



INVITATION

GRAND PRIX 2026



31.10.-1.11.2026

Tampere

Uinti Tampere and TaTU Tampere in cooperation
with Aquatics Finland will organize

The Grand Prix swimming competition in Tampere

25 meter pool | Automatic timing | 8 lanes | invitational international

COMPETITION DAYS

Sat 31.10. Preliminary Heats 10.00, Finals 17.30

Sun 1.11. Preliminary Heats 10.00, Finals 17.30

ENTRIES

Entries must be submitted via Tempus or email excel by **22 October 2026**. Excel sheet can be required from kirsi.yrjol@uimaliitto.fi.

The **entry fee is 13 €** per start and will be invoiced to the clubs after the competition. Late entries are accepted until the withdrawal deadline for the first session of the competition. Until the previous day, late entries can be made through Tempus. After that, they must be submitted to the Technical Delegate or the Control Room Manager.

The late entry fee is five times the normal entry fee, i.e. 65€ compared to the standard 13€ entry fee.

Billing information must be sent to info@tatu.fi.

Qualifying times must have been achieved between 30 October 2024 and 30 October 2026.



Preliminary Heats and Cancellations

Preliminary heats are held in the morning. Whether A/B flights will be swam, the decision will be made one day before the competition based on the number of participants.

Cancellations must be made in writing. Before the registration deadline, cancellations are made in the electronic registration system. After the deadline, cancellations must be submitted to the electronic cancellation system one hour before the morning session starts.

Late cancellations (less than one hour before the session) incur a fee of €39. No-shows without cancellation incur a fee of €130, billed by the Swimming Association.

Finals and Cancellations

The top 16 swimmers from each preliminary event qualify for finals: top 8 to A-final, next 8 to B-final. Events with only A-finals will have 2 reserve swimmers.

Swimmers must cancel their final participation within 30 minutes of the event's conclusion if they choose not to compete.

Para Swimming Finals

Para events will have preliminaries and finals if there are more than six swimmers. If fewer than four, the event is held in the morning. If 4–6, the final is held in the evening.

General Rules

An event will be held if at least one swimmer registers. Events with 8 or fewer participants are held as direct finals in the evening. Events with fewer than 4 participants are held in the morning.

Finnish Champion relays require at least 4 teams. There is no limit to the number of events a swimmer may enter.

There are two categories: Open and Para. Swimmers may only compete in one category.

Men and women compete in the same open category, but events are separate. AQUA points are calculated per event.



PROGRAM SATURDAY

Saturday heats 10.00

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

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

- 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

- 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

Grand Prix – Time Standards

Women		Qualification time	Men	
25 m pool	50 m pool	Event	25 m pool	50 m pool
0.30,36	0.30,96	50m Butterfly	0.27,39	0.27,99
1.09,70	1.11,30	100m Butterfly	1.01,00	1.02,60
2.37,01	2.42,41	200m Butterfly	2.23,01	2.28,41
0.32,10	0.33,60	50m Backstroke	0.29,13	0.30,63
1.09,20	1.12,50	100m Backstroke	1.03,80	1.07,10
2.32,90	2.40,00	200m Backstroke	2.21,40	2.28,50
0.36,20	0.37,20	50m Breaststroke	0.32,80	0.33,80
1.17,90	1.21,00	100m Breaststroke	1.12,00	1.15,10
2.50,40	2.57,00	200m Breaststroke	2.37,77	2.44,37
0.28,10	0.28,90	50m Freestyle	0.25,54	0.26,34
1.00,20	1.02,00	100m Freestyle	0.54,40	0.56,20
2.12,40	2.16,80	200m Freestyle	2.03,43	2.07,83
4.42,25	4.51,35	400m Freestyle	4.20,51	4.29,61
9.40,90	9.59,50	800m Freestyle	8.57,44	9.16,04
19.19,77	19.51,27	1500m Freestyle	18.05,15	18.36,65
1.10,50	-	100m Ind. Medley	1.03,10	-
2.32,20	2.38,00	200m Ind. Medley	2.20,00	2.25,80
5.24,56	5.37,36	400m Ind. Medley	5.04,88	5.17,68

GP
vinnit

UIMA
LIITTO
SIMFÖRBUNDET
AQUATICS FINLAND

Scoring System

Points are awarded similarly to the WA World Cup series. Swimmers earn points from each event they participate in. Top 3 fastest times in 50m events during the competition earn GP points regardless of the competition phase. Para swimmers earn WPS points instead of AQUA points. The best daily score is counted, and the final result is the sum of these scores.

Competition Scoring

Top 3 performances based on AQUA points:

1st place: 24 points | 2nd place: 18 points | 3rd place: 12 points

Top 3 in each individual event:

1st place: 12 points | 2nd place: 9 points | 3rd place: 6 points

Bonus points for record performances:

WR: 22 points

ER: 20 points

NR: 18 points

SR: 16 points

Prizes

No medals are awarded in individual events. Top 3 teams in Finnish Champion relays receive medals (open only for Finnish teams).

Open category:

1st: €1000

2nd: €800

3rd: €600

4th: €240

5th: €160

Para category:

1st: €600

2nd: €400

3rd: €200

Additional Information

Warm-up begins 1.5 hours before each session. During the competition, warm-up lanes are available at the deep end of the main pool.

Warm-up is available on Friday, October 30 from 18:00–20:30 with a regular entrance fee.

Team leaders' meeting: Friday, October 30 at 19:00 at the swimming hall. Remote participation is possible. Attendance is mandatory. Teams link:

<https://teams.microsoft.com/meet/349044099142673?p=drWhgfzzSYz4FDFPqC>

Accommodation

Original Sokos Hotel Ilves

Standard room rates:

- Single room 119 € /room/night
- Double / twin 129 € / room/night
- Double / twin with extra bed 149 € room/night

Reservation code: **BGRANDPRIX2026**

Reservations: tel: +358 300 870 000 | sokos.hotels@sok.fi | www.sokoshotels.fi

Information

Local transportation

In Tampere, you can use the local public transport system, Nysse. The Nysse app makes it easy to find routes to the Kaleva Swimming Centre. The easiest way to travel from the city centre, the railway station, or the bus station is by tram lines 1 and 3.

Parking

There is a limited number of parking spaces with a parking disc requirement (3-hour limit) in the courtyard of the Swimming Centre. Additional parking-disc spaces are available on the Hippost area side, along Uimalankatu.

Contact emails:

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

Time keeping: Kirsi Heittokangas, kijaheitto@hotmail.com

Local club: niina.kuhlman@tatu.fi

Welcome to Tampere!



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