



Flanders Swimming Cup

January 22-23, 2022

The Flemish Swimming Federation has the honour to invite you to the **Flanders Swimming Cup 2022**.

This swim meet takes place at the **Olympic Aquatic Centre Wezenberg, Desguinlei 17-19, 2018 Antwerp, Belgium**. There will be a 50m competition pool with eight lanes and a 50m training pool with six lanes.

The meet offers an attractive competition program which gives all competitors a good opportunity to prepare for the World Championships, the European Junior Championships and for the European Championships later on in 2022.

There will be a total prize money of **€10 200**.

Visit www.zwemfed.be/fsc to find all the information.

If you have any questions, please contact: fsc@zwemfed.be.



zwemfed

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Program

| Saturday 22nd | | | | | |
|-------------------------|---|-------------------------|---|---|---|
| HEATS | | B-FINALS | | A-FINALS | |
| Warm-up: 7.00 - 8.45 AM | | Warm-up: 2.00 - 2.45 PM | | Warm-up: in the warm-up pool | |
| Race: 9.00 AM | | Race: 3.00 PM | | Race: 4.30 PM | |
| 200m freestyle | M | 200m freestyle | M | 200m freestyle | M |
| 50m backstroke | W | 50m backstroke | W | 50m backstroke | W |
| 100m backstroke | M | 100m backstroke | M | 100m backstroke | M |
| 200m butterfly | W | 200m butterfly | W | 200m butterfly | W |
| 200m breaststroke | M | 200m breaststroke | M | 200m breaststroke | M |
| 100m breaststroke | W | 100m breaststroke | W | 100m breaststroke | W |
| 200m medley | M | 200m medley | M | 200m medley | M |
| 100m freestyle | W | 100m freestyle | W | 100m freestyle | W |
| 400m freestyle | M | 400m freestyle | M | 400m freestyle | M |
| 400m medley | W | 400m medley | W | 400m medley | W |
| 100m butterfly | M | 100m butterfly | M | 100m butterfly | M |
| 200m backstroke | W | 200m backstroke | W | 200m backstroke | W |
| 50m freestyle | M | 50m freestyle | M | 50m freestyle | M |
| 50m butterfly | W | 50m butterfly | W | 50m butterfly | W |
| 50m breaststroke | M | 50m breaststroke | M | 50m breaststroke | M |
| 800m freestyle | W | | | 800m freestyle (8 fastest entry times) | W |
| | | | | 4x100m freestyle | M |
| | | | | 4x100m medley | W |

| Sunday 23rd | | | | | |
|-------------------------|-------|-------------------------|---|--|---|
| HEATS | | B-FINALS | | A-FINALS | |
| Warm-up: 7.00 - 8.45 AM | | Warm-up: 2.00 - 2.45 PM | | Warm-up: in the warm-up pool | |
| Race: 9.00 AM | | Race: 3.00 PM | | Race: 4.30 PM | |
| 200m freestyle | W | 200m freestyle | W | 200m freestyle | W |
| 50m backstroke | M | 50m backstroke | M | 50m backstroke | M |
| 100m backstroke | W | 100m backstroke | W | 100m backstroke | W |
| 200m butterfly | M | 200m butterfly | M | 200m butterfly | M |
| 200m breaststroke | W | 200m breaststroke | W | 200m breaststroke | W |
| 100m breaststroke | M | 100m breaststroke | M | 100m breaststroke | M |
| 200m medley | W | 200m medley | W | 200m medley | W |
| 100m freestyle | M | 100m freestyle | M | 100m freestyle | M |
| 400m freestyle | W | 400m freestyle | W | 400m freestyle | W |
| 400m medley | M | 400m medley | M | 400m medley | M |
| 100m butterfly | W | 100m butterfly | W | 100m butterfly | W |
| 200m backstroke | M | 200m backstroke | M | 200m backstroke | M |
| 50m freestyle | W | 50m freestyle | W | 50m freestyle | W |
| 50m butterfly | M | 50m butterfly | M | 50m butterfly | M |
| 50m breaststroke | W | 50m breaststroke | W | 50m breaststroke | W |
| 1500m freestyle | M | 1500m freestyle | M | 1500m freestyle (8 fastest entry times) | M |
| 5km | mixed | | | 4x100m freestyle | W |
| | | | | 4x100m medley | M |

Due to possible live broadcasting on Belgian national television, starting hours of the finals on Sunday can be changed.

Regulations

The competition will be conducted under FINA rules and is approved as a qualifying event for the European- and World Championships.

Qualifying times

Qualifying times must be swum in a 50m pool, between 01-01-2020 to 31-12-2021.

| | | 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 |
| Backstroke | 1500m | 17:57,16 | |
| | 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 |

Entries

Entries should be e-mailed to fsc@zwemfed.be, containing the Entry form (Excel) or the SPLASH Lenex. The closing date to submit the entries is 31-12-2021. Late entries will not be accepted. Cancellations or event changes can be made until Monday 17th January till noon.

Entry fees

The entry fees will be €10 for individual swimmers and €12 for relay teams. The club or federation will receive an invoice from the Flemish Swimming Federation regarding the financial obligations.

In case of cancellation:

- If the participant decides to cancel, the fee will not be remunerated.
- In case of cancellation by the Flemish Swimming Federation, the fee will be refunded.

Warming-up

See timing program.

The training pool will also be available for warming-up and cooling down, during the whole competition.

Heats

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

Finals

A B-final will only be organized if there is a minimum of 11 swimmers, after the closing of the possibility to withdraw, participating in the finals.

Last minute changes due to circumstances are still possible to be made by the organisation concerning the B-finals.

Withdrawals for finals should be made no later than 30 minutes after the end of each event in the heats.

Prize money

The winner in every individual event, will be awarded with € 100.

The TOP 3 female and male performances (according to the three best results by FINA's point score*) in the A-final will receive**:

- € 2000 for the first place
- € 1000 for the second place
- € 500 for the third place

* If the 2022 FINA table is not provided by Swimrankings, the organization will use the FINA table of 2021. The organization is not responsible for the absence of the FINA points 2022 in MeetManager.

**If a swimmer appears more than once in the TOP 3, only the 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 = € 1000 + € 500 = € 1500 divided by two which means € 750 each).

Organisation

The organisation has the right to accept or refuse participants or to change the regulations of the swim meet if forced by circumstances.

Transportation

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

Hotels

In cooperation with our partner Mercure Antwerp City South, we can offer attractive accommodation packages. There is a limited number of rooms available at each hotel.

In order to make a reservation, please fill in the reservation form: www.zwemfed.be/fsc.
The **reservation deadline** to obtain the attractive accommodation packages is **21-12-2021**.

Mercure Antwerp City South



Single room: € 90/night
Twin room: € 105/night
Double room: € 105/night

A 4-star hotel, opposite to the swimming pool.
Room rates include breakfast*

Lunch: € 20,5/person
Dinner: € 28/person

Conference room at the disposal of the teams during the competition.

*Excl. € 3,00 city tax per person per day

Pre competition training facilities

The pools will be available for training on Thursday and Friday. For availability, please contact fsc@zwemfed.be.

SwimAnalytics

You're most welcome to be our guest at SwimAnalytics, our analysis center in Antwerp. There, for only €120, a team of a few swimmers, can be filmed and analyzed. Thanks to ten cameras above and beyond the surface, every detail can be captured. The images are analyzed and commented by our embedded scientist, Stijn Corten. You will receive a full feedback report with points of attention and tips and tricks for remedy. Of course, you will also receive all images.

Technical meeting

We organize a technical meeting to share the latest information, on Friday 21-01-2022 in hotel Mercure Antwerp City South at 8.00 PM.

COVID-measures

If COVID-measures apply, these will be bundled in a clear overview and shared prior to the departure to Belgium.