



Preliminary Program - Session 1 Saturday 20 April 2013 10.00

Competition name: Swedish Grand Prix 3

Competition place: Stockholm

Organizer: SSF/Jönköpings SS

Start	Nr	Event	Class	Round	Notes
10:00	1	100m Freestyle Men	M	Heats	
10:12	2	200m Freestyle Women	W	Heats	
10:26	3	50m Breaststroke Men	M	Heats	
10:31	4	100m Breaststroke Women	W	Heats	
10:41	5	400m Medley Men	M	Heats	
10:53	6	100m Butterfly Women	W	Heats	
10:59	7	100m Backstroke Men	M	Heats	
11:06	8	50m Backstroke Women	W	Heats	
11:11	9	200m Butterfly Men	M	Heats	
11:20	10	200m Medley Women	W	Heats	
11:33	11	400m Freestyle Men	M	Heats	
11:48	12	50m Freestyle Women	W	Heats	
11:55	13	200m Breaststroke Men	M	Heats	
12:08	14	800m Frisim Damer	W	Heats	
12:29	15	50m Butterfly Men	M	Heats	
12:36	16	200m Backstroke Women	W	Heats	
12:49		Session End			

Time between heats: 30 secs

Time between relay heats: 1 secs

Time between events: 1 min

Time between relay events: 1 mins

Time for pause: 10 minutes

Time for price ceremony: 6 minutes