

Antwerp Diamond Speedo Race

23 and 24 March 2024

Rules and Regulations 2023

- The meeting is organized in accordance with the Royal Belgium Swimming Association KBZB., the Flemish swimming federation VZF and the FINA regulations. The competition will take place on 22 and 23 march 2024, at the Olympic Pool "Wezenberg" in Antwerp with electronic timing.
- The entry times for the open competition on Saturday and Sunday morning **must have been realised in a 50 m pool after 01/01/2023**. Please mention the date and the place where the time was realised. Entry times realised in a 25 m pool will only be accepted if there is sufficient competition capacity and the entry times will be converted into 50m entry times. The entry times used for the youth competition in the afternoon must be swam after 01/01/2023 in a 50m or a 25m pool. Please mention the date and the place where the time was realised. Youth swimmers are allowed to register without entry time "NT". Open and Youth Swimmers that register with non-verifiable entry times will only be accepted based on the competition capacity and will be added to the slowest heats with "NT". For long distances 800m + 1500m freestyle for which there are no official registration times available, you must register with realistic training time. For long distances 800 + 1500m freestyle registration without time (NT) is not allowed.
- The "Antwerp Diamond Speedo Race" is open for swimmers born before 2012. Swimmers born in 2011-2010 (boys 2011-2008) cannot compete both in the morning session and afternoon session. A choice has to be made.
- 1500m and 800m freestyle: a maximum of 1 heat is scheduled on Saturday and Sunday afternoon. During the youth competition, the number of heats will be limited to 48 per day. For the Open competitions, BRABO has the right to limit the number of heats in order to respect the time schedule. Swimmers who cannot participate due to this restriction will be informed as soon as possible.
- There will be only one "open" results classification list for every morning event. For the 50m and 100m events there will be a final A and a final B (8 swimmers each). B-finals will only take place when minimally 24 swimmers participate in the series. In the B-finals we reserve 6 places for swimmer from Belgian clubs, if these 6 swimmers from Belgian clubs cannot be found we will select non-Belgian swimmers. For the finales we assign 12 reserves of which max 6 swimmers from non-Belgian clubs. Non-participation to finals of the swimmers and reserves must be reported in-time by the club delegate. Clubs that fail to do this will be fined a ratio of €25 per non-timely deregistration and no show for a final. For the Youth competition, the 1st, 2nd and 3rd will receive a medal.
- On Sunday a 50 m freestyle Knockout race will be held.** The fastest 8 male and 8 female swimmers will qualify for this event during the 50 freestyle heats on Saturday.
Knockout Race Course flow:
 - 8 swimmers take place on starting block, ship bel rings, +/- 15" later the start signal is given. The 4 fastest qualify for the next race.
 - 4 best swimmers take place on their original starting block, +/- 3 minutes after previous signal the ship bel rings again and +/- 15" later the start signal is given. The 2 fastest qualify for the next race.
 - 2 best swimmers take place on starting blocks 4 and 5, +/- 3 minutes after previous signal the ship bel rings again and +/- 15" later the start signal is given.
 - Starting signal is given without warning "take your marks"!
- BRABO invites Para-swimmers to participate in the series. Up from 3 possible finalists, they can compete in a separate final (see program).
- Prize money is handed out directly after each 800- and 1500m heats and after each A-final and Para-swimming (Para-SW) final.
 - Knockout race: 1st : 100€ 2nd : 50€
 - 50m and 100m A-finals: Gold: €75, Silver: €45, Bronze: €30.
 - All other A-finals: Gold: €45, Silver: €30, Bronze: €15.
- The female and male swimmer with the best performance (FINA points 2022) on an Olympic distance will be rewarded with a diamond.
 - If an equal amount of FINA points is achieved by swimmers competing in the same event, the swimmer with the fastest time in the final wins. If two or more swimmers realise equal fastest times in the final, the swimmer with the fastest time in the heats of that event will win. If, in this case, the time in the heats and the final are the same, every swimmer concerned will receive a diamond.
 - If an equal amount of FINA points is achieved for swimmers competing in different events the swimmer who achieved the most FINA-points in the heats (in that same event) will win. If the number of FINA-points in the heats is also equal, both swimmers will receive a diamond.
- Please confirm the participation of your team, mentioning the number of "open" & Youth swimmers, before 30/01/2024 by mail to : adsr.brabo@outlook.com.
- The entries must be sent by mail to adsr.brabo@outlook.com before 09/3/2024 9:00 am and before 02/3/2024 for the 800/1500m, for all clubs with Team manager/Lenex with explaining pdf format documents. Only the entries sent to adsr.brabo@outlook.com will be taken in account. Your registration is only valid if you have received a confirmation from us.
- The entry fee is €12.00 per individual start – 15€ for relays and 800-1500m. The entry fee for the youth competition is €8.00 per individual start. This amount must be paid before 16/03/2024, mentioning "Entries (your name club)". Clubs can pay the entries on following account: BIC: BBRUBEBB and IBAN: BE56 3200 0825 6588
- Backstroke ledges and starting blocks with adjustable kick plate will be available.
- The participating clubs must provide the necessary number of officials as mentioned in the sport regulation (Par 3.1: the number of the REQUIRED officials). Officials will be dressed in the required white outfit.
- Competition time schedule both Saturday 23 and Sunday 24 march

Warm Up	07.00h
Heats	08.30h
Warm Up Youth	12.30h
Heats Youth	13.30h
Warm Up Finals	15.30h
Finals	16.30h



Kimberly Buys

Olympic Pool Wezenberg
Desguinlei 17-19
Antwerp – Belgium

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speedo



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Mentioned breaks are only indicative and can be adjusted in consultation with the Jury and the organizing club during the competition.

Events	Heats	Warming up	Competition
Saturday		7.00h	08.30h
1.	50m Freestyle	Women	Heats
2.	200m Freestyle	Men	Heats
3.	100m Breaststroke	Women	Heats
4.	100m Breaststroke	Men	Heats
5.	400m Medley	Women	Heats
6.	200m Backstroke	Men	Heats
7.	50m Backstroke	Women	Heats
8.	400m Medley	Men	Heats
9.	200m Breaststroke	Women	Heats
10.	50m Backstroke	Men	Heats
11.	100m Backstroke	Women	Heats
12.	200m Butterfly	Men	Heats
13.	200m Freestyle	Women	Heats
14.	50m Freestyle	Men	Heats
15.	100m Butterfly	Women	Heats
16.	4x100m medley	Mixed	Direct Final

Saturday	Heats	Warming up	Competition
		12.30h	13.30h
36.	100m Butterfly	Girls	° in 2013-2012
37.	100m Butterfly	Girls	° in 2011-2010
38.	100m Butterfly	Boys	° in 2013-2012
39.	100m Butterfly	Boys	° in 2011-2010
40.	100m Butterfly	Boys	° in 2009-2008
41.	100m Backstroke	Girls	° in 2013-2012
42.	100m Backstroke	Girls	° in 2011-2010
43.	100m Backstroke	Boys	° in 2013-2012
44.	100m Backstroke	Boys	° in 2011-2010
45.	100m Backstroke	Boys	° in 2009-2008

Saturday	Finals	Warming up	Competition
		15.30h	16.30h
Final 1.	50m Freestyle	Women	Final Para-sw.
	50m Freestyle	Women	Final B
	50m Freestyle	Women	Final A
Final 2.	200m Freestyle	Men	Final A
Final 3.	100m Breaststroke	Women	Final B
	100m Breaststroke	Women	Final A
Final 4.	100m Breaststroke	Men	Final B
	100m Breaststroke	Men	Final A
Final 5.	400m Medley	Women	Final A
Final 6.	200m Backstroke	Men	Final A
Final 7.	50m Backstroke	Women	Final Para-sw.
	50m Backstroke	Women	Final B
	50m Backstroke	Women	Final A
Final 8.	400m Medley	Men	Final A

Events	Finals (cont.)	Warming up	Finals
Saturday		16.30h	16.30h
Final 9.	200m Breaststroke	Women	Final A
Final 10.	50m Backstroke	Men	Final Para-sw.
	50m Backstroke	Men	Final B
	50m Backstroke	Men	Final A
Final 11.	100m Backstroke	Women	Final Para-sw.
	100m Backstroke	Women	Final B
	100m Backstroke	Women	Final A
Final 12.	200m Butterfly	Men	Final A
Final 13.	200m Freestyle	Women	Final A
Final 14.	50m Freestyle	Men	Final Para-sw.
	50m Freestyle	Men	Final B
	50m Freestyle	Men	Final A
Final 15.	100m Butterfly	Women	Final B
	100m Butterfly	Women	Final A
17.	1500m Freestyle	Men	Direct Final
18.	4x100m Freestyle	Mixed	Direct Final

Sunday	Heats	Warming up	Competition
		7h00	08.30h
19.	100m Freestyle	Men	Heats
20.	100m Freestyle	Women	Heats
21.	50m Breaststroke	Men	Heats
22.	50m Breaststroke	Women	Heats
23.	50m Butterfly	Men	Heats
24.	400m Freestyle	Women	Heats
25.	200m Breaststroke	Men	Heats
26.	200m Medley	Women	Heats
27.	200m Medley	Men	Heats
28.	200m Butterfly	Women	Heats
29.	100m Backstroke	Men	Heats
30.	200m Backstroke	Women	Heats
31.	400m Freestyle	Men	Heats
32.	50m Butterfly	Women	Heats
33.	100m Butterfly	Men	Heats
34.	4x200m Freestyle	Mixed	Direct Final

Sunday	Heats	Warming up	Competition
		12.30h	13.30h
46.	100m Breaststroke	Girls	° in 2013-2012
47.	100m Breaststroke	Girls	° in 2011-2010
48.	100m Breaststroke	Boys	° in 2013-2012
49.	100m Breaststroke	Boys	° in 2011-2010
50.	100m Breaststroke	Boys	° in 2009-2008
51.	100m Freestyle	Girls	° in 2013-2012
52.	100m Freestyle	Girls	° in 2011-2010
53.	100m Freestyle	Boys	° in 2013-2012
54.	100m Freestyle	Boys	° in 2011-2010
55.	100m Freestyle	Boys	° in 2009-2008

Events	Finals	Warming up	Finals
Sunday		15.30h	16.30h
Final 19.	100m Freestyle	Men	Final Para-sw.
	100m Freestyle	Men	Final B
	100m Freestyle	Men	Final A
Final 20.	100m Freestyle	Women	Final Para-sw.
	100m Freestyle	Women	Final B
	100m Freestyle	Women	Final A
Final 21.	50m Breaststroke	Men	Final B
	50m Breaststroke	Men	Final A
Final 22.	50m Breaststroke	Women	Final B
	50m Breaststroke	Women	Final A
Final 23.	50m Butterfly	Men	Final B
	50m Butterfly	Men	Final A
Final 24.	400m Freestyle	Women	Final A
Final 25.	200m Breaststroke	Men	Final A
Final 26.	200m Medley	Women	Final A
Final 27.	200m Medley	Men	Final A
Final 28.	200m Butterfly	Women	Final A
Final 29.	100m Backstroke	Men	Final Para-sw.
	100m Backstroke	Men	Final B
	100m Backstroke	Men	Final A
Final 30.	200m Backstroke	Women	Final A
Final 31.	400m Freestyle	Men	Final A
Final 32.	50m Butterfly	Women	Final B
	50m Butterfly	Women	Final A
Final 33.	100m Butterfly	Men	Final B
	100m Butterfly	Men	Final A
35.	800m Freestyle	Women	Direct Final

Knockout race Men
Knockout race Women



The new 'state of the art' 50 m training pool with OSB11 starting blocks is available for warm-up and cool-down.

