



FLANDERS SWIMMING CUP 2024

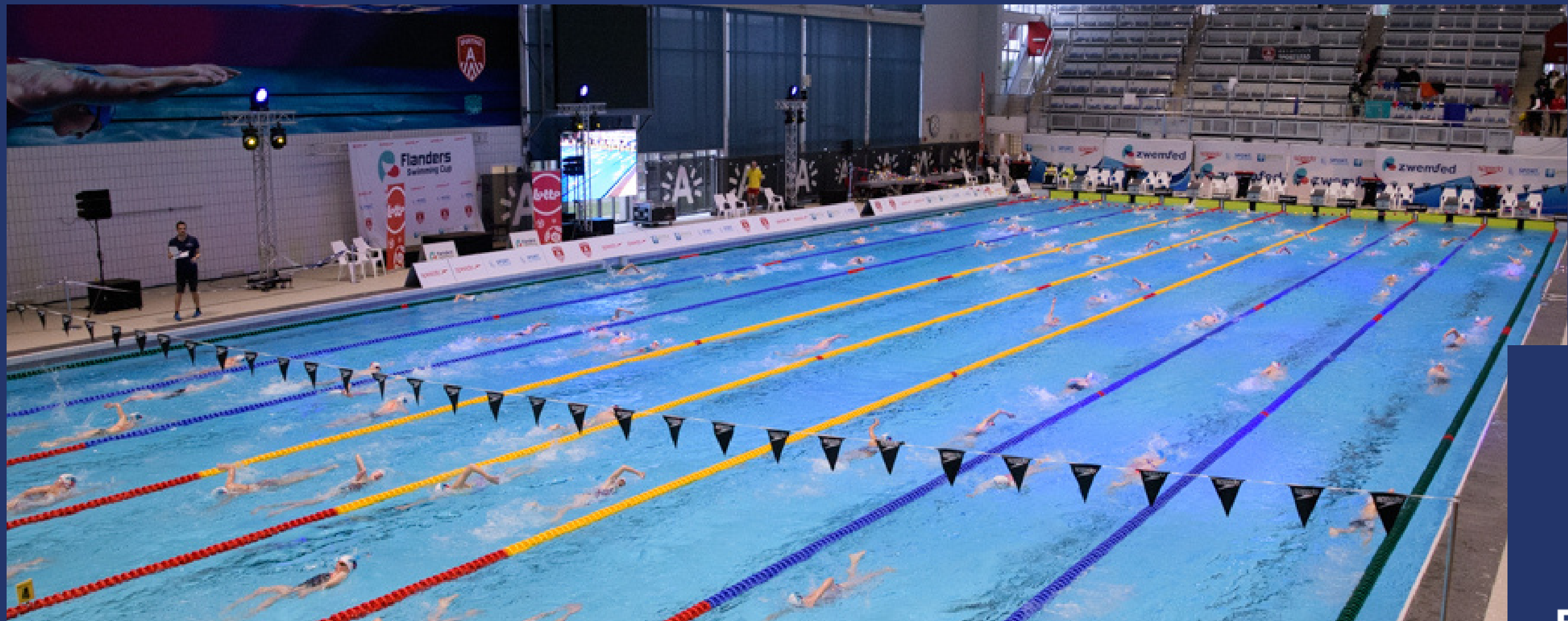
TECHNICAL MEET
16 JANUARY 2024

THIS WEBINAR WILL BE RECORDED!



www.zwemfed.be/flanders-swimming-cup-24

Welcome



**FLANDERS
SWIMMING
CUP 2024**

Winterraces 2024

- **Flanders Swimming Cup: 19-21/01/2024**
- **Vlaamse Jeugd Talent Challenge: 26-28/01/2024**
- **Wintercriterium: 3-4/02/2024**

Competition Management

Technical Delegate Chairman

Mr. Thierry Dolet

Pool Deck Referee

Mr. Danny Uyttersprot (Men)
Mr. Mark Van den Bosch (Women)

Organisation

Flemish Swimming Federation



**FLANDERS
SWIMMING
CUP 2024**

FLANDERS SWIMMING CUP 2024

540 participants

95 clubs/teams

Clubs & delegations of 7 countries
(BEL, GER, NED, GBR, POL, LBN, POR)

FLANDERS
SWIMMING
CUP 2024



Olympic Swimming Centre Wezenberg Antwerp

Address

Desguinlei 17-19
2018 Antwerpen

Two pools

High Performance pool: 50m, 6 lanes
Competition pool: 50m, 8 lanes

Olympic Swimming Centre Wezenberg Antwerp

Team entrance

When facing the building, the athletes entrance is at the right side.

Open

7:00 AM on all three days

Please

Clean shoes or bath slippers in the pool area!



Inside the Olympic Swimming Centre Wezenberg Antwerp

Spaces for teams

- In the stands at the starting side.
- Left and right side of the small pool.

Dryland

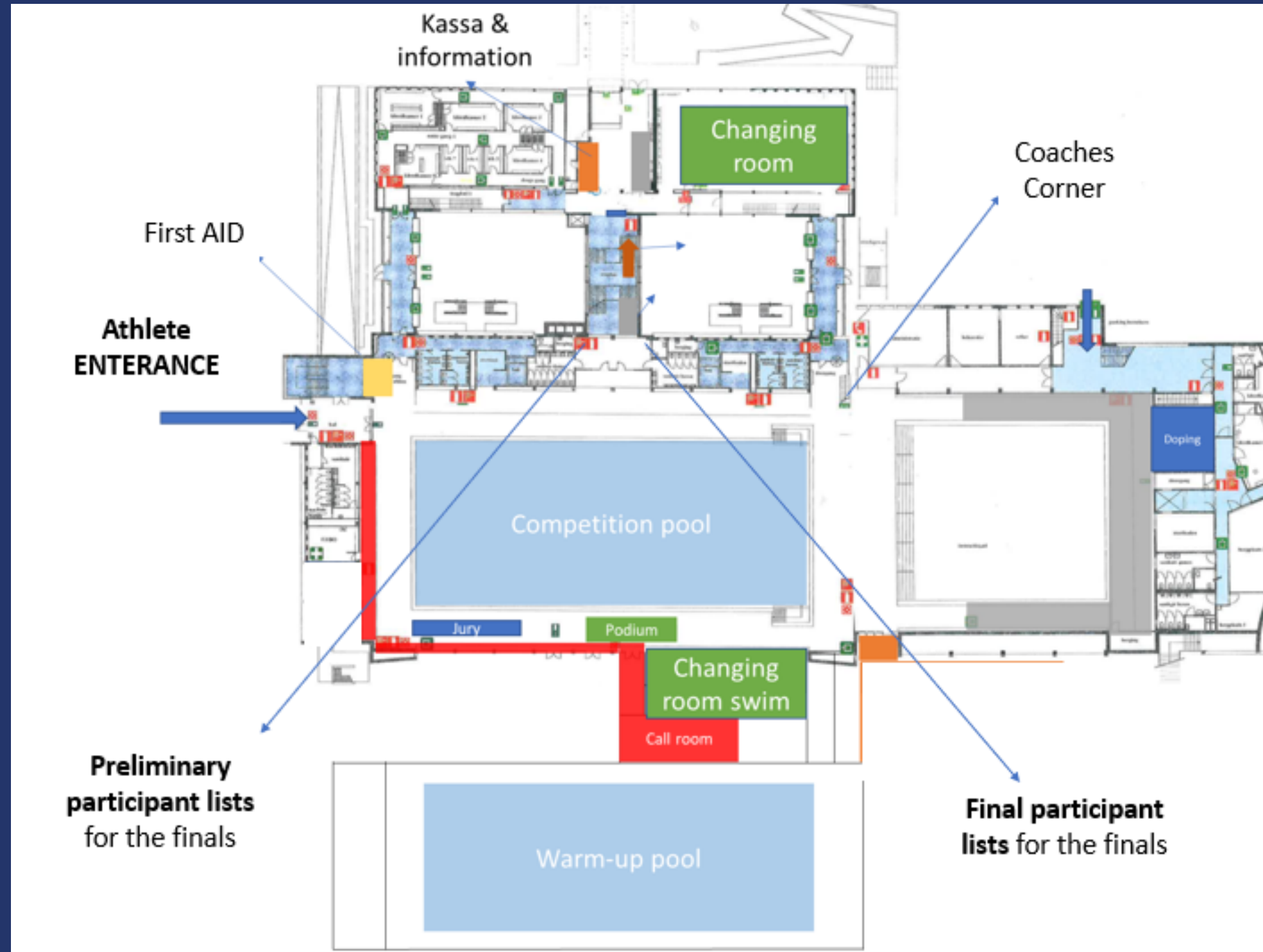
Behind the small pool.

Call Room

The entrance of the call room is at the warming up pool!



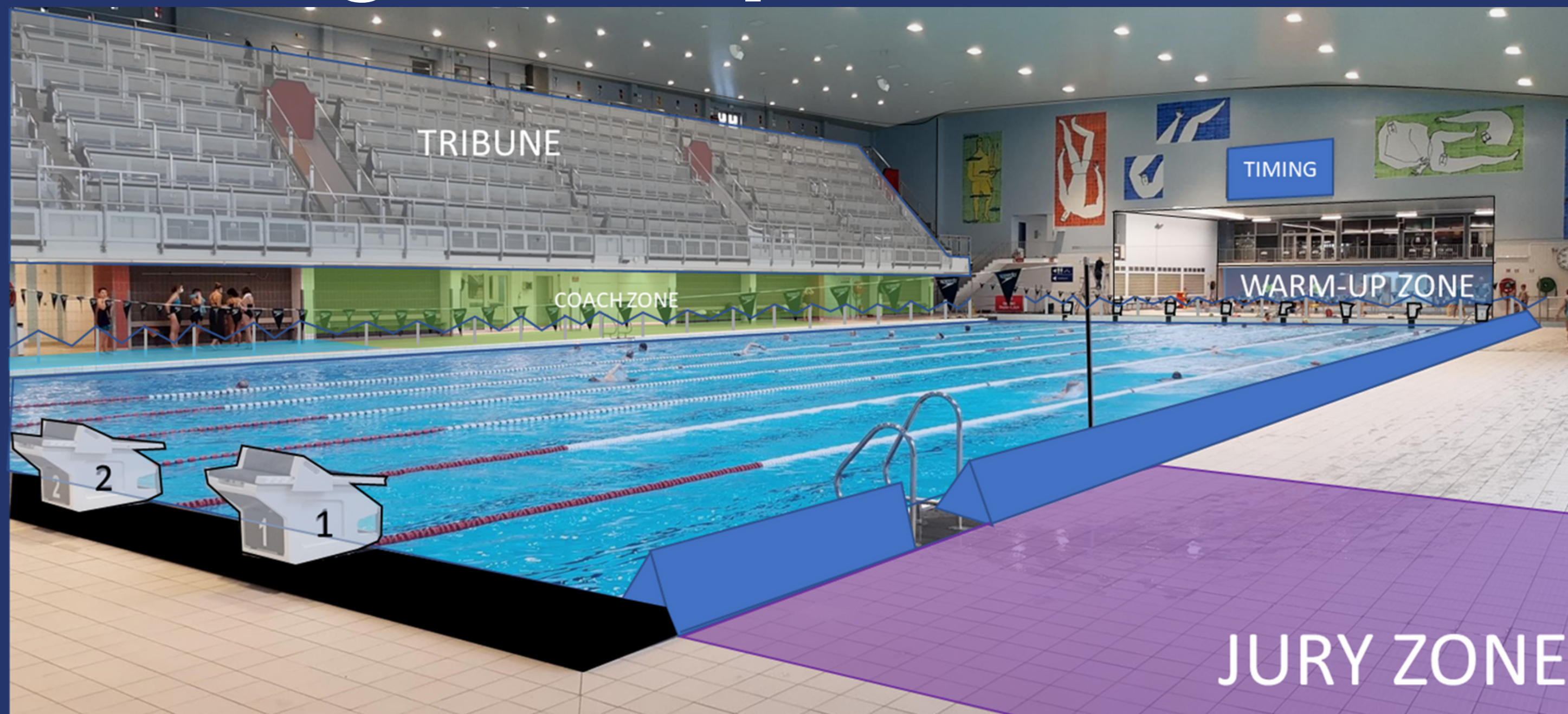
Inside Olympic Swimming Centre Wezenberg Antwerp



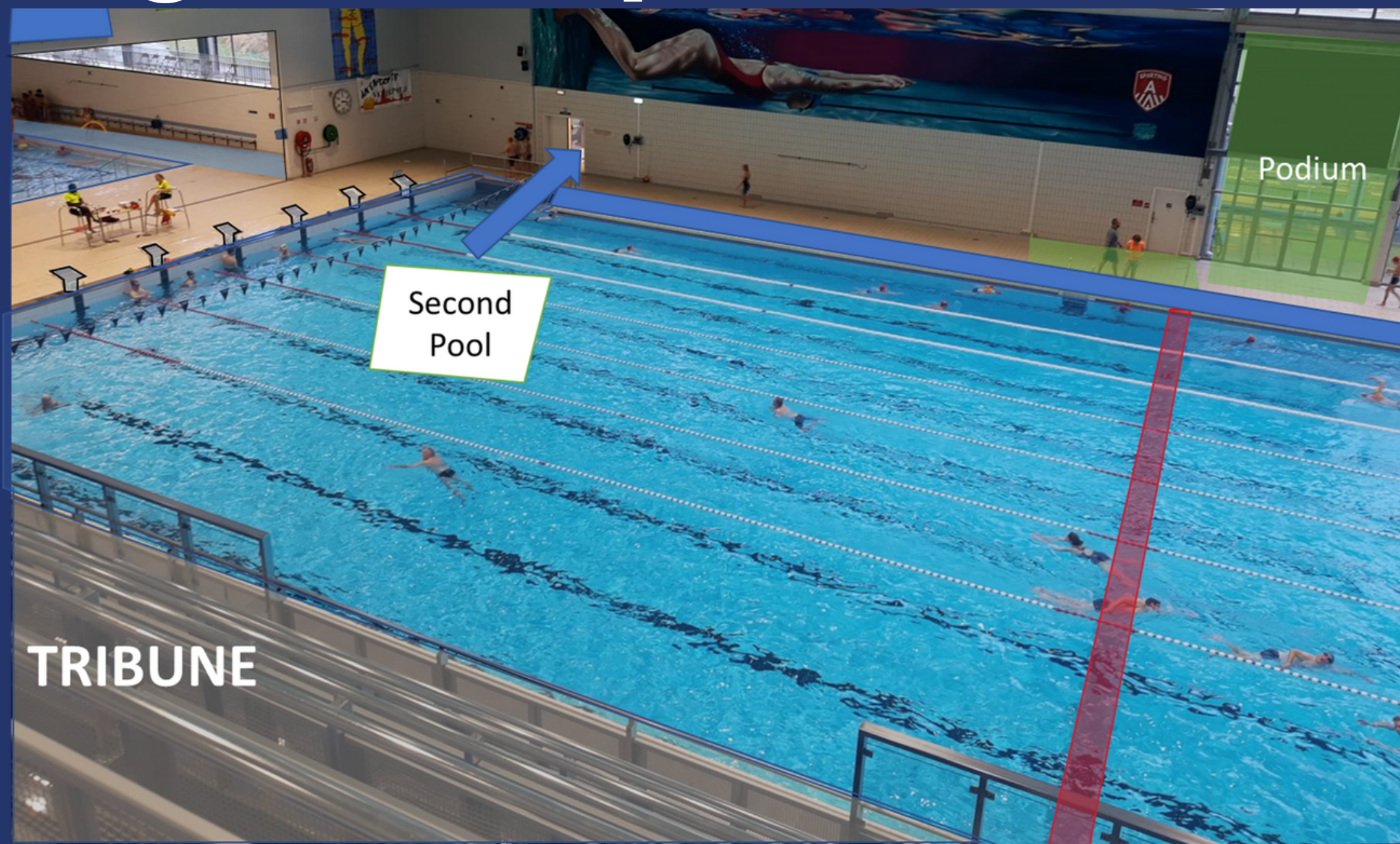
Inside Olympic Swimming Centre Wezenberg Antwerp



Inside Olympic Swimming Centre Wezenberg Antwerp



Inside Olympic Swimming Centre Wezenberg Antwerp



Competition progress: AM session



➤ Fast Heats

- Warming up: 7.15 - 8.15 AM
- Start competition: 8:30 AM

➤ Slow Heats

- Warming up: warm up pool
- Start competition: 10:45 AM

➤ Medal Ceremony

After the slow heats:

- 15-16 year olds
- 17-18 year olds
- 19+ year olds

Competition progress: PM session

← C finals

- Warming up: warm up pool - from 2:00 PM
- Start competition: 3:20 PM

← B/A finals

- Warming up: warm up pool
- Start competition: 4:30 PM

← Medal Ceremony

- Only for Open category (only zwemfed swimmers), after all finals.



Heats

Warming up

Two warming up pools: 7:15 AM - 8:15 AM.

Start competition

8:30 AM

Programme

Program will be available on the website.

Cooling down

Cooling down - and warming up pool is open during the competition, until 20 minutes after last heat.



Withdrawals for the finals

Preliminary participants list

The preliminary participant lists for the finals will be published at the pool deck after the fast heats.

Official starting lists

The official starting lists for the finals will be published at the pool deck, on the [livetiming_page](#) and in the WhatsApp community. All channels are for informational purposes only.

Withdrawals

Withdrawals for the finals should be reported to the chairman by filling out a withdrawal form, within 30 minutes after the official announcements (also after the fast heats).

Also if a swimmer is listed as a reserve, a withdrawal must be submitted if the swimmer will not participate in the final.





C finals

= youth finals

Reserved for Belgian swimmers (year of birth 2008 – 2009) that are not selected for the B or A finals.

Warming up

At the warming up pool, start: 2:00 PM.

Start

The first start will be given at 3:20 PM. The call room opens at 3:10 PM.

B- & A finals

Warming up

Warming up and cooling down in the warming up pool.

Start

The first start will be given at 4:30 PM, the estimated duration is 2 hours.

B- & A finals

The finals will be alternating: first a B- and then an A final.

B finals

The B finals are reserved for Belgian swimmers who are not selected for the A final and will only take place if there is a minimum of 11 finalists (3+8).

A finals

The A finals are open finals.



Medal ceremonies

By category (AM)

The medal ceremony for the Flemish championships by category will take place after the morning sessions.

The categories are:

- 15-16 year olds
- 17-18 year olds
- 19+

Medals open category (zwemfed only)

The medals go to the three fastest (zwemfed) swimmers in the A final. If there are no 3 swimmers in the A final, the B final will be taken into account.



Final ceremony

Prize money

The podium ceremony with prize money for the overall best performances in the A finals (World Aquatics points) will take place on Sunday, after the medal ceremonies.

The amounts that will be divided are:

- 2.000 euros for the 1st place
- 1.000 euros for the 2nd place
- 500 euros for the 3rd place

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.

In order to receive the prizemoney, it is necessary to fill in a form with the following data:

- name
- email
- address
- team
- bank name
- IBAN
- BIC/SWIFT



Focus points, added by the Jury



Wearables

According to the swimming regulations, it is allowed to use World Aquatics approved wearables at official competitions.

If your athlete wants to wear an approved wearable during the race, the Head of Delegation or the club delegate shall report this to the Pool Deck Referee in order to show the wearable and have it checked.

The Pool Deck Referee might ask to give evidence that the presented wearable is World Aquatics approved (by showing technical specs, invoice...).



Backstroke start procedure

- Officials will place the ledge at water level (position 0).
- Swimmers are responsible for making adjustments to the ledge.
- At the second long whistle the officials move forward to check the position of the toes. When at least one toe of each foot is in contact with the touch pad, the official will step back from the pool edge.
- When the position of the toes is not correct, the official will instruct the swimmer directly to correct the toe position.
- In case a swimmer does not want to use the backstroke ledge, the official should be informed in order to remove it before the start.

Good to know

Open training

The competition pool is open for training on 18 January, 7:00 - 8:30 PM. The club envelope will be available during the open training.

Relays

Please bring the composition of the relays to the Jury table, if possible before the start of the slower heats.

Emergency exits and camping beds

The doors of the emergency exits should be kept close and the passage way should be kept clear at all times. Camping beds are not allowed for safety reasons. Camping chairs are allowed.

Coaches corner

Water and coffee will be available during the whole weekend. Please bring your own cup or buy a reusable 'zwemfed-cup' and support charity!



Communication

One way WhatsApp channel for coaches and delegates





zwemfed

CONTACT US



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THANK YOU
FOR YOUR ATTENTION

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