Breakfast	SEK 69
Lunch	SEK 95
Dinner	SEK 95

Accommodation:

Lodges, Fyrishov, 4 beds SEK 695 (no meals)

For more information: www.fyrishov.se

Hotel, Friday – Sunday incl. breakfast.

	Double	Single	Triple bed
Hotel Upplandia	SEK 870	SEK 870	SEK 1070
For more information:	www.scandichotels.se/upplandia		

Hotel Scandic Nord	SEK 850	SEK 850	SEK 1050
For more information:	www.scandic-hotels.se/upsalanord		

All bookings are made through Upsala Simsällskap

YOG:

This meet has been approved by FINA as a Youth Olympic Games 2014 qualification meet.

Info:

Regarding entries:

Kenneth Magnusson, kenneth.magnusson@simforbundet.se, +46 10 476 5309

All other info:

Upsala Simsällskap's webpage www.upsalasinu

E-mail: kansli@upsalasinu Phone +46 18 222 164



Table 1

GP conversion times 2015

	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	00:25,15	00:21,84
100m Freestyle	00:58,30	00:59,92	00:52,82	00:52,38	00:54,43	00:47,46
200m Freestyle	02:07,07	02:10,97	01:55,13	01:55,07	02:00,29	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	08:59,69	09:26,09	10:16,29
1500m Freestyle	18:06,97	18:46,29	18:10,39	16:56,57	17:47,50	17:07,59
50m Breaststroke	00:34,26	00:35,22	00:31,38	00:30,72	00:31,88	00:27,83
100m Breaststroke	01:13,77	01:17,05	01:07,57	01:06,73	01:10,20	01:00,46
200m Breaststroke	02:40,87	02:49,02	02:27,36	02:27,52	02:35,10	02:13,65
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	01:03,31	00:54,32
200m Backstroke	02:22,79	02:29,71	02:10,80	02:10,68	02:19,70	01:59,70
50m Butterfly	00:29,11	00:29,52	00:26,67	00:26,37	00:26,90	00:23,90
100m Butterfly	01:04,76	01:06,46	00:58,99	00:57,95	00:59,96	00:52,53
200m Butterfly	02:27,39	02:32,21	02:14,59	02:13,13	02:20,47	01:59,28
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	05:01,24	04:18,31