

## Swedish Grand Prix 2 4 - 5 February 2012 in Uppsala

**Place:** Fyrishovsbadet (50m), 8 lanes

**Organizers:** Svenska Simförbundet and Upsala Simsällskap

**Dates and time:**

	Heats	Finals
Saturday 4/2	10.00	17.00
Sunday 5/2	09.00	16.00

**Entries:** Entries are made by sending an entry form or an entry file (LENEX) to [kenneth.magnusson@simforbundet.se](mailto:kenneth.magnusson@simforbundet.se) no later than 21 January. Swimmers have to meet attached standard times (table 2).

Entry Times can be in LCM, SCM and SCY. Times in SCM and SCY will be converted in accordance with table 1.

**Entry fees:** SEK 100:-/entry

**Qualification period:** 2011-01-21 – 2012-01-20

**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

**Additional info:** Will be available on [www.upsalasinu](http://www.upsalasinu) from 12 January.

**Prize Money:** Each event winner will receive SEK 500/event. The five best performers (FINA points) men and women separately in the competition will receive:

Performer	SEK
1	5000
2	4000
3	3000
4	2000
5	1000

Only the best event (using the current FINA points table) of each performer is considered.

**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 80
Dinner	SEK 89

**Accommodation:**

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

Hotel, Friday - Sunday incl. breakfast. Prices in SEK.

	Double	Single	Extra bed
Hotel Upplandia	740	740	200
Hotel Scandic Nord	725	725	200

**All bookings are made through Upsala Simsällskap**

**Olympic qualification:** This is a FINA approved Olympic Qualification Competition.

**Info:**

Regarding entries:

Kenneth Magnusson, [kenneth.magnusson@simforbundet.se](mailto:kenneth.magnusson@simforbundet.se) , +46 8 627 4634

Other info:

Upsala Simsällskap's webpage [www.upsalasinu](http://www.upsalasinu)

E-mail: [kansli@upsalasinu](mailto:kansli@upsalasinu) Phone +46 18 222 164



Table 1

**GP conversion times 2012**

	<b>Women</b>		<b>Men</b>	
	<b>25m</b>	<b>Yard</b>	<b>25m</b>	<b>Yard</b>
50m Freestyle	0,90	3,40	0,90	2,80
100m Freestyle	2,10	7,40	1,90	5,00
200m Freestyle	4,30	16,20	5,10	15,70
400m/*500y Freestyle	8,80	-30,20	12,10	-24,20
800m/*1000y Freestyle	21,00	-59,40	26,40	-47,20
1500m/*1650y Freestyle	39,32	35,90	46,60	46,50
50m Breaststroke	1,10	3,60	1,20	4,00
100m Breaststroke	3,10	9,50	3,60	9,40
200m Breaststroke	7,00	19,80	8,90	21,10
50m Backstroke	1,60	3,70	1,60	3,40
100m Backstroke	3,50	10,00	4,00	9,90
200m Backstroke	7,30	20,10	7,40	20,10
50m Butterfly	0,60	1,50	0,60	2,10
100m Butterfly	2,00	8,10	2,30	7,30
200m Butterfly	4,90	17,70	7,20	18,20
200m IM	5,30	19,10	5,50	16,50
400m IM	13,50	41,20	17,00	45,00

Table 2

**GP standard times 2012**

	<b>Women</b>			<b>Men</b>		
	<b>SCM</b>	<b>LCM</b>	<b>SCY</b>	<b>SCM</b>	<b>LCM</b>	<b>SCY</b>
50m Freestyle	27.29	28.19	24.79	24.49	25.39	22.59
100m Freestyle	58.69	1:00.79	53.39	53.29	55.29	50.29
200m Freestyle	2:07.99	2:12.29	1:56.09	1:57.49	2:02.59	1:46.89
400m (*500y) Freestyle	4:32.89	4:41.69	*5:11.89	4:13.39	4:25.49	*4:49.69
800m (*1000y) Freestyle	9:27.19	9:48.19	*10:47.59	8:59.69	9:26.09	*10:16.29
1500m (*1650y) Freestyle	18:06.97	18:46.29	*18:10.39	17:07.49	17:54.09	*17:07.59
50m Breaststroke	34.59	35.69	32.09	30.99	32.19	28.89
100m Breaststroke	1:14.49	1:17.59	1:08.09	1:07.29	1:10.89	1:01.49
200m Breaststroke	2:42.29	2:49.29	2:29.49	2:28.69	2:37.59	2:16.49
50m Ryggsim	31.29	32.89	29.19	28.49	30.09	26.69
100m Ryggsim	1:06.69	1:10.19	1:00.19	1:00.79	1:04.79	54.89
200m Ryggsim	2:24.89	2:32.19	2:12.09	2:14.39	2:21.79	2:01.69
50m Butterfly	29.49	30.09	28.59	26.69	27.29	25.19
100m Butterfly	1:05.09	1:07.09	58.99	58.89	1:01.19	53.89
200m Butterfly	2:27.39	2:32.29	2:14.59	2:15.09	2:22.29	2:04.09
200m IM	2:26.09	2:31.39	2:12.29	2:14.29	2:19.79	2:03.29
400m IM	5:11.09	5:24.59	4:43.39	4:50.79	5:07.79	4:22.79