



Memo Grand Prix 3 19-21 march 2010



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:	Final	Heats
Friday March 19 th		17.00
Saturday March 20 th	10.00	17.00
Sunday March 21 st	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 (prelims) and Saturday (final)	Saturday (prelims) 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 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 Friday and Saturday is estimated around 3 hours.

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 th 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, for marching in to the final.						
CAFETERIA:	Is available on pool deck, in the 25m pool area.						
CANCELLATION PRELIMS:	Cancellation of swimmers for Friday heats should be made at the latest Friday March 19 th 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 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 break.						
COACHES MEETING:	The competition referee asks that at least one representative from every team will attend the coaches (technical) meeting Friday March 19 th at 15.45 at the pool.						
COMPETITION BUREAU:	The competition bureau will be located just in the end of the 50 m pool, turning side. Hours: <table> <tr> <td>Fri</td> <td>15.30- to 30 min after the session ends</td> </tr> <tr> <td>Sat and Sun</td> <td>08.30 - to 30 min after the session ends.</td> </tr> <tr> <td>Sat</td> <td>15.30 - to 30 min after the session ends.</td> </tr> </table>	Fri	15.30- to 30 min after the session ends	Sat and Sun	08.30 - to 30 min after the session ends.	Sat	15.30 - to 30 min after the session ends.
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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 heats are over, will be cut open by the pool staff. Neither Eriksdalsbadet nor Spårvägen will be responsible for lost items. <u><i>We want to warn you that thefts have occurred in the dressing rooms.</i></u>						
EMERGENCY EXIT:	It is strictly forbidden to use the emergency exits. They are only to be used during immediate danger.						
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.						
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. 5, 162 61 Vällingby, tel: +46 8 471 82 25, fax: +46 8 471 82 26 e-mail: jenny.gustavsson@sparvagensim.se website: www.sparvagensim.se						
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 will be available in the competition bureau.						

MASSAGE- BENCHES:	Space for massage benches will be available along the 50 m pool.
MEDICAL CARE:	Nurse will be available on deck during warm ups. During other times medical trained staff will be available on call. Contact the competition bureau if assistance is needed.
MEMO ACCOMMODATION & MEALS:	Will be on our website at latest 17 th of March.
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 www.sl.se for timetable and route. For maps, check Map
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 After the competition, results can be downloaded from our website.
START ON TOP:	During preliminaries, heats are swum with previous heat still in the water.
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.

Don't hesitate to ask in the competition bureau if you have any questions!

Welcome to Grand Prix!

Best Regards

Spårvägen Simförening
www.sparvagensim.se