

Competition information

Flanders Swimming Cup Antwerp
 Saturday, 19 January - Sunday, 20 January 2019
www.zwemfed.be/flanders

Organization Committee (OC):

Flemish Swimming Federation

Location:

Swimming Pool Wezenberg at Desquinlei 17-19, 2018 Antwerp, 50 meters and 8 lanes. Electronic Timing, depth 2.25 – 3.85, water temperature 26-27°C – Cool Down pool 50 meters and 6 lanes.

Rules:

FINA rules will be applied

Events:

50-100-200-400 freestyle	W	M
800 freestyle	W	M
1500 freestyle	W	M
50-100-200 breaststroke	W	M
50-100-200 backstroke	W	M
50-100-200 butterfly	W	M
200-400 medley	W	M
4x100 freestyle		M

Registration:

- Registrations must be received before **December 30th 2018**, preferably by e-mail to pascale.verbauwen@zwemfed.be
- For registration see excel document
- Inscriptions can also be made with SPLASH (Lenex).
- Inscriptions will be published on www.zwemfed.be/flanders for your reference.

Time standards:

- There are maximum time standards for each race, athletes must swim the limits between 01/01/2018 and 30/12/2018
- Time standards must be 50m pool times.

	Men	Women
50m freestyle	00:26,90	00:30,00
100m freestyle	00:59,10	01:04,90
200m freestyle	02:09,40	02:20,80
400m freestyle	04:35,70	04:57,60
800m freestyle	09:35,70	10:11,20
1500m freestyle	18:15,10	19:37,60
50m breaststroke	00:33,90	00:37,60
100m breaststroke	01:13,60	01:21,50
200m breaststroke	02:39,50	02:56,30
50m butterfly	00:28,80	00:31,70
100m butterfly	01:03,90	01:10,30
200m butterfly	02:22,40	02:36,40
50m backstroke	00:30,70	00:34,00
100m backstroke	01:06,10	01:13,10
200m backstroke	02:23,60	02:37,20
200m IM	02:25,10	02:39,30
400m 400m IM	05:11,90	05:38,70

Seeding of series and finals:

- The heats are seeded conforming to FINA rules SW 3.1.1.2. and all associated sections (except 800m and 1500m free style).
- There will be A and B finals for the 16 fastest times from the following heats.
 - All freestyle events (with exception of the 800m en 1500m)
 - 50m en 100m Breaststroke
 - 50m en 100m Backstroke
 - 50m en 100m Butterfly
 - 200m Medley

There must be at least 32 competitors in these heats to organize a B final, if less competitors there will be no B final.

- 800m freestyle women and 1500m freestyle men:
 - There will be 2 heats for each discipline. The slowest heats will swim during the heats, the fastest during the final session on Saturday or Sunday. The eight best registration times will qualify for the fastest heat. The Flemish Swimming Federation reserves the right to give priority to their own members.
- 800m freestyle men and 1500m freestyle women:
 - There will be 1 heat for each discipline. Both will take place at the end of the heats.
- Relays:
 - There will be only a 4*100m freestyle for national men teams. This race will take place after the finals.

Finance

*Entry fee:

- Individual entry: **7€**
- Relay entry: **10€**

The club will receive an invoice from the Flemish Swimming Federation regarding the financial obligations

*Hotel: all bookings, arrangements must be made through wauter.derycke@zwemfed.be

Some practical rules:

- All swimmers must be dressed in tracksuit/club colors when presenting themselves at the call room and the starting blocks.
- Athletes who win prize money will be honored Sunday after the last event. When an athlete doesn't present himself/herself at the victory ceremony he/she will not receive the prize money.

Contact

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Vlaamse Zwemfederatie vzw

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