

# FLANDERS SWIMMING CUP 2025

OPEN FLEMISH CHAMPIONSHIPS SWIMMING

07-09.02.2025

OLYMPIC SWIMMING CENTER ANTWERP



Dear Madam,  
Dear Sir,

The Flanders Swimming Cup (FSC) is the event through which the Flemish Swimming Federation puts competitive swimming in Flanders on the international map. The '#FSC25' is recognized by World- and European Aquatics and is therefore an ideal chance for swimmers to qualify for the international championships that will take place in 2025, like the EYOF, European Junior Swimming Championships and the World Championships.

The Flanders Swimming Cup will take place from Friday the 7th of February, until Sunday the 9th of February 2025, at the Olympic Swimming Centre in Antwerp. This growing international swim meet takes place in the weekend after the EuroMeet in Luxembourg and can therefore be ideal for teams to make the combination of both swim meets, use the facilities of the High Performance Center in Antwerp in the days in between, etc.

In this brochure, you can find all the most important information regarding this years Flanders Swimming Cup. If you have any questions, please send an email to [info@zwemfed.be](mailto:info@zwemfed.be).

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

Kind regards

Pieterjan Vangerven  
President Flemish Swimming Federation

Kris Geeroms  
Chairman Flemish Swimming Federation



## VENUE: OLYMPIC SWIMMING CENTER WEZENBERG ANTWERP

One of the most beautiful cities in Europe hosts one of the most beautiful pool complexes of the country: 'the Olympic Swimming Center Wezenberg' (Desguinlei 17-19 - 2018 Antwerp).

### COMPETITION POOL

The competition pool of the Swimming Center is a 50m pool with 8 lanes and 2.25m - 3.85m depth. Around the pool, there's a lot of space for the coaches en swimmers to move around, have a good warming-up, etc.

There are large stands along one long side (public) of the swimming pool and behind the starting blocks (clubs & countries). From these stands you always have a great view of the action in the pool.

### HIGH PERFORMANCE POOL

Only a few steps away, but in a completely different space, you will find the High Performance pool. This 50m pool contains six lanes and can be used all the time for pre- and post race swims.

This pool will also be available for training in the days before and after the Flanders Swimming Cup. To make arrangements, please send an email to [info@zwemfed.be](mailto:info@zwemfed.be).

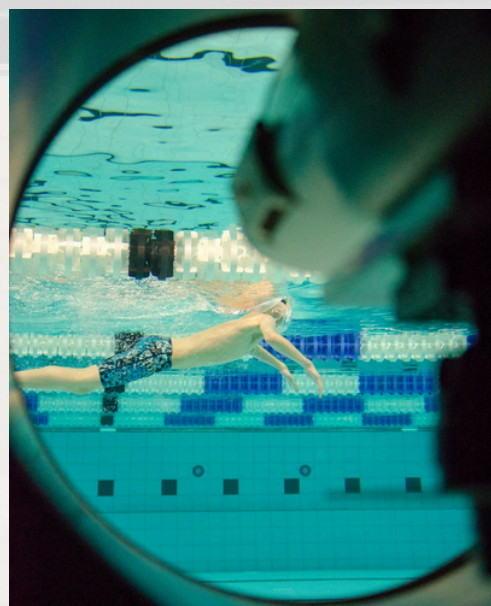
### SWIMANALYTICS

The HP-pool hosts 'SwimAnalytics'. This high end analysis center, runned by the Flemish Swimming Federation, is known and used by coaches and swimmers all over Europe, such as the Romanian phenomenon David Popovici.

It has a system with ten high-speed cameras and a mobile recording system. All cameras are connected to - and synchronised with - the possibility to record with 7 cameras at a time. In other words, there's multiple possibilities to analyse.

So, also in the days before and after the Flanders Swimming Cup, you're most welcome to use these facilities and work on the technique!

If you have any questions, or if you want to make a reservation for 'SwimAnalytics', please send an email to [swimanalytics@zwemfed.be](mailto:swimanalytics@zwemfed.be).



# PROGRAM FSC 2025

## FRIDAY FEBRUARY 7, 2025

### SERIES

Warm-up: 7:00 - 8:15 am Competition: 8:30 am*	gender
400m freestyle	women
100m butterfly	men
50m backstroke	women
400m individual medley	men
200m breaststroke	women
200m backstroke	men
200m butterfly	women
100m breaststroke	men
50m freestyle	women
50m freestyle	men

### C-FINALS

Warm-up: 2:30 PM Competition: 3:30 PM*	gender
1500m freestyle (slowest)	men
400m freestyle	women
100m butterfly	men
400m medley	men
200m breaststroke	women
200m backstroke	men
200m butterfly	women
100m breaststroke	men

### B-& A-FINALS

Competition: 5:00 PM*	gender
1500m freestyle (fastest)	men
400m freestyle	women
100m butterfly	men
50m backstroke	women
400m individual medley	men
200m breaststroke	women
200m backstroke	men
200m butterfly	women
100m breaststroke	men
50m freestyle	women
50m freestyle	men
4x100m freestyle	women
4x100m medley	men

\* The starting times are indicative and can still be adjusted if required by circumstances.

## SATURDAY FEBRUARY 8, 2025

### SERIES

Warm-up: 7:00 - 8:15 am Competition: 8:30 am*	gender
400m freestyle	men
400m individual medley	women
50m backstroke	men
200m freestyle	women
200m butterfly	men
100m backstroke	women
100m freestyle	men
100m breaststroke	women
50m breaststroke	men
50m butterfly	women
200m individual medley	men

### C-FINAL

Warm-up: 2:30 PM Competition: 3:30 PM*	gender
1500m freestyle (slowest)	women
400m freestyle	men
400m individual medley	women
200m freestyle	women
200m butterfly	men
100m backstroke	women
100m freestyle	men
100m breaststroke	women
200m individual medley	men

### B- & A-FINALS

Competition: 5:00 PM*	gender
1500m freestyle (fastest)	women
400m freestyle	men
400m individual medley	women
50m backstroke	men
200m freestyle	women
200m butterfly	men
100m backstroke	women
100m freestyle	men
100m breaststroke	women
50m breaststroke	men
50m butterfly	women
200m individual medley	men

\* The starting times are indicative and can still be adjusted if required by circumstances.

## SUNDAY FEBRUARY 9, 2025

### SERIES

Warm-up: 7:00 - 8:15 am Competition: 8:30 am*	gender
100m butterfly	women
200m breaststroke	men
100m freestyle	women
100m backstroke	men
200m backstroke	women
200m freestyle	men
200m individual medley	women
50m butterfly	men
50m breaststroke	women

### C-FINAL

Warm-up: 2:30 PM Competition: 3:30 PM*	gender
800m freestyle (slowest)	women
800m freestyle (slowest)	men
100m butterfly	women
200m breaststroke	men
100m freestyle	women
100m backstroke	men
200m backstroke	women
200m freestyle	men
200m individual medley	women

### A- & B-FINALS

Competition: 5:00 PM*	gender
800m freestyle (fastest)	women
800m freestyle (fastest)	men
100m butterfly	women
200m breaststroke	men
100m freestyle	women
100m backstroke	men
200m backstroke	women
200m freestyle	men
200m individual medley	women
50m butterfly	men
50m breaststroke	women
4x100m freestyle	men
4x100m medley	women

\* The starting times are indicative and can still be adjusted if required by circumstances.

# CONDITIONS OF PARTICIPATION FSC 2025

The Flanders Swimming Cup (FSC) is open to all swimmers holding a competition licence with a club or federation affiliated to World Aquatics.

The FSC 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, registration is only possible for the open category (clubs or national teams).

## QUALIFICATION TIMES

Foreign participants can only enter the competition, based on the qualification times of the open categories. These times must be swum between January 1, 2024 and January 15, 2025.

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 18 years and open	Boys 18 years 2007	Girls 17 years 2008	Boys 17 years 2008	Girls 16 years 2009	Boys 16 years 2009	Girls 15 years 2010	Boys 15 years 2010
50m freestyle	00:25,73	00:29,04							
100m freestyle	00:57,25	01:03,49	00:58,14	01:04,49	00:59,10	01:05,54	01:00,12	01:06,67	01:01,21
200m freestyle	02:06,23	02:18,33	02:08,20	02:20,49	02:10,31	02:22,79	02:12,55	02:25,26	02:14,96
400m freestyle	04:29,18	04:51,18	04:33,38	04:55,73	04:37,86	05:00,58	04:42,66	05:05,76	04:47,80
800m freestyle	09:17,81	10:00,81	09:26,53	10:10,20	09:35,82	10:20,21	09:45,75	10:30,90	09:56,40
1500m freestyle	17:45,77	19:04,97	18:02,42	19:22,87	18:20,17	19:41,93	18:39,14	20:02,31	18:59,50
50m backstroke	00:29,68	00:33,54							
100m backstroke	01:04,32	01:11,60	01:05,38	01:12,77	01:06,50	01:14,03	01:07,71	01:15,37	01:09,02
200m backstroke	02:20,19	02:34,32	02:22,49	02:36,85	02:24,95	02:39,55	02:27,58	02:42,46	02:30,42
50m breaststroke	00:32,58	00:36,58							
100m breaststroke	01:11,88	01:19,99	01:13,06	01:21,31	01:14,32	01:22,71	01:15,67	01:24,21	01:17,12
200m breaststroke	02:36,45	02:52,48	02:39,01	02:55,31	02:41,76	02:58,33	02:44,70	03:01,57	02:47,87
50m butterfly	00:27,93	00:30,99							
100m butterfly	01:01,89	01:08,91	01:02,91	01:10,04	01:03,99	01:11,25	01:05,16	01:12,54	01:06,41
200m butterfly	02:18,95	02:33,15	02:21,23	02:35,66	02:23,66	02:38,35	02:26,28	02:41,23	02:29,09
200m medley	02:22,18	02:37,01	02:24,51	02:39,58	02:27,00	02:42,35	02:29,68	02:45,29	02:32,56
400m medley	05:04,05	05:32,93	05:09,04	05:38,39	05:14,37	05:44,23	05:20,09	05:50,49	05:26,24

\* For the freestyle events the highest points will be used and 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.

## SERIES

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.

### 800M- & 1500M FREESTYLE

For the 800 and 1500m freestyle, a maximum of 16 swimmers will be allowed. Four places will be reserved for the fastest registration times of swimmers affiliated with Zwemfed in the category 15-16 years. Four places will be 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).

The slowest series of these distances will be swum during the C-finals, provided there are at least 11 entries. The fastest series will start at the B/A-finals.

## PARA-ATHLETES

Thanks to a collaboration with "G-Sport Vlaanderen", Para-swimmers will also be able to participate in the FSC 2025 (IPC recognition).

There will be no time correction according to sport class for the classification of the finals. The time limits that apply to this competition can be found via [this link](#).

## FINALS

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

- a C final, only for swimmers of Belgian nationality, birth year 2010-2009, 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 clubs and national teams and are only held in the open category.



## DOPING

The international doping rules (World Aquatics, WADA) are applicable. Upon request swimmers must be available for testing by representatives of the Flemish official doping authority.

## ENTRIES

Registrations must be done via a Lenex file from Team Manager. This must be sent to the email address [fsc@zwemfed.be](mailto:fsc@zwemfed.be) no later than January 15, 2025.

All swimmers must be registered by name no later than the registration deadline, including those who only participate in the relays. In case of late registration, an administrative fee of €350 will be charged.

## ENTRY FEES

The entry fees for both the individual starts and the relays are €13.

The total amount due will be charged to the club or federation. Registration fees are also due for cancellations after the registrations have closed.

## 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 such a 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.

## CALLROOM

Each participant must report to the call room in time and remain there until the person in charge indicates that they should go to the starting platform. Failure to report and/or pass through the call room in time may result in exclusion.

The call room is only accessible for participants who are expected there. Coaches can accompany swimmers to the call room. Once the swimmer has registered, he/she may no longer be accompanied by the coach. For G-swimmers with an 'exception A', the coach(es) may accompany the swimmer through the call room to the starting block.

## ACCREDITATIONS

Coaches and delegates must have an accreditation to gain access to the pool. These accreditations can be collected at the entrance of the pool on the day of the competition.

The number of accreditations per club or federation has been determined as follows:

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

## ENJOY YOUR STAY IN ANTWERP!

The leaves are turning their beautiful colours, the temperature is dropping (but not much, atm). Autumn is a hugely enjoyable season, and Antwerp is no exception! [On this website](#), you can find all the information you need about the Visitor Centre for advice, or to buy the Antwerp City Pass, your key to access the best of the city, either free or at a decent discount.

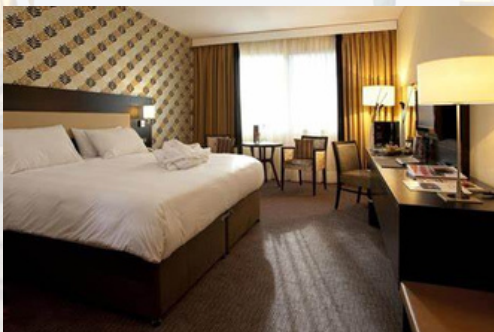
The following hotels are located near the Olympic Swimming Center Wezenberg. They are pleased to offer special rates for rooms and meals to teams participating in the FSC and can adjust the breakfast start time, for example, to accommodate the competition schedule.

### HOTEL MERCURE ANTWERP CITY SOUTH



Across the street from Olympic Swimming Center Wezenberg, you can find the beautiful hotel '[Mercure Antwerp City South](#)' (Desguinlei 94; 2018 Antwerp).

Decorated with warm colors and soft textures, all spacious rooms at Mercure Antwerp City South are fitted with king-size bedding. They all include a flat-screen TV and free Wi-Fi is available throughout the hotel. The breakfast buffet is served at an adapted hour for the teams, in Hugo's Restaurant, which overlooks the Hertoghe Park.



You can make a reservation [via our website](#), before December 30, 2024.

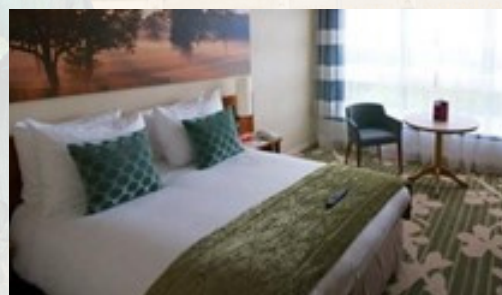
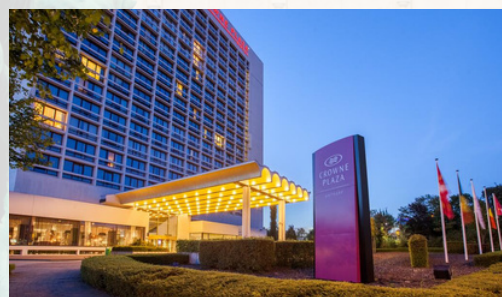
### HOTEL CROWNE PLAZA ANTWERP

After a - literally - 5 minutes walk from the Olympic Swimming Center Wezenberg, you can find the '[Crowne Plaza Hotel Antwerp](#)' (Gerard Le Grellelaan 10; 2020 Antwerpen).

This hotel counts 262 contemporary designed rooms featuring floor-to-ceiling windows to enjoy the unique view overlooking the skyline of Antwerp.

The ANNA Living & Bar is the ideal place for get-togethers, breakfast, lunch, dinner or in between.

As a participating team to the Flanders Swimming Cup, you can make reservations at a reduced price. [Click this link](#).



## SHUTTLE SERVICES

We are happy to take care of everything related to transportation to and from the airport and/or train station for you. All you need to do is book the necessary number of rooms for your team at the hotel of your choice and reserve your flights and/or train journeys to and from Antwerp.

Then, simply email your departure and arrival dates and times to [info@zwemfed.be](mailto:info@zwemfed.be), including the number of people. We will ensure that you are transported to and from the airport/station to your hotel at the lowest possible cost.

## TRAINING FACILITIES

The option to train in the competition pool on Thursday evening is available. However, if you'd like to train at other times, this can also be arranged. We are happy to offer a customized training schedule to meet your needs. Please contact us with your requirements at [info@zwemfed.be](mailto:info@zwemfed.be).

### FITNESS

There's a fitness located in the Wezenberg Swimming Center. Please let us know if you'd like to use these facilities. We will be happy to make the the necessary bookings for you.

## COMBINATION FSC - EUROMEET LUXEMBURG

As we mentioned earlier in this guide, this competition offers the perfect opportunity to combine it with the EuroMeet in Luxembourg (January 31 - February 2). Both pools are located just 250 kilometers apart.

You can find information about this competition on their website. If you'd like to make the combination for (a part of) your team, we'd be happy to offer you the following options.

### PACKAGE 1: TRAINING FACILITIES AND TRANSPORT

Let us know how many people from your team would like to stay in Antwerp for training sessions after the Flanders Swimming Cup, when you'd like to train and when you wish to travel to Luxembourg. We will be happy to arrange all training facilities and transfers for you.

### PACKAGE 2: TRAINING FACILITIES, SWIMANALYTICS AND TRANSPORT

You can also make a combination of having some training sessions done and make use of the SwimAnalytics facilities.

Let us know how many people from your team would like to stay in Antwerp for training sessions after the Flanders Swimming Cup, and when you wish to travel to Luxembourg. We will be happy to arrange everything for you.

