

Finnish Swimming Association together with Swimming Jyväskylä will organize International short course competition



SUOMEN UIMALIITTO
FINNSKA SIMFÖRBUNDET
FINNISH SWIMMING ASSOCIATION

VI Finnish Open Grand Prix for Unicef

31.10. - 1.11.2009



in Jyväskylä swimming centre AaltoAlvari
(Address: Pitkäkatu 2, Jyväskylä)

World Cup program with national 50 metres championship relays (Finnish teams only).

Heats: Both days at 9.00 (warm up 8.00-8.50)

Finals: Both days at 17.00 (warm up 16.00-16.50)

Competition pool reserved for competitors also on Friday 30.10. at 18.00-20.00
Technical meeting on Saturday 31.10. at 8.00 at swimming centre.

Program (heats):

31.10. at 9.00

1. M 100 m FREE
2. W 200 m FREE
3. M 50 m BREAST
4. W 100 m BREAST
5. M 400 m IM
6. W 100 m FLY
7. M 100 m BACK
8. W 50 m BACK
9. M 200 m FLY
10. W 200 m IM
11. M 400 m FREE
12. W 50 m FREE
13. M 200 m BREAST
14. W 800 m FREE
15. M 100 m IM
16. W 200 m BACK
17. M 50 m FLY

10 min break

18. W 4x50 m free (national)
19. M 4x50 m im (national)

1.11. at 9.00

20. W 100 m FREE
21. M 200 m FREE
22. W 50 m BREAST
23. M 100 m BREAST
24. W 400 m IM
25. M 100 m FLY
26. W 100 m BACK
27. M 50 m BACK
28. W 200 m FLY
29. M 200 m IM
30. W 400 m FREE
31. M 50 m FREE
32. W 200 m BREAST
33. M 1500 m FREE
34. W 100 m IM
35. M 200 m BACK
36. W 50 m FLY

10 min break

37. M 4x50 m free (national)
38. W 4x50 m im (national)

W 800 m FREE, M 1500 m FREE, W 400 m IM, M 400 m IM, W 400 m FREE ja M 400 m FREE as timed finals. The last and fastest heats at the finals (evening session).

Qualification

Women			Men	
25m	50m		25m	50m
31,09	32,09	50 m FREE	27,09	28,09
1.05,09	1.07,09	100 m FREE	57,59	59,59
2.21,09	2.25,09	200 m FREE	2.07,09	2.11,09
5.00,09	5.08,09	400 m FREE	4.35,09	4.43,09
10.15,09	10.31,09	800 m FREE		
		1500 m FREE	18.20,09	18.50,09
35,59	36,59	50 m BACK	32,59	33,59
1.16,09	1.18,09	100 m BACK	1.09,09	1.11,09
2.43,09	2.47,09	200 m BACK	2.30,09	2.34,09
39,09	40,59	50 m BREAST	35,09	36,59
1.24,59	1.27,59	100 m BREAST	1.15,09	1.18,09
3.00,09	3.06,09	200 m BREAST	2.44,09	2.50,09
33,29	34,29	50 m FLY	30,09	31,09
1.14,09	1.16,09	100 m FLY	1.04,09	1.06,09
2.46,09	2.50,09	200 m FLY	2.27,09	2.31,09
1.15,09		100 m IM	1.08,09	
2.41,09	2.46,09	200 m IM	2.27,09	2.32,09
5.40,09	5.50,09	400 m IM	5.12,09	5.22,09

Grand Prix prizes (The sum of best individual FINA points of day 1 and day 2)

Men and women:

1. 1200 €	3. 600 €	5. 200 €
2. 800 €	4. 300 €	6. 100 €

NOTICE! Requires a personal appearance at the prize ceremonies in the end of the competition.

Entries: No later than 20.10.2009 by email to Ms. Outi Pitkänen:

email: kilpailut@swim.fi

mobile: +358 40 172 2288

Starting fees (11 € per start) shall be paid before the beginning of the competition.

Accommodation information: www.swim.fi/163 (Local swimming club website)

General information:

City of Jyväskylä (maps etc.): www.jyvaskyla.fi/lang/

Jyväskylä airport: www.finavia.fi/airport_jyvaskyla?airport_url=%2Flentoasema_jyvaskyla

Finnish railways: www.vr.fi/eng/

Venue: www.jyvaskyla.fi/liikunta/sisaliikuntapaikat/aaltoalvari/altaat

Hotels in Finland: www.hotellimaailma.fi/view.cfm?page=internet.english

Welcome to Jyväskylä, Finland!