



PROGRAM

GRAND PRIX 2024



16.-17.11.2024

Jyväskylä

Jyväskylän Aalto together with Aquatics Finland invites you to join Open Grand Prix competition

25 meter pool

8 lanes

Automatic time keeping

Preliminarys and B- & A-finals

Sessions

Saturday 16.11. Prelis at 10.00, Finals at 17.30

Sunday 17.11. Prelis at 10.00, Finals at 17.30

Entries

Entries shall be made latest **7.11.2024** in Tempus or in Excel sheet and sent to kilpailut@uimaliitto.fi

Start fee 13 € / start.

Payment: Jyväskylän Aalto account: FI8110453000178979.

Time standards period: 12.11.2022- 15.11.2024.

GP 16.-17.11.2024 JYVÄSKYLÄ

PROGRAM SATURDAY

Saturday heats 10.00 A-flight

1. M 4x50 m medley SM heats
2. W 4x50 m freestyle SM heats
3. M S1-S14 100 m freestyle heats
4. M 100 m freestyle heats
5. W 200 m freestyle heats
6. M 400 m individual medley heats
7. W 100 m breaststroke heats
8. M S1-S14 50 m breaststroke heats
9. M 50 m breaststroke heats
10. W 100 m butterfly heats
11. M 100 m backstroke heats
12. W S1-S14 50 m backstroke heats
13. W 50 m backstroke heats
14. M 200 m butterfly heats
15. W 200 m individual medley heats
16. M 100 m individual medley heats
17. W S1-S14 50 m freestyle heats
18. W 50 m freestyle heats
19. M 200 m breaststroke heats

21. M 400 m freestyle heats
22. W 200 m backstroke heats
23. M S1-S14 50 m butterfly heats
24. M 50 m butterfly heats

B-flights will start directly after A-flights

20. W 800 m freestyle slowest heats

Saturday finals 17.30

- M 4x50 m medley SM final
- W 4x50 m freestyle SM final
- M S1-S14 100 m freestyle final
- M 100 m freestyle B+A finals
- W 200 m freestyle final
- M 400 m individual medley final
- W 100 m breaststroke B+A finals
- M S1-S14 50 m breaststroke final
- M 50 m breaststroke B+A finals
- W 100 m butterfly B+A finals
- M 100 m backstroke B+A finals
- W S1-S14 50 m backstroke final
- W 50 m backstroke B+A finals
- M 200 m butterfly final
- W 200 m individual medley final
- M 100 m individual medley B+A finals
- W S1-S14 50 m freestyle final
- W 50 m freestyle B+A finals
- M 200 m breaststroke final
- W 800 m freestyle fastest heat
- M 400 m freestyle final
- W 200 m backstroke final
- M S1-S14 50 m butterfly final
- M 50 m butterfly B+A finals

PROGRAM SUNDAY

Sunday heats 10.00 A-flight

- 25. W 4x50 m medley SM heats
- 26. M 4x50 m freestyle SM heats
- 27. W S1-S14 100 m freestyle heats
- 28. W 100 m freestyle heats
- 29. M 200 m freestyle heats
- 30. W 400 m individual medley heats
- 31. M 100 m breaststroke heats
- 32. W S1-S14 50 m breaststroke heats
- 33. W 50 m breaststroke heats
- 34. M 100 m butterfly heats
- 35. W 100 m backstroke heats
- 36. M S1-S14 50 m backstroke heats
- 37. M 50 m backstroke heats
- 38. W 200 m butterfly heats
- 39. M 200 m individual medley heats
- 40. W 100 m individual medley heats
- 41. M S1-S14 50 m freestyle heats
- 42. M 50 m freestyle heats
- 43. W 200 m breaststroke heats

- 45. W 400 m freestyle heats
- 46. M 200 m backstroke heats
- 47. W S1-S14 50 m butterfly heats
- 48. W 50 m butterfly heats

B-flights will start directly after A-flights

- 44. M 800 m freestyle slowest heats

Sunday finals 17.30

- W 4x50 m medley SM final
- M 4x50 m freestyle SM final
- W S1-S14 100 m freestyle final
- W 100 m freestyle B+A finals
- M 200 m freestyle final
- W 400 m individual medley final
- M 100 m breaststroke B+A finals
- W S1-S14 50 m breaststroke final
- W 50 m breaststroke B+A finals
- M 100 m butterfly B+A finals
- W 100 m backstroke B+A finals
- M S1-S14 50 m backstroke final
- M 50 m backstroke B+A finals
- W 200 m butterfly final
- M 200 m individual medley final
- W 100 m individual medley B+A finals
- M S1-S14 50 m freestyle final
- M 50 m freestyle B+A finals
- W 200 m breaststroke final
- M 800 m freestyle fastest heat
- W 400 m freestyle final
- M 200 m backstroke final
- W S1-S14 50 m butterfly final
- W 50 m butterfly B+A finals

GP Time Standards

Women		Aikarajat	Men	
25m pool	50m pool	Event	25m pool	50m pool
0.29,96	0.30,96	50m Butterfly	0.26,99	0.27,99
1.09,30	1.11,30	100m Butterfly	1.00,60	1.02,60
2.38,41	2.42,41	200m Butterfly	2.24,41	2.28,41
0.32,60	0.33,60	50m Backstroke	0.29,63	0.30,63
1.10,50	1.12,50	100m Backstroke	1.05,10	1.07,10
2.36,00	2.40,00	200m Backstroke	2.24,50	2.28,50
0.35,70	0.37,20	50m Backstroke	0.32,30	0.33,80
1.18,00	1.21,00	100m Backstroke	1.12,10	1.15,10
2.51,00	2.57,00	200m Backstroke	2.38,37	2.44,37
0.27,90	0.28,90	50m Freestyle	0.25,34	0.26,34
1.00,00	1.02,00	100m Freestyle	0.54,20	0.56,20
2.12,80	2.16,80	200m Freestyle	2.03,83	2.07,83
4.43,35	4.51,35	400m Freestyle	4.21,61	4.29,61
9.43,50	9.59,50	800m Freestyle	9.00,04	9.16,04
19.21,27	19.51,27	1500m Freestyle	18.06,65	18.36,65
1.10,50	-	100m Ind. Medley	1.03,10	-
2.33,00	2.38,00	200m Ind. Medley	2.20,80	2.25,80
5.27,36	5.37,36	400m Ind. Medley	5.07,68	5.17,68

GP
vinnit

UIMA
LIITTO
SIMFÖRBUNDET
AQUATICS FINLAND

Local Transportation

Local transportation: <https://linkki.jyvaskyla.fi/>

Information

Aquatics Finland: Kirsi Yrjölä, kirsi.yrjola@uimaliitto.fi | kilpailut@uimaliitto.fi

Local swimming club: kilpailut@swim.fi | www.swim.fi | puh. 040 1722 288

Tervetuloa Jyväskylään!



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