

## Flemish Masters Criterion Swimming 2023

*The Flemish Masters Criterion Swimming will be organized for the first time this year and will take place on Sunday, February 5, 2023, in the afternoon.*

*The competition pool of the Olympic Swimming Centre Wezenberg in Antwerp forms the scenery for this swimming event. The organization is in the hands of the Flemish Swimming Federation.*

*It is the intention of the 'swimfed' to give this competition a permanent place on the (international) Masters calendar.*

*We hope to welcome a lot of swimmers, coaches and spectators!*



## Participation and program

### Conditions of Participation

Master swimmers who are in possession of a competition permit can participate in the Flemish Masters Criterion Swimming.

For the 400m and 200m events, the qualification times of the 2022 European Masters Championships in Rome, +10%, will be used.

For the 800m freestyle, the qualification times for participation in the 2023 world championships in Fukuoka, +10%, will be used. In addition, a maximum of two series will be set up at this distance.

Swimmers who register for the 800m freestyle may enter a 'bonus competition' at registration. If the swimmers are unable to swim the 800m freestyle, they will be entered into this bonus event instead.

The relays are mixed, which means that 1 relay team consists of 2 ladies and 2 men.

### Competition program

warming-up: 13.00 u. - 13.50 u.\*

report officials to umpire: 13.15 u.

start competition: 14.00 u.

	distance	stroke	M/W	age categories
1.	800m	freestyle	All	20-24/25-29/30-34/35-39/40-44/45-49/ 50-54/55-59/60-64/65-69/70-74/75+
2.	100m	butterfly	All	20-24/25-29/30-34/35-39/40-44/45-49/ 50-54/55-59/60-64/65-69/70-74/75+
3.	4x 100m	freestyle	All	Mixed open
Pause: 10 minutes**				
4.	200m	breaststroke	All	20-24/25-29/30-34/35-39/40-44/45-49/ 50-54/55-59/60-64/65-69/70-74/75+
5.	200m	backstroke	All	20-24/25-29/30-34/35-39/40-44/45-49/ 50-54/55-59/60-64/65-69/70-74/75+
6.	200m	butterfly	All	20-24/25-29/30-34/35-39/40-44/45-49/ 50-54/55-59/60-64/65-69/70-74/75+
7.	4x 50m	freestyle	All	Mixed open
Pauze: 10 minuten**				
8.	400m	individual medley	All	20-24/25-29/30-34/35-39/40-44/45-49/ 50-54/55-59/60-64/65-69/70-74/75+
9.	50m	backstroke	All	20-24/25-29/30-34/35-39/40-44/45-49/ 50-54/55-59/60-64/65-69/70-74/75+
10	50m	breaststroke	All	20-24/25-29/30-34/35-39/40-44/45-49/ 50-54/55-59/60-64/65-69/70-74/75+
11	50m	butterfly	All	20-24/25-29/30-34/35-39/40-44/45-49/ 50-54/55-59/60-64/65-69/70-74/75+
12	50m	freestyle	All	20-24/25-29/30-34/35-39/40-44/45-49/ 50-54/55-59/60-64/65-69/70-74/75+

13	200m	individual medley	All	20-24/25-29/30-34/35-39/40-44/45-49/ 50-54/55-59/60-64/65-69/70-74/75+
14	200m	freestyle	All	20-24/25-29/30-34/35-39/40-44/45-49/ 50-54/55-59/60-64/65-69/70-74/75+
15	100m	backstroke	All	20-24/25-29/30-34/35-39/40-44/45-49/ 50-54/55-59/60-64/65-69/70-74/75+
16	100m	breaststroke	All	20-24/25-29/30-34/35-39/40-44/45-49/ 50-54/55-59/60-64/65-69/70-74/75+
17	100m	freestyle	All	20-24/25-29/30-34/35-39/40-44/45-49/ 50-54/55-59/60-64/65-69/70-74/75+
18.	4x 50m	medley	All	Mixed open

\* Time indications are indicative and can be changed by the organization if the need arises.

\*\* The duration of a break can be adjusted by the Referee according to the timing.

## Rules

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The Flemish Masters Criterion Swimming 2023 will be swum under the regulations of the FINA, RBSF and Flemish Swimming Federation.

If the race exceeds the four-hour time limit, the 400m will be limited to two heats and the 200m events to three heats.

First, the swimmers whose clubs have insufficient officials are eliminated. After that, the last registered will be deleted.

There are eight lanes to swim. However, this can be adjusted depending on the number of officials present. If there are too few officials, fewer lanes will be swum.

Mixing of genders in the heats is allowed for Master swimmers.

The program and the results will be published on the website of the Flemish Swimming Federation ([www.zwemfed.be](http://www.zwemfed.be)).

## Registrations and signing out

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Applications must be sent, by e-mail only, to the e-mail address: [ymc@zwemfed.be](mailto:ymc@zwemfed.be). This must be done no later than 22 January 2023. Entries must be made with the team manager program (Splash).

Registration is allowed with registration times that were swum between January 1, 2022 and December 31, 2022.

Clubs must provide the delegate's name and license number when registering.

Entries that do not meet the above conditions will not be accepted.

The starting lists will be published on the site of the Flemish swimming federation one week before the start of the competition.

**Registration fees**

The entry fee is €7 per competition. The total amount due will be invoiced to the club (club invoice).

**Officials**

From 3 registered swimmers per club, 1 official is requested, from 10 registered swimmers 2 officials, from 20 registered swimmers three officials, etc.