



Swedish Grand Prix

13-15 March 2026 in Jönköping

The Sweden Aquatics together with the local organizer Jönköpings Simsällskap welcome you to Jönköping and the Swedish Grand Prix.

Venue: Rosenlundsbadet (50m), Jönköping, 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
	Sunday	07:00-08:45
		15:00-16:45
		14:00-15:45

Events:	Friday 13 March	Saturday 14 March	Sunday 15 March
	1. Men's 400 m IM***	5. Men's 200 m Freestyle	21. Women's 200 m Freestyle
	2. Women's 400 IM***	6. Women's 100 m Freestyle*	22. Men's 100 m Freestyle*
	3. Men's 1500 m Freestyle***	7. Men's 100 m Breaststroke*	23. Women's 100 m Breaststroke*
	4. Women's 1500 m Freestyle***	8. Women's 50 m Breaststroke	24. Men's 50 m Breaststroke
		9. Men's 100 m Butterfly	25. Women's 100 m Butterfly
		10. Women's 100 m Backstroke*	26. Men's 100 m Backstroke*
		11. Men's 50 m Backstroke*	27. Women's 50 m Backstroke*
		12. Women's 200 m Butterfly	28. Men's 200 m Butterfly
		13. Men's 200 m IM*	29. Women's 200 m IM*
		14. Women's 400 m Freestyle*	30. Men's 400 m Freestyle*
		15. Men's 50 m Freestyle*	31. Women's 50 m Freestyle*
		16. Women's 200 m Breaststroke	32. Men's 200 m Breaststroke
		17. Men's 800 m Freestyle**	33. Women's 800 m Freestyle**
		18. Women's 50 m Butterfly*	34. Men's 50 m Butterfly*
		19. Men's 200 m Backstroke	35. Women's 200 m Backstroke
		20. Mixed 4x100 m Medley****	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 jesper.svensson@svensksimidrott.se no later than 27 February at 23.59 CET (UTC+1). Swimmers have to meet standard times in 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 in accordance with table 1.

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

Qualification period: 1 January 2025 – 26 February 2026.

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/sgp2026>

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 swam 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 in the coach app.

Prize money:

Winners of individual events are awarded SEK 1000. Swimmers in winning relay teams receive SEK 500 each.



Top four performances, men and women respectively, wins SEK 20,000; 15,000; 10,000 and 5,000. One event per swimmer is counted using World Aqua points for able-body swimmers and British Para Points for para swimmers.

Transportation: The competition will be held at Rosenlundsbadet; see the address below: [Elmiavägen 4, 55454 Jönköping](https://www.google.com/maps/place/Elmiav%C3%A4gen+4,+55454+J%C3%B6nk%C3%B6ping/@57.38111,15.61111,17z) (click for map view).

Accommodation: Scandic hotel is located adjacent to Rosenlundsbadet, with direct access.
Single room: 1390 SEK/night
Double room: 1490 SEK/night
Triple room: 1690 SEK/night
Quadruple room: 1890 SEK/night
Cancelable up to 30 days before the competition.
Cottages and hostel accommodations are also offered at favorable prices.

For questions and all accommodation bookings, please contact tavling@jonkopingss.se

Meals: All competitors are offered meals for 110 SEK/person per meal. The food is served at KFUM, a 5-minute walk from Rosenlundsbadet.

The following meals can be ordered:

Friday: Dinner

Saturday: Lunch, Dinner

Sunday: Lunch, Dinner (takeaway box at the end of the shift)

For those staying at Scandic, a sports buffet is offered for 169 SEK/person per meal.

All meals must be booked through tavling@jonkopingss.se

Please book meals not later than February the 10th 2025.

Info: Regarding entries:
Swedish Swimming Federation, Jesper Svensson, phone: 010-476 50 92 or mail: jesper.svensson@svensksimidrott.se.

All other inquiries:

William Brink, Jönköping SS, via e-post: tavling@jonkopingss.se
alt.

Johan Sundqvist, JSS, johan.sundqvist@jonkopingss.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	00:27,10	00:27,96	00:24,41	00:24,33	00:25,40	00:21,91
100m Freestyle	00:58,75	01:00,67	00:52,93	00:53,01	00:55,27	00:47,76
200m Freestyle	02:08,81	02:13,26	01:56,04	01:57,53	02:02,76	01:45,88
400m Freestyle	04:36,88	04:46,07	05:16,43	04:15,75	04:26,76	04:52,29
800m Freestyle	09:36,00	09:54,61	10:58,28	08:48,60	09:10,69	10:04,11
1500m Freestyle	18:42,26	19:26,56	18:35,56	17:03,58	17:42,23	16:57,47
50m Breaststroke	00:34,14	00:35,19	00:30,75	00:30,58	00:31,96	00:27,54
100m Breaststroke	01:14,27	01:17,69	01:06,91	01:06,98	01:10,49	01:00,33
200m Breaststroke	02:43,31	02:51,06	02:27,12	02:29,58	02:38,57	02:14,74
50m Backstroke	00:30,82	00:32,47	00:27,77	00:28,02	00:29,84	00:25,24
100m Backstroke	01:06,22	01:09,98	00:59,65	01:00,14	01:03,94	00:54,17
200m Backstroke	02:25,04	02:33,35	02:10,66	02:13,47	02:22,03	02:00,24
50m Butterfly	00:29,18	00:29,74	00:26,28	00:26,41	00:27,20	00:23,79
100m Butterfly	01:05,22	01:07,42	00:58,75	00:59,14	01:01,07	00:53,27
200m Butterfly	02:32,60	02:40,75	02:17,46	02:18,53	02:25,49	02:04,80
200m IM	02:26,98	02:32,84	02:12,40	02:14,06	02:20,30	02:00,77
400m IM	05:18,86	05:35,72	04:47,27	04:51,28	05:08,95	04:22,41