

FLANDERS SWIMMING CUP 2024



19-21.01.2024

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Flanders Swimming Cup 2024

Preface

The **Flanders Swimming Cup (FSC)** is the event through which the Flemish Swimming Federation puts competitive swimming in Flanders on the international map. In 2024, the 25th edition will take place.

During those two-and-a-half decades, this swimming competition has grown into a regular appointment on the international calendar. After all, the FSC is **recognised by World Aquatics and the LEN as a qualifier for international championships**.

The Flanders Swimming Cup will take place from **19 to 21 January 2024**, at the **Wezenberg Olympic Swimming Centre in Antwerp**.

For the occasion, we go 'back in time' and this competition will therefore also count as the official **Flemish Championships for Flemish swimmers aged 15 years and older**. The best swimmers in Flanders will thus compete for the Flemish titles.

The Flemish Swimming Federation hopes to welcome many swimmers, coaches and spectators and we look forward to some -undoubtedly - beautiful races!



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Program and conditions of participation

Program

The programs per day are as follows. The starting times are indicative and can still be adjusted if required by circumstances.

Friday 19 January 2024

Heats (fastest)	Heats (slowest)	C-final	B/A-finals
Warming-up: 7 AM Competition: 8.30 AM	Competition: tbd	Warming-up: 2 PM Competition: 3.30 PM	Competition: 5 PM
100m butterfly M (6)	100m butterfly M	1500m freestyle W*	1500m freestyle D**
200m freestyle W (4)	200m freestyle W	100m butterfly M	100m butterfly M B/A
100m backstroke M (6)	100m backstroke M	200m freestyle W	200m freestyle W B/A
50m backstroke W (8)	50m backstroke W	100m backstroke M	100m backstroke M B/A
100m breaststroke M (6)	100m breaststroke M	50m backstroke W	50m backstroke W B/A
50m breaststroke W (8)	50m breaststroke W	100m breaststroke M	100m breaststroke M B/A
400m freestyle M (3)	400m freestyle M	50m breaststroke W	50m breaststroke W B/A
100m butterfly W (6)	100m butterfly W	400 freestyle M	400 freestyle M B/A
50m freestyle M (8)	50m freestyle M	100m butterfly W	100m butterfly W B/A
200m IM W (3)	200m IM W	50m freestyle M	50m freestyle M B/A
		200m IM W	200m IM W B/A
			4x100m medley M
			4x100m freestyle W

* slowest heat

** fastest heat

Saturday 20 January 2024

Heats (fastest)	Heats (slowest)	C-final	B/A-finals
Warming-up: 7 AM Competition: 8.30 AM	Competition: tbd	Warming-up: 2 PM Competition: 3.30 PM	Competition: 5 PM
50m butterfly W (8)	50m butterfly W	800m freestyle D	800m freestyle D
200m butterfly M (4)	200m butterfly M	800m freestyle H	800m freestyle H
200m backstroke W (4)	200m backstroke W	50m butterfly W	50m butterfly W
50m backstroke M (8)	50m backstroke M	200m butterfly M	200m butterfly M
400m IM W (3)	400m IM W	200m backstroke W	200m backstroke W
400m IM M (4)	400m IM M	50m backstroke M	50m backstroke M
100m breaststroke W (6)	100m breaststroke W	400m IM W	400m IM W
50m breaststroke M (8)	50m breaststroke M	400m IM M	400m IM M
100m freestyle W (6)	100m freestyle W	100m breaststroke W	100m breaststroke W
100m freestyle M (6)	100m freestyle H	50m breaststroke M	50m breaststroke M
		100m freestyle W	100m freestyle W
		100m freestyle H	100m freestyle M

Sunday 21 January 2024

Heats (fastest)	Heats (slowest)	C-final	B/A-finals
Warming-up: 7 AM Competition: 8.30 AM	Competition: tbd	Warming-up: 2 PM Competition: 3.30 PM	Competition: 5 PM
200m backstroke M (4) 100m backstroke W (6) 200m IM M (4) 200m butterfly W (4) 200m breaststroke M (4) 50m freestyle W (8) 50m butterfly M (8) 200m breaststroke W (4) 200m freestyle M (4) 400m freestyle W (3)	200m backstroke M 100m backstroke W 200m IM M 200m butterfly W 200m breaststroke M 50m freestyle W 50m butterfly M 200m breaststroke W 200m freestyle M 400m freestyle W	1500 freestyle M* 200m backstroke M 100m backstroke W 200m IM M 200m butterfly W 200m breaststroke M 50m freestyle W 50m butterfly M 200m breaststroke W 200m freestyle M 400m freestyle W	1500 freestyle M** 200m backstroke M 100m backstroke W 200m IM M 200m butterfly W 200m breaststroke M 50m freestyle W 50m butterfly M 200m breaststroke W 200m freestyle M 400m freestyle W 4 x 100m freestyle M 4 x 100m medley W

* slowest heat

** fastest heat

Conditions of participation

The Flanders Swimming Cup is open to swimmers holding a competition licence with a club affiliated to the Flemish Swimming Federation or the FFBN. Foreign federations or clubs, whose federation is affiliated to World Aquatics, can also participate.

The Flanders Swimming Cup is open to swimmers from 15 years of age. The age indicated is the swimmers' age on 31 December of the calendar year in question.

For the relays, entries can only be made for the open category (clubs or national teams). For this purpose, lists will be provided in the club envelopes. These must be handed in completed, to the jury secretariat by 12.30 pm, by the club delegates.



Qualification times

Foreign participants can only enter the competition, based on the qualification times of the open categories. These times must be swum between 1 January 2023 and 31 December 2023.

Split times will not be accepted as entry times (except the first time of a non-mixed relay). Swimmers only participating in relays should not have swum a qualifying time beforehand.

	Men Open	Women Open
World Aquatics points*	550/525	550/525
50 freestyle	00:25,52	00:28,89
100 freestyle	00:57,25	01:03,11
200 freestyle	02:04,49	02:17,89
400 freestyle	04:28,60	04:48,60
800 freestyle	09:11,82	09:51,70
1500 freestyle	17:43,10	18:43,47
50 backstroke	00:29,50	00:33,44
100 backstroke	01:04,27	01:11,21
200 backstroke	02:18,74	02:32,90
50 breaststroke	00:32,17	00:36,32
100 breaststroke	01:10,51	01:19,50
200 breaststroke	02:36,34	02:52,24
50 butterfly	00:27,61	00:30,28
100 butterfly	01:01,30	01:08,77
200 butterfly	02:17,26	02:31,00
200 individual medley	02:21,31	02:36,34
400 individual medley	05:02,26	05:30,18

* For the freestyle events the highest points will be used, for the other strokes the lowest points will be used.

Competition rules

The Flanders Swimming Cup is held under World Aquatics regulations, and is included in the LEN and World Aquatics calendar. This competition also counts as an official qualifying tournament for the international championships.

Heats line-up

The heats, with the exception of the 800m and 1500m freestyle, will be divided according to the entry times, with heats fastest, in accordance with SW 3.1.1.

During the morning-sessions, there will be fast and slow heats.

800m- & 1500m freestyle

A maximum of 16 swimmers are allowed to participate in the 800 and 1500 m freestyle. Four of these places are reserved for the fastest registration times of swimmers affiliated with the Flemish Swimming Federation in the 15-16 y.o. category. Four places are reserved according to the same principle for swimmers aged 17 and over.

The remaining eight places will be filled by the other fastest registration times (open). If there are insufficient swimmers for the reserved places, these places will be filled by other registrations.

The slowest heat of these distances is swum during the C-finals, if there are a minimum of 11 registrations. The fastest heat will swim at the start of the B/A finals.

Finals

For events swum with series and finals, there are three finals:

- a C final, only for swimmers of Belgian nationality, birth year 2009-2008, who have not been retained for the A or B final;
- a B final, only for swimmers of Belgian nationality who were not selected for the A final. This will only be organised if a minimum of three swimmers will participate in this final;
- an open A final;

Cancellations for the finals can only be communicated by the delegate to the jury table. This must be done within 30 minutes after the announcement of the results of the corresponding event. Late cancellations for the finals will be fined at €50 per offence.

After all cancellations for a certain event have been processed, the final composition will be announced.

Four reserves will be summoned for each final. These reserves will have the same obligations as qualified swimmers entering a final.

Relay events

The relay events are open to both clubs and national teams and are only held in the open category..

Entries and cancellations

Entries should be made using a Lenex file from Team Manager. This should be sent - by mail only - no later than 1 January 2024 to the e-mail address fsc@zwemfed.be. All swimmers must be nominatively registered by the registration deadline, including those only participating in the relays.

Late entries will be charged with an administrative fee of €350.

Entry fees

Entry fees for both individual starts and relays are €10. The total amount due will be charged to the club or federation. Entry fees will also be charged for cancellations after the close of entries.

Medals and prizes

Only swimmers licensed with the Flemish Swimming Federation can gain a podium place in the heats. The three fastest swimmers with a Flemish Swimming Federation licence in the A-finals, will receive a medal. The fastest swimmer with a swimfed licence in the A-final, on each individual number, will receive the title of "Open Flemish Champion" on that competition number.

Prize money Flanders Swimming Cup: 'TOP 3'

There will only be prize money for the 'TOP 3' ranking. Prize money will be awarded to the three women and the three men who obtain the highest score during the A finals, according to the latest available World Aquatics points in Swimrankings.

Exceptions to this rule are the women's 1500m freestyle and the men's 800m freestyle, which are swum during the heats.

If a swimmer appears several times in the 'TOP 3', only the best result will be taken into account.

The money prizes will be awarded at the end of day three and will be in the amount of:

- 2,000 euros for 1st place;
- 1000 euros for 2nd place;
- 500 euros for 3rd place;

To obtain these cash prizes, swimmers must provide their details to the organisation via an online application. This will be sent to the winners afterwards.

Ex aequo

If multiple athletes finish in the same place, these swimmers will share the prize money of the respective place and the next place. Only the following place can then be taken.

For example: there are two second places: €1000 + €500 = €1500. i.e. €750 for each swimmer and no one in third place.

Call room

Each competitor must report to the call room no later than 10 minutes before the start, and remain there until instructed by the person in charge to proceed to the starting platform. Failure to report and/or pass through the call room on time will result in exclusion.

The call room is only accessible to the participants expected there. Coaches may accompany swimmers up to the call room. Once the swimmer has registered, she/he may no longer be accompanied by the coach.

Accreditations

Coaches and delegates will need to have accreditation to enter the pool. These accreditations will be in envelopes that can be collected from the pool entrance on the competition day(s). The number of accreditations per club or federation is set as follows:

- 1 to 9 swimmers: 2 accreditations (1 for the coach and 1 for the delegate)
- 10 to 19 swimmers: 3 accreditations (2 for the coaches and 1 for the delegate)
- 20 to 29 swimmers: 4 accreditations (3 for the coaches and 1 for the delegate)
- 30 and more swimmers: 5 accreditations (4 for the coaches and 1 for the delegate)