

## Flanders Swimming Cup 2023

The Flemish Swimming Federation has the honour to invite you to the Flanders Swimming Cup that will take place from the 21st until the 22nd of January, 2023.

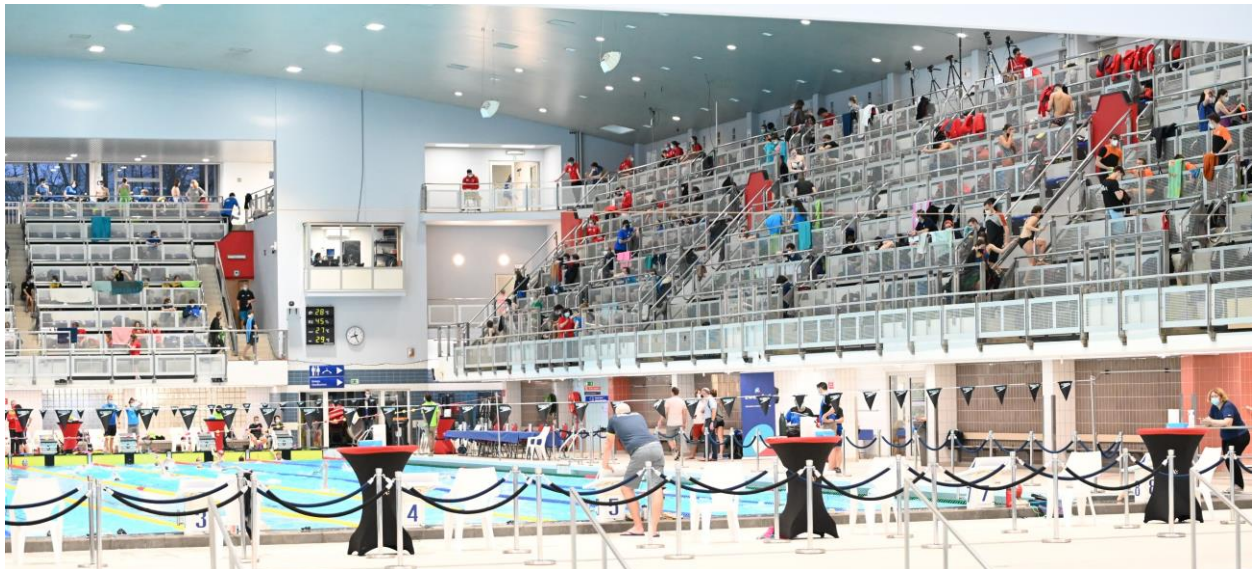
This swim meet takes place at the Olympic Aquatic Centre Wezenberg, Desguinlei 17-19, 2018 Antwerp, Belgium. There will be a 50m competition pool with eight lanes and a 50m training pool with six lanes.

The meet offers an attractive competition program which gives all competitors a good opportunity to prepare for the European Junior Championships and for the World Championships later on in 2023.

There will be a guaranteed prize money of € 9000.

We hope we can host you at the 'FSC 2023' and we look forward to some nice and fast races.

Please visit [www.zwemfed.be/fsc23](http://www.zwemfed.be/fsc23) to find all the latest information. If you have any questions, please contact us: [fsc@zwemfed.be](mailto:fsc@zwemfed.be).



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## Regulations

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The Flanders Swimming Cup 2023 will be conducted under the FINA rules and is approved as a qualifying event for the World Championships 2023.

### Qualifying times

The 'FSC', will be swum in open categories. Only swimmers whose best time – swum in 50m pool between the 1th of January 2022 and the 31th of December 2022 – is faster than the qualifying times, can participate in the following program:

	<b>Men</b>	<b>Women</b>
<b>50m freestyle</b>	00:26,50	00:29,85
<b>100m freestyle</b>	00:58,02	01:04,66
<b>200m freestyle</b>	02:07,51	02:19,16
<b>400m freestyle</b>	04:30,64	04:54,40
<b>800m freestyle</b>	8 fastest	8 fastest
<b>1500m freestyle</b>	8 fastest	8 fastest
<b>50m breaststroke</b>	00:32,97	00:37,16
<b>100m breaststroke</b>	01:12,17	01:20,85
<b>200m breaststroke</b>	02:38,41	02:56,76
<b>50m butterfly</b>	00:28,43	00:31,46
<b>100m butterfly</b>	01:02,58	01:09,78
<b>200m butterfly</b>	02:21,59	02:36,70
<b>50m backstroke</b>	00:30,03	00:33,73
<b>100m backstroke</b>	01:04,77	01:12,08
<b>200m backstroke</b>	02:21,54	02:35,06
<b>200m individual medley</b>	02:22,57	02:37,17
<b>400m individual medley</b>	05:05,96	05:33,56

On the 800m and 1500m freestyle women and men, only the eight fastest registration times, will be allowed to participate in the direct final. The 1500m freestyle women and the 800m freestyle men will be swum in the series in the morning.

The swimmers with the eight fastest registration times on the 400m freestyle and 400m individual medley (women and men) will be allowed to participate in the direct final in the evening.

## Program Saturday the 21th of January 2023

### Series

**Warming-up: 7.30 AM**

**Races: 9 PM**

400m freestyle	M
200m freestyle	W
200m breaststroke	M
400m individual medley	W
200m butterfly	M
100m breaststroke	W
100m backstroke	M
200m backstroke	W
200m individual medley	M
100m butterfly	W
100m freestyle	M
50m freestyle	W
50m butterfly	M
50m backstroke	W
50m breaststroke	M
800m freestyle	M
50m butterfly final	M
50m backstroke final	W
50m breaststroke final	M
50m freestyle final	W
4x200m freestyle	M
4x100 medley	W

### Finals

**Warming-up: 3 PM**

**Races: 4.30 PM**

50m freestyle (semi-final)	W
50m butterfly (semi-final)	M
50m backstroke (semi-final)	W
50m breaststroke (semi-final)	M
400m freestyle (fastest heat)	M
200m freestyle final	W
200m breaststroke final	M
400m individual medley (fastest heat)	W
200m butterfly final	M
100m breaststroke (A & B final)	W
100m backstroke (A & B final)	M
200m backstroke final	W
200m individual medley final	M
100m butterfly (A & B final)	W
100m freestyle (A & B final)	M
800m freestyle	W
50m butterfly final	M
50m backstroke final	W
50m breaststroke final	M
50m freestyle final	W
4x200m freestyle	M
4x100 medley	W

## Program Sunday the 22nd of January 2023

### Series

**Warming-up: 7.30 AM**

**Races: 9.00 AM**

400m freestyle	W
200m freestyle	M
200m breaststroke	W
400m individual medley	M
200m butterfly	W
100m breaststroke	M
100m backstroke	W
200m backstroke	M
200m individual medley	W
100m butterfly	M
100m freestyle	W
50m freestyle	M
50m butterfly	W
50m backstroke	M
50m breaststroke	W
1500m freestyle	W
50m freestyle (semi-final)	M
50m butterfly (semi-final)	W
50m backstroke (semi-final)	M
50m breaststroke (semi-final)	W
400m freestyle (fastest heat)	W
200m freestyle final	M
200m breaststroke final	W
400m individual medley (fastest heat)	M
200m butterfly final	W
100m breaststroke (A & B final)	M
100m backstroke (A & B final)	W
200m backstroke final	M
200m individual medley final	W
100m butterfly (A & B final)	M
100m freestyle (A & B final)	W
1500m freestyle	M
50m butterfly final	W
50m backstroke final	M
50m breaststroke final	W
50m freestyle final	M
4x200m freestyle	W
4x100 medley	M

### Finals

**Warming-up: 3 PM**

**Races: 4.30 PM**

50m freestyle (semi-final)	M
50m butterfly (semi-final)	W
50m backstroke (semi-final)	M
50m breaststroke (semi-final)	W
400m freestyle (fastest heat)	W
200m freestyle final	M
200m breaststroke final	W
400m individual medley (fastest heat)	M
200m butterfly final	W
100m breaststroke (A & B final)	M
100m backstroke (A & B final)	W
200m backstroke final	M
200m individual medley final	W
100m butterfly (A & B final)	M
100m freestyle (A & B final)	W
1500m freestyle	M
50m butterfly final	W
50m backstroke final	M
50m breaststroke final	W
50m freestyle final	M
4x200m freestyle	W
4x100 medley	M

**Podium ceremony 'TOP 3'**

## Series

The series will be classified, based on the entry times, with series heads. Exceptions are the 400m competitions. They will be sorted, based on the entry times (SW 3.1.2) and with an eventual limitation of the number of heats. Therefore, swimmers need to be subscribed with their absolute best times, accomplished between the 1th of January 2022 and the 31th of December 2022.

Split times will not be accepted as entry times. Exceptions on this rule are times swum as the first swimmer of a relay.

## Finals

On the individual races, there will be heats and finals. Exceptions are the 400's, 800's and 1500's, with finals with the eight fastest entry times.

The A-final will be held with the eight fastest times from the heats. There will also be a B-final (for the swimmers from the 9th until the 16th place), for all 100m competitions. For the 50m competitions, there will be semi-finals and a final.

Withdrawals for the finals can only be submitted by the team-delegate at the jury table, within half an hour after the announcement of the official results of the respective program number.

After all withdrawals are processed, the grouping of the finals will be communicated. Reserve swimmers for the (semi-)finals, have the same obligations as qualified swimmers.

## Entries and cancellations

Entries should be e-mailed to [fsc@zwemfed.be](mailto:fsc@zwemfed.be), containing the Entry Form (Excel) or the SPLASH-Lenex. The closing date to submit the entries is the 1st of January 2023. Late entries will not be accepted.

At least one week before the start of the Flanders Swimming Cup 2023, the entry lists will be published on the [website of the organisation](#).

Cancellations or event changes can be made until Monday the 16th of January, till noon, only by email: [fsc@zwemfed.be](mailto:fsc@zwemfed.be).

## Entry fees

The entry fees for the FSC will be € 10 per individual start and relay team. 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.

## Prize money

The top three female and male performances (the three best results by FINA's latest available point score in Swimrankings) in the A-finals will receive:

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

If a swimmer is in the 'TOP 3' multiple times, only the best result will be taken in account.

In case multiple 'TOP 3 athletes' are in the same place on the rankings, these swimmers will divide the prize money from this and the following place. In that case, only the place following on that place can be taken. (Eg. two second places: 1000 euros + 500 euros = 1500 euros. This amount must be divided by two, that means each swimmer receives 750 euros.)

Only the times swum in the A-finals, will be taken into account for the 'TOP 3-rankings', with an exception for the 400m freestyle and the 400m individual medley, where also the results of the heats will be taken into account.

### **Podium Ceremony**

The podium ceremony for the 'TOP 3', will take place following the presented schedule. For the other competitions/races, there will be no podium ceremony.

Every swimmer must be present at the podium, dressed in the clothes of the land/club he/she is representing.

In order to receive the money, swimmers/delegations have to fill in a form. That will be sent to the teams afterwards.

### **Call room**

Every participant needs to report at the call room, ultimately 10 minutes before the start of her/his race. Not reporting at the call room, can have a disqualification as a result.

The call room will only be accessible for participants who need to be there at that moment.

### **Accreditations**

Coaches and delegates will need an accreditation to enter the pool hall. These accreditations will be available at the club entrance. Also, together with the accreditations, the programs will be provided. The number of accreditations per team will be:

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

Additional accreditations can be ordered by email ([fsc@zwemfed.be](mailto:fsc@zwemfed.be)) at the price of € 10 per person (for the whole weekend). The amount due will be added to the invoice.

### **Remark**

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De 'FSC23' will be held under the FINA rules and is an official LEN- and FINA competition. Therefore, it is an official qualification tournament for the international championships.

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

A few days before the competition, there will be a Technical Meeting. The invitation for this meeting will be sent to the participating teams later on.

## Organisation

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### Transportation

Airport transportation can be arranged, at own expense, via [fsc@zwemfed.be](mailto:fsc@zwemfed.be).

### Hotel

In cooperation with our partner Hotel Mercure Antwerp City South, a four-star hotel opposite to the swimming pool, we can offer attractive accommodation packages.



Room rates, including breakfast\*:

- Single room: € 95/night
- Twin/double room: € 115/night

Meals:

- Lunch: € 22,5/person
- Dinner: € 29,5/person

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

There is a limited number of rooms available. In order to make a reservation, please fill in the reservation form that you can find on the [website](#). The reservation deadline to obtain the attractive accommodation packages is December 20th, 2022.

### Pre competition training facilities

The pools will be available for training on Thursday the 19th - and Friday the 20th of January. For availability, please contact us: [fsc@zwemfed.be](mailto:fsc@zwemfed.be).