

Swedish Grand Prix 3

10-12 March 2023 in Kungsbacka, Sweden

The Swedish Swimming Federation together with the local organizer Kungsbacka Simsällskap welcome you to Kungsbacka and the Swedish Grand Prix 3.

Venue: Kungsbacka badhus (50m), Kungsbacka, Sweden

Competition:	Prelims	Finals
Friday		17:00
Saturday	10:00	17:00
Sunday	09:00	16:00

Warm up:	Friday		15:00-16:45
	Saturday	08:00-09:45	15:00-16:45
	Sunday	07:00-08:45	14:00-15:45

Events:

Friday 10 March

1. Women's 400 m IM***
2. Men's 400 m IM***
3. Women's 1500 m Freestyle***
4. Men's 1500 m Freestyle***

Saturday 11 March

5. Women's 200 m Freestyle
6. Men's 100 m Freestyle*
7. Women's 100 m Breaststroke*
8. Men's 50 m Breaststroke
9. Women's 100 m Butterfly
10. Men's 100 m Backstroke*
11. Women's 50 m Backstroke*
12. Men's 200 m Butterfly
13. Women's 200 m IM*
14. Men's 400 m Freestyle*
15. Women's 50 m Freestyle*
16. Men's 200 m Breaststroke
17. Women's 800 m Freestyle**
18. Men's 50 m Butterfly*
19. Women's 200 m Backstroke
20. Mixed 4x100 m Medley*****

Sunday 12 March

21. Men's 200 m Freestyle
22. Women's 100 m Freestyle*
23. Men's 100 m Breaststroke*
24. Women's 50 m Breaststroke
25. Men's 100 m Butterfly
26. Women's 100 m Backstroke*
27. Men's 50 m Backstroke*
28. Women's 200 m Butterfly
29. Men's 200 m IM*
30. Women's 400 m Freestyle*
31. Men's 50 m Freestyle*
32. Women's 200 m Breaststroke
33. Men's 800 m Freestyle**
34. Women's 50 m Butterfly*
35. Men's 200 m Backstroke
36. Mixed 4x100 m Freestyle*****

* Also para event, para swimming as timed finals in the morning session

** Timed finals with the fastest heat in the evening session, all other heats in the morning session.

***Timed finals

**** Two heats maximum, swum in the final session. For entry time, add individual times of available swimmers in the team.

Entries:

Entries are made by sending an entry form or an entry file (LENEX) to kenneth.magnusson@svensksimidrott.se no later than 23 February 23.59 CET (UTC+1). Swimmers have to meet standard times (table 2).

Swimmers who have met a standard time in at least one event can request to be entered in events where he/she haven't met the standard time. Depending on the total number of entries, such requests may be approved.

Entry times can be in LCM, SCM and SCY. In 50 m, 100 m and 200 m events as well as 400m Freestyle, LCM times will be seeded first after that SCM and last SCY times. In 800 m Freestyle, 1500 m Freestyle and 400 m IM, SCM and SCY times will be converted to LCM according to table 1.

Para swimmers have to meet standard times, [here](#).

Qualification period: 1 January 2022 – 22 February 2023.

Entry fee:

SEK 125/entry

Accreditation:

All swimmers and team staff need an accreditation for a fee of SEK 100 per accreditation. Swimmers entered in individual events will be issued an accreditation automatically, others must apply here: <https://response.questback.com/svenskasimfrbundet/sgp2023>

Heats:

If the need arises the heats could be swum in A- and B-flights with the three fastest heats in the A-flight.

Finals:

Events up to and including 200 m are swum in A- and B-finals, 400m Freestyle in A-finals only. Timed finals in the 800 m Freestyle with the last heat in the evening session. Timed finals in 400m IM and 1500 m Freestyle, all heats Friday evening. Events indicated as para events will be swum as timed finals for the para swimmers in the morning session.

Withdrawals:

Withdrawals to Friday's events should be made at the latest Friday at 14:30. For prelims and timed finals on Saturday and Sunday withdrawals should be made at the latest 30 minutes after the end of the previous day's finals. All teams will be issued a login to a coach app where withdrawals to prelims and timed finals can be made. Withdrawals from prelim to final should be made at the latest 30 minutes after the end of each event on a form provided at the venue.

Prize money:

Able-Bodied Swimmers:

The winners of each individual event will be awarded SEK 1 000 and winning teams in relays SEK 2 000.

The four best performances (FINA points), men and women respectively, will be awarded 1st SEK 20 000, 2nd 15 000, 3rd 10 000 and 4th 5 000. One event per swimmer.

Para Swimmers:

The three best performances (WPS points) for para swimmers, men and women collectively, will be awarded 1st SEK 3 000, 2nd 2 000 and 3rd 1 000.

Best team:

Best team wins a price worth SEK 5 000. Points to the 16 best swimmers of each event 18, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Transportation:

The easiest way of going to the Swim Stadium in Kungsbacka is by car or by train. The parking house Linden is situated just north of the Stadium and there are also a lot of parking spots just outside the Stadium.

The train station in Kungsbacka is situated 130 meters from the Hotel Halland and 1 200 meters from the Swim Stadium.

If you will arrive by boat or by plane, we arrange minivans for transfer to the hotels. This service is provided during the WHOLE weekend, so you easily can go from the Hotel – Swim Stadium – the Hotel. The price for transfer service is 100 SEK per person and way.

To book transfer please use the transfer form and send it to transfer@kbss.nu. Please book transfer not later than February the 24th 2023.

Accommodation:

Book your accommodation directly with the hotels according to the separate accommodation information sheet.

Meals:

To book meals please use the form “meal order” and send it fulfilled to mat@kbss.nu. The menu is enclosed to this invitation.

Please book meals not later than February the 24th 2023.

Info:

Regarding entries:

Swedish Swimming Federation, Kenneth Magnusson, phone: 010-476 53 09 or mail: kenneth.magnusson@svensksimidrott.se.

All other inquires: Kungsbacka Simsällskap (local swim club), Mikael Fredriksson, phone +46 761011000 or mail: mikael@sanadora.se.

Table 1

	Women		Men	
	SCM	SCY	SCM	SCY
800m/1000y Freestyle	+13,78	-58,50	+16,28	-51,40
1500m/1650y Freestyle	+24,08	+37,50	+32,34	+39,60
400m IM	+11,05	+40,00	+10,45	+40,00

Table 2

Grenar	GP Standard Times					
	Women			Men		
	SCM	LCM	SCY	SCM	LCM	SCY
50m Freestyle	00:27,08	00:27,92	00:24,39	00:24,12	00:25,17	00:21,72
100m Freestyle	00:58,60	01:00,34	00:52,79	00:52,76	00:54,78	00:47,53
200m Freestyle	02:07,91	02:11,52	01:55,22	01:55,90	02:00,72	01:44,41
400m Freestyle	04:31,98	04:40,17	05:10,82	04:11,55	04:20,91	04:47,47
800m Freestyle	09:26,69	09:44,98	10:47,65	08:52,25	09:11,91	10:08,29
1500m Freestyle	18:21,98	19:10,91	18:15,40	17:04,74	17:42,84	16:58,62
50m Breaststroke	00:33,81	00:34,81	00:30,46	00:30,25	00:31,64	00:27,25
100m Breaststroke	01:13,37	01:16,26	01:06,09	01:06,38	01:09,54	00:59,80
200m Breaststroke	02:39,70	02:46,66	02:23,87	02:27,36	02:34,33	02:12,76
50m Backstroke	00:30,61	00:32,05	00:27,57	00:27,71	00:29,52	00:24,95
100m Backstroke	01:05,76	01:08,97	00:59,24	00:59,47	01:03,29	00:53,58
200m Backstroke	02:23,64	02:30,41	02:09,39	02:12,05	02:19,50	01:58,96
50m Butterfly	00:29,04	00:29,54	00:26,16	00:26,11	00:26,61	00:23,51
100m Butterfly	01:04,78	01:06,60	00:58,35	00:57,98	00:59,44	00:52,23
200m Butterfly	02:27,77	02:33,29	02:13,12	02:13,07	02:18,45	01:59,88
200m IM	02:24,48	02:29,80	02:10,15	02:11,77	02:17,23	01:58,71
400m IM	05:09,70	05:23,04	04:39,00	04:47,69	05:01,37	04:19,18