



Flanders Swimming Cup

January 18-19, 2020

The Flemish Swimming Federation invites you to the **Flanders Swimming Cup 2020**

The competition takes place at the **Olympic Aquatic Centre Wezenberg, Antwerp, Belgium**

The meet offers an attractive competition program which gives all competitors a good opportunity to prepare for the European championships as well for the Olympic Games

Compete with European top swimmers with a total prize money of **€ 28 200**

Visit www.zwemfed.be/flanders to find more information

For questions, contact pascale.verbauwen@zwemfed.be



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The Flemish Swimming Federation has the honour to invite you to the 16th edition of the Flanders Swimming Cup

Location:	Olympic Aquatic Centre Wezenberg, Desguinlei 17-19, 2018 Antwerp, Belgium 50m competition pool, 8 lanes
Rules:	The competition will be conducted under FINA rules and is approved as a qualifying event for the Olympic Games 2020
Pre competition training facilities:	The 50m training pool is available for training on Thursday 16-01-2020 from 3.00 PM until 5.00 PM (3 lanes), on Friday 17-01-2020 from 10.00 AM until 12.00 AM (5 lanes) and from 3.00 PM until 5.00 PM (6 lanes) The competition pool is available for training on Friday 17-01-2020 from 6.00 PM until 8.00 PM
Preliminary competition times:	Heats: 8.30 AM Finals on Saturday 4.00 PM - on Sunday 3.30 PM due to live broadcasting on national television
Warm up:	Saturday: 7.00 AM - 8.15 AM and 2.30 PM - 3.45 PM Sunday: 7.00 AM - 8.15 AM and 2.00 PM - 3.15 PM The training pool is also available for warming up and cooling down during the whole competition
Entries:	Closing date for entries is 30-12-2019 Entry form (Excel) - SPLASH Lenex Entries will be published for your reference on www.zwemfed.be/flanders/en
Qualification period:	01-01-2019 to 30-12-2019
Qualifying times:	Must be swum in a 50m pool, times will be controlled on www.swimrankings.net
Entry fee:	€ 9/event - € 12/relay The club will receive an invoice from the Flemish Swimming Federation regarding the financial obligations
Late entries:	Late entries will be accepted until 13-01-2020 at the cost of € 350 and only if heat limitations do not apply

Withdrawals:	Withdrawals for finals should be made no later than 30 minutes after the end of each event in the prelims
Prize money:	<p>Prize money in each individual event is as follows: First place € 300, second place € 200, third place € 100</p> <p>The TOP 3 female and male performances (counted on the three best results from FINA's point score*) in the A Final get prize money**:</p> <p>First place € 2 000 Second place € 1 500 Third place € 1 000</p> <p>Total prize money for the competition is € 28 200</p> <p>* If the 2020 FINA table is not provided by Swimrankings, the organization will use the FINA table of 2019 The organization is not responsible for the absence of the FINA points 2020 in MeetManager</p> <p>**When a swimmer appears more than once in the TOP 3 only the swimmers best result will be taken into account If there are two swimmers in the same place in the TOP 3, they will share the prize money (two second places = € 1500 + € 1000 = € 2 500 divided by two which means € 1 250 each)</p>
Technical meet:	We organize a technical meet to share the latest information on Friday 17-01-2020 in hotel Ramada Plaza at 8.30 PM
Tickets:	Tickets can be ordered and purchased from 01-11-2019 at www.zwemfed.be/flanders
More information:	Pascale Verbauwen, +32 9 220 53 87, pascale.verbauwen@zwemfed.be

Event program

Saturday 18-01-2020						Sunday 19-01-2020					
HEATS		FINALS				HEATS		FINALS			
Warm-up: 7.00 AM		Warm-up: 2.30 PM				Warm-up: 7.00 AM		Warm-up: 2.00 PM			
Race: 8.30 AM		Race: 4.00 PM				Race: 8.30 AM		Race: 3.30 PM			
1	200m freestyle	M	200m freestyle	A & B	M	17	200m freestyle	W	200m freestyle	A & B	W
2	50m backstroke	W	50m backstroke	A & B	W	18	50m backstroke	M	50m backstroke	A & B	M
3	100m backstroke	M	100m backstroke	A & B	M	19	100m backstroke	W	100m backstroke	A & B	W
4	200m butterfly	W	200m butterfly	A	W	20	200m butterfly	M	200m butterfly	A	M
5	200m breaststroke	M	200m breaststroke	A	M	21	200m breaststroke	W	200m breaststroke	A	W
6	100m breaststroke	W	100m breaststroke	A & B	W	22	100m breaststroke	M	100m breaststroke	A & B	M
7	200m medley	M	200m medley	A & B	M	23	200m medley	W	200m medley	A & B	W
8	100m freestyle	W	100m freestyle	A & B	W	24	100m freestyle	M	100m freestyle	A & B	M
9	400m freestyle	M	400m freestyle	A & B	M	25	400m freestyle	W	400m freestyle	A & B	W
10	400m medley	W	400m medley	A	W	26	400m medley	M	400m medley	A	M
11	100m butterfly	M	100m butterfly	A & B	M	27	100m butterfly	W	100m butterfly	A & B	W
12	200m backstroke	W	200m backstroke	A	W	28	200m backstroke	M	200m backstroke	A	M
13	50m freestyle	M	50m freestyle	A & B	M	29	50m freestyle	W	50m freestyle	A & B	W
14	50m butterfly	W	50m butterfly	A & B	W	30	50m butterfly	M	50m butterfly	A & B	M
15	50m breaststroke	M	50m breaststroke	A & B	M	31	50m breaststroke	W	50m breaststroke	A & B	W
16	800m freestyle (slow heat)	W	800m freestyle (fast heat)	A & B	W	32	1500m freestyle (slow heat)	M	1500m freestyle (fast heat)	A & B	M
						33			4x100m freestyle*	A	W
						34			4x100m freestyle*	A	M
							Podium ceremony 'TOP3'				
							Podium ceremony races 33 - 34				

*only for National teams, only 2 open teams/nation

The heats are seeded conforming to FINA rules SW 3.1.1.2 and all associated sections (except 800m and 1500m free style and the relays)

Qualification times

		Men	Women
Freestyle	50m	00:26,50	00:29,85
	100m	00:58,02	01:04,66
	200m	02:07,51	02:19,16
	400m	04:30,64	04:54,40
	800m		10:04,64
	1500m	17:57,16	
Backstroke	50m	00:30,03	00:33,73
	100m	01:04,77	01:12,08
	200m	02:21,54	02:35,06
Breaststroke	50m	00:32,97	00:37,16
	100m	01:12,17	01:20,85
	200m	02:38,41	02:56,76
Butterfly	50m	00:28,43	00:31,46
	100m	01:02,58	01:09,78
	200m	02:21,59	02:36,70
Medley	200m	02:22,57	02:37,17
	400m	05:05,96	05:33,56

Accommodation

In cooperation with our partners Ramada Plaza and Crowne Plaza we offer attractive accommodation packages.

Ramada Plaza



Single room: € 89/night
Twin room: € 104/night

A 4-star hotel, opposite to the swimming pool
Room rates include breakfast
Excl. € 2,39 city tax per person per day

Lunch: € 20/person
Dinner: € 27,5/person

Conference room at the disposal of the teams during the competition

Crowne Plaza



Single room: € 89/night
Twin room: € 104/night

A 4-star hotel, 5 minutes' walk from the swimming pool. Room rates include breakfast
Excl. € 2,39 city tax per person per day

Lunch: € 20/person
Dinner: € 27,5/person

Reservation:

Reservation form www.zwemfed.be/flanders/en/hotels

Reservation deadline to obtain the attractive accommodation packages 30-11-2019

There is a limited number of rooms at each hotel

Transportation

Airport transportation can be arranged at, own expense, via pascale.verbauwen@zwemfed.be