



FLANDERS SWIMMING CUP 2026

TECHNICAL MEET
17 MARCH 2026

THIS WEBINAR WILL BE RECORDED!



www.zwemfed.be/flanders-swimming-cup-26

Welcome



Welcome

- Vlaamse Jeugd Talent Challenge: 06-08/03/2026
- Vlaams Lente Criterium: 14-15/03/2026
- **Flanders Swimming Cup: 20-22/03/2026**

Competition Management

Technical Delegate Chairman

Mr. Desfossés Etienne

Pool Deck Referees

Mr. Herman Jasper (Women)

Mr. Uyttersprot Danny (Men)

Organisation

Flemish Swimming Federation



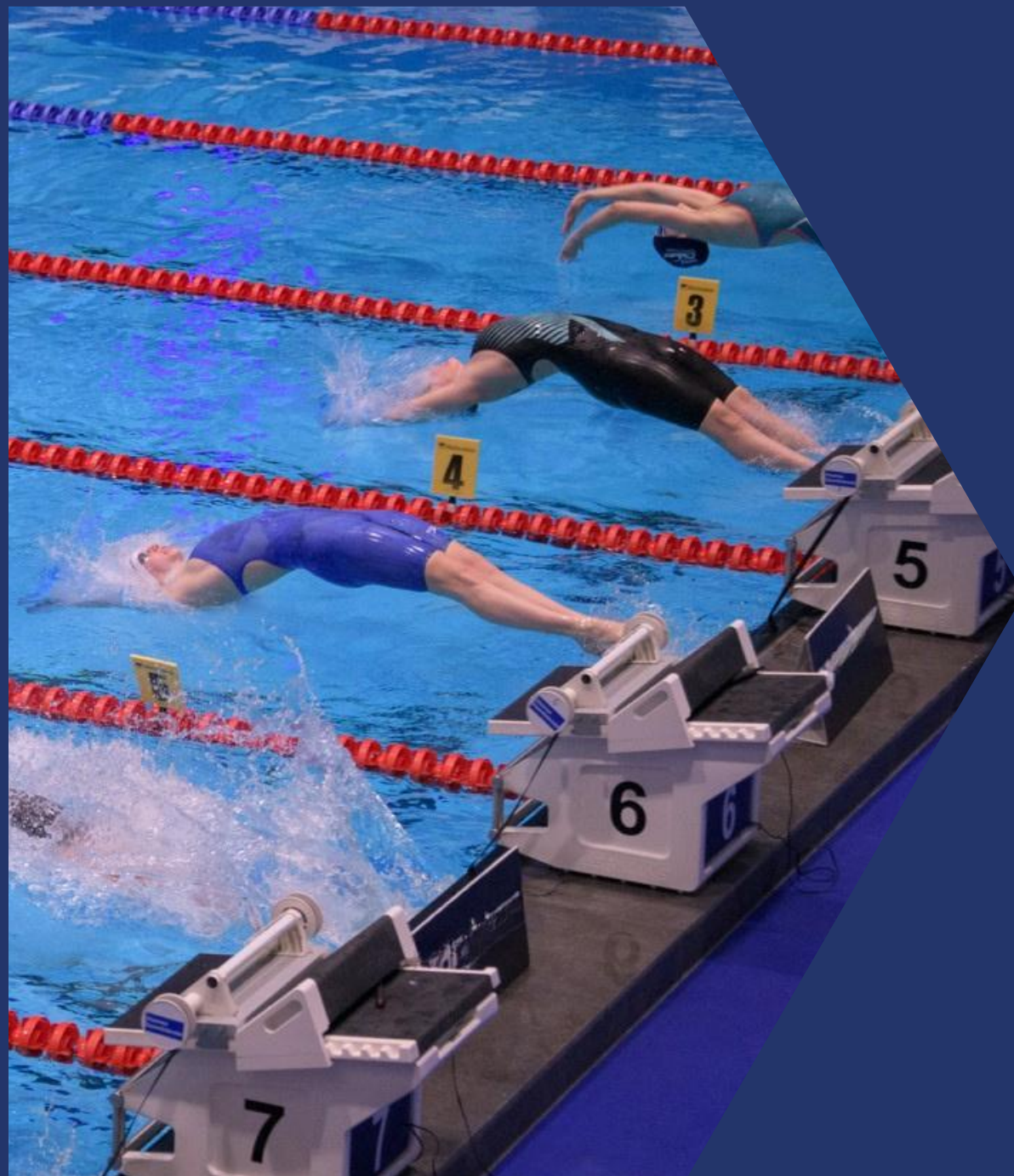


FLANDERS SWIMMING CUP 2026

408 swimmers

80 clubs or teams

10 different nationalities



Olympic Swimming Centre Wezenberg Antwerp

Address

Desguinlei 17-19
2018 Antwerpen

Two pools

Warm-up pool: 50m, 6 lanes
Competition pool: 50m, 8 lanes

Olympic Swimming Centre Wezenberg Antwerp

Team entrance

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

Open

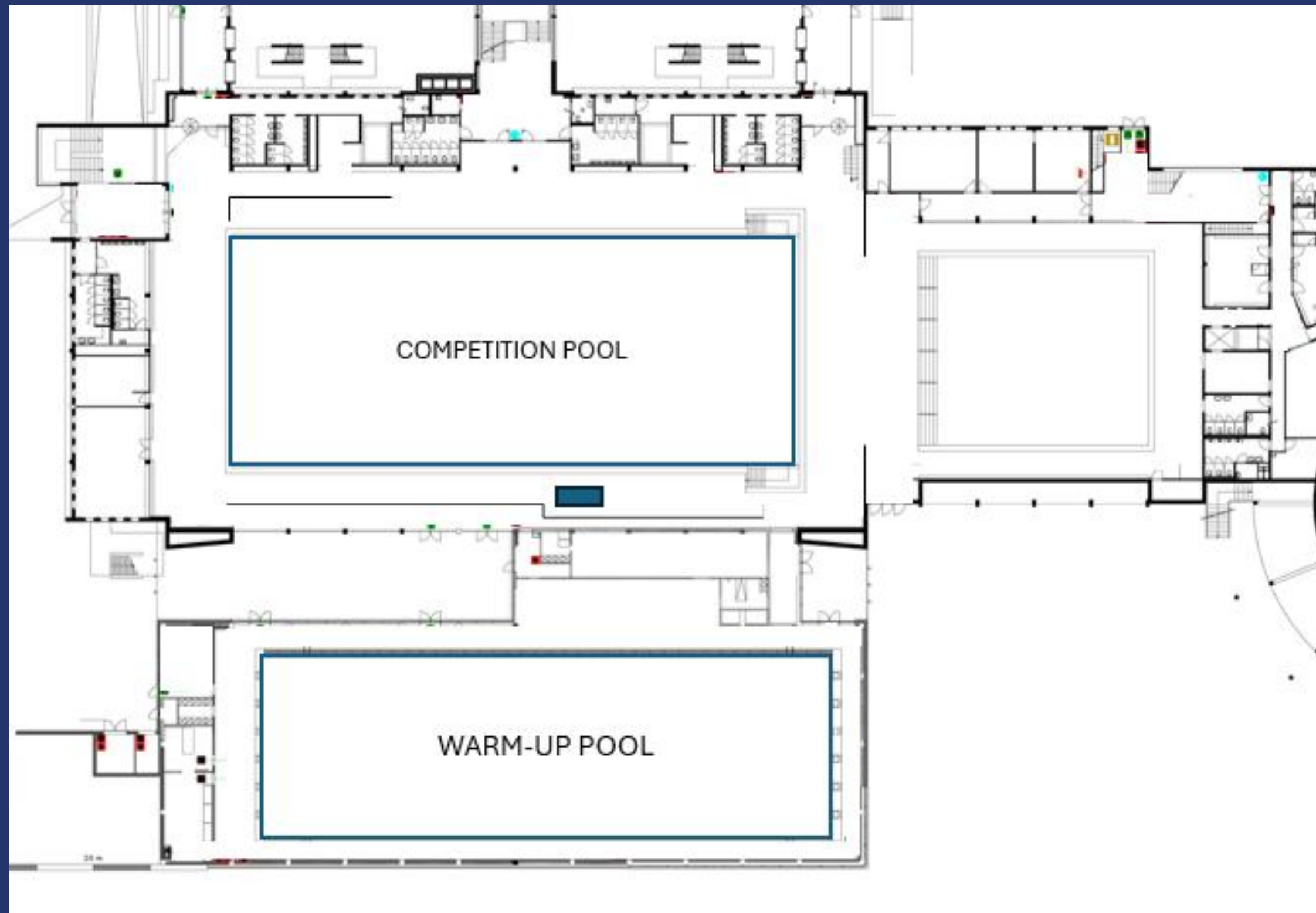
7:30 AM

Please

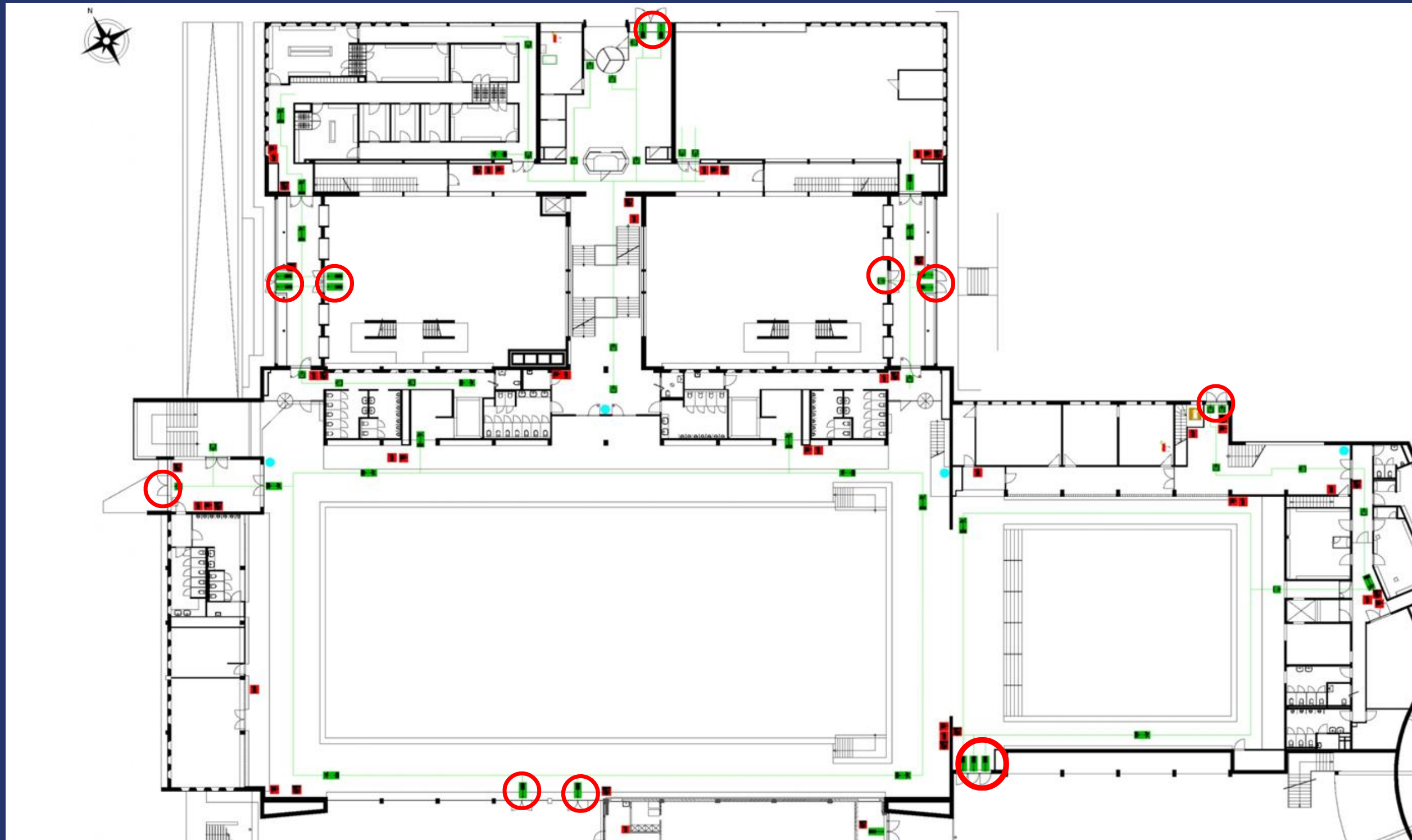
Clean shoes or bath slippers in the pool area!



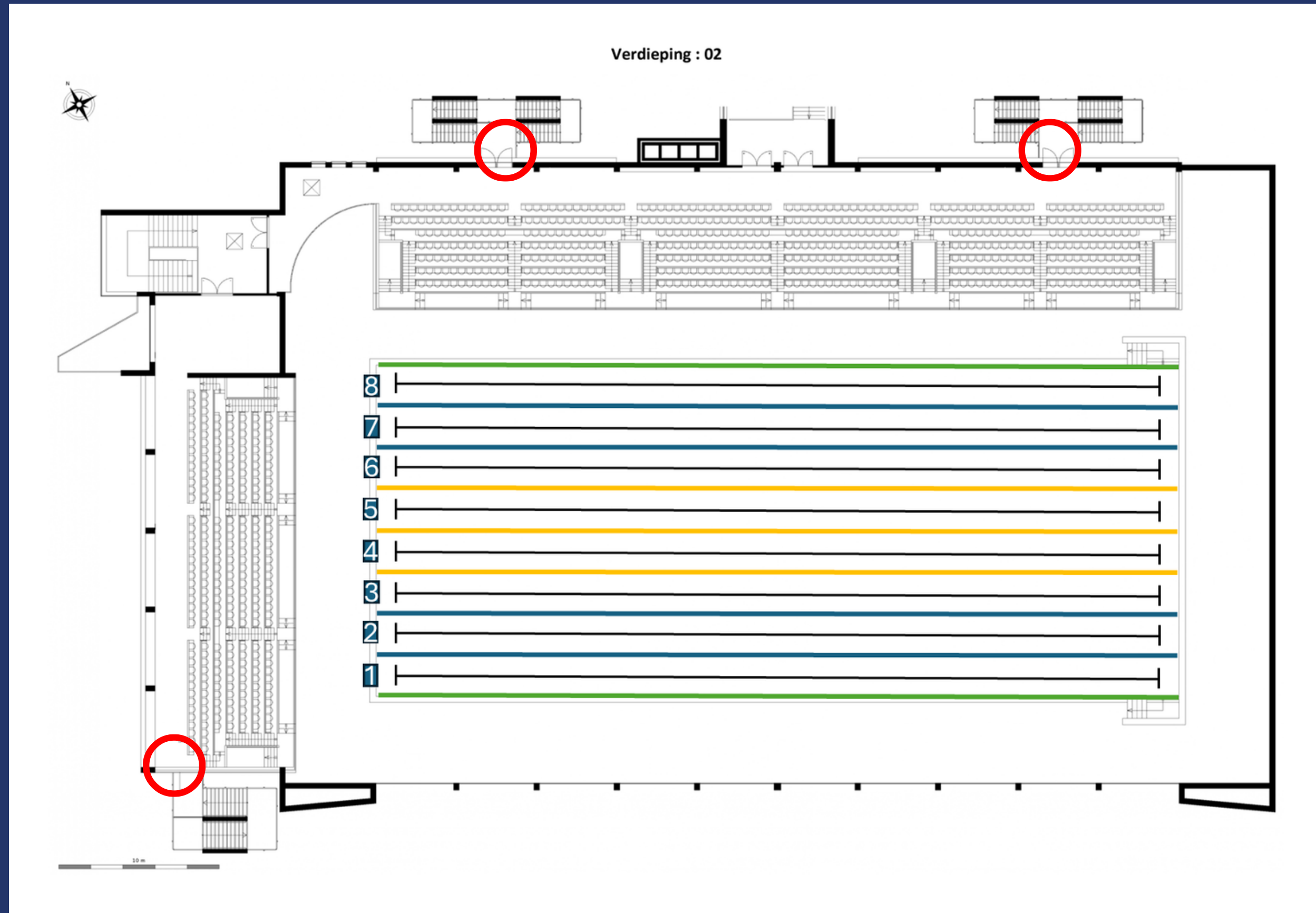
Inside Olympic Swimming Centre Wezenberg



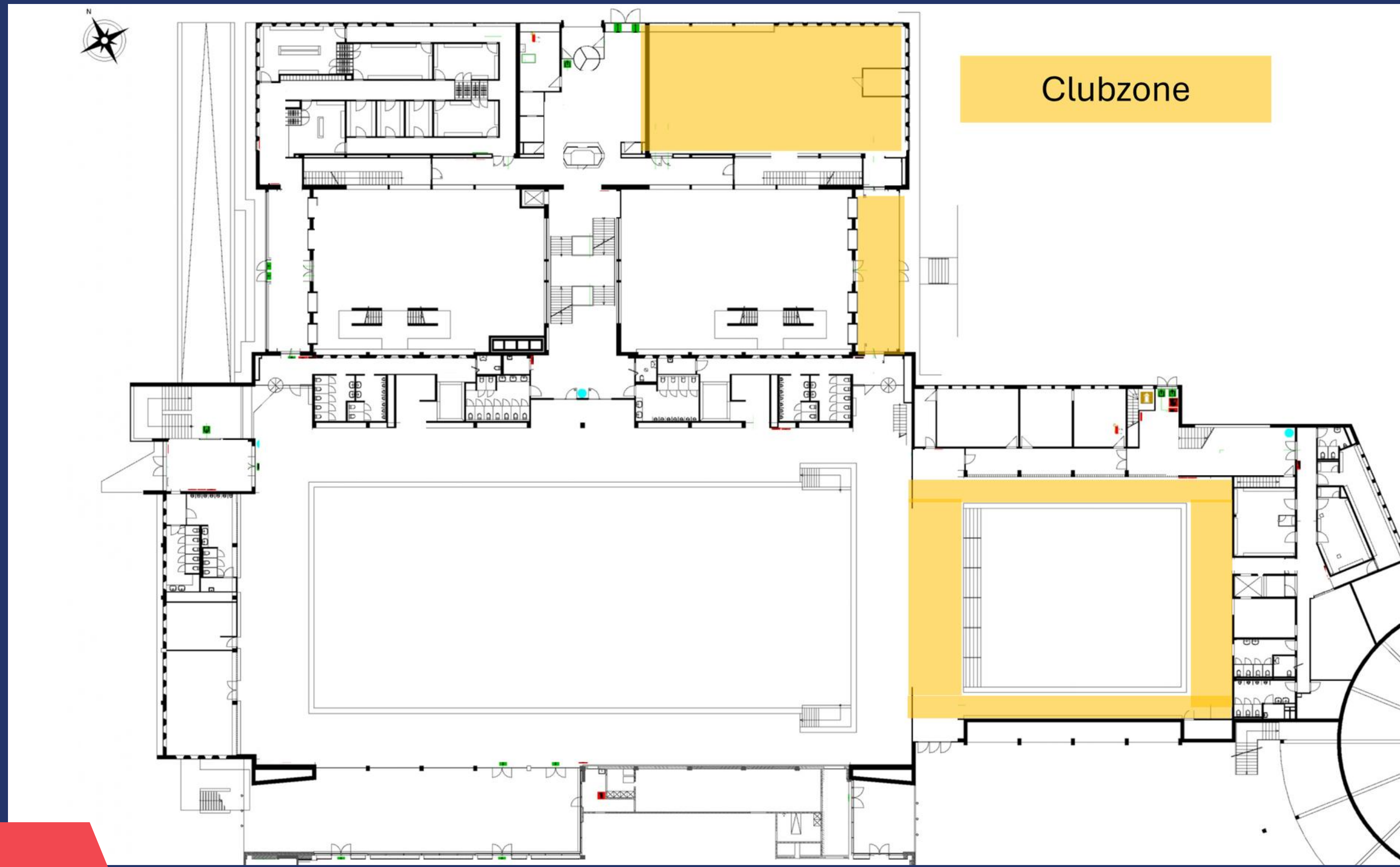
Inside Olympic Swimming Centre Wezenberg



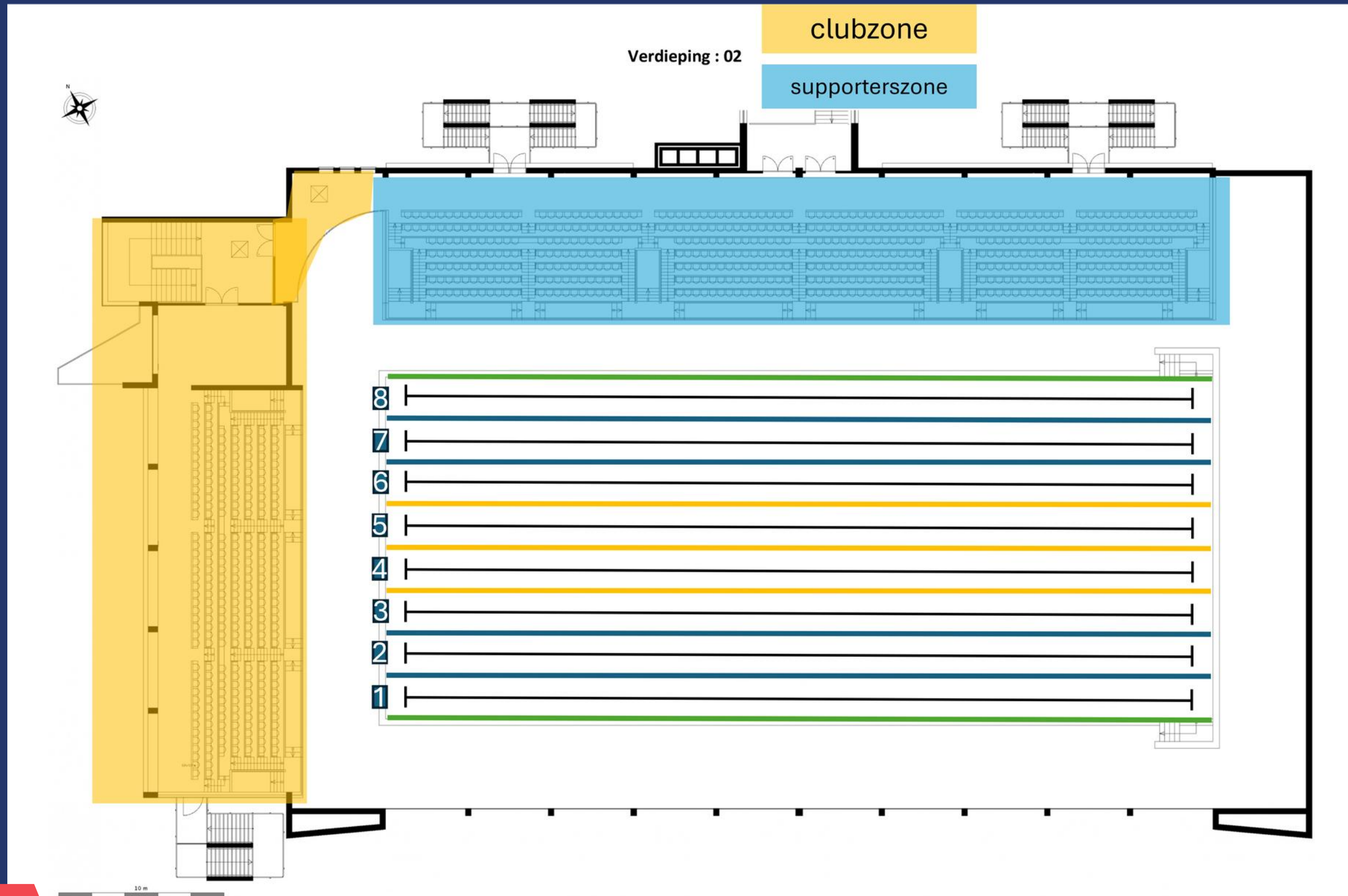
Inside Olympic Swimming Centre Wezenberg



Team area: ground floor



Team area: stands

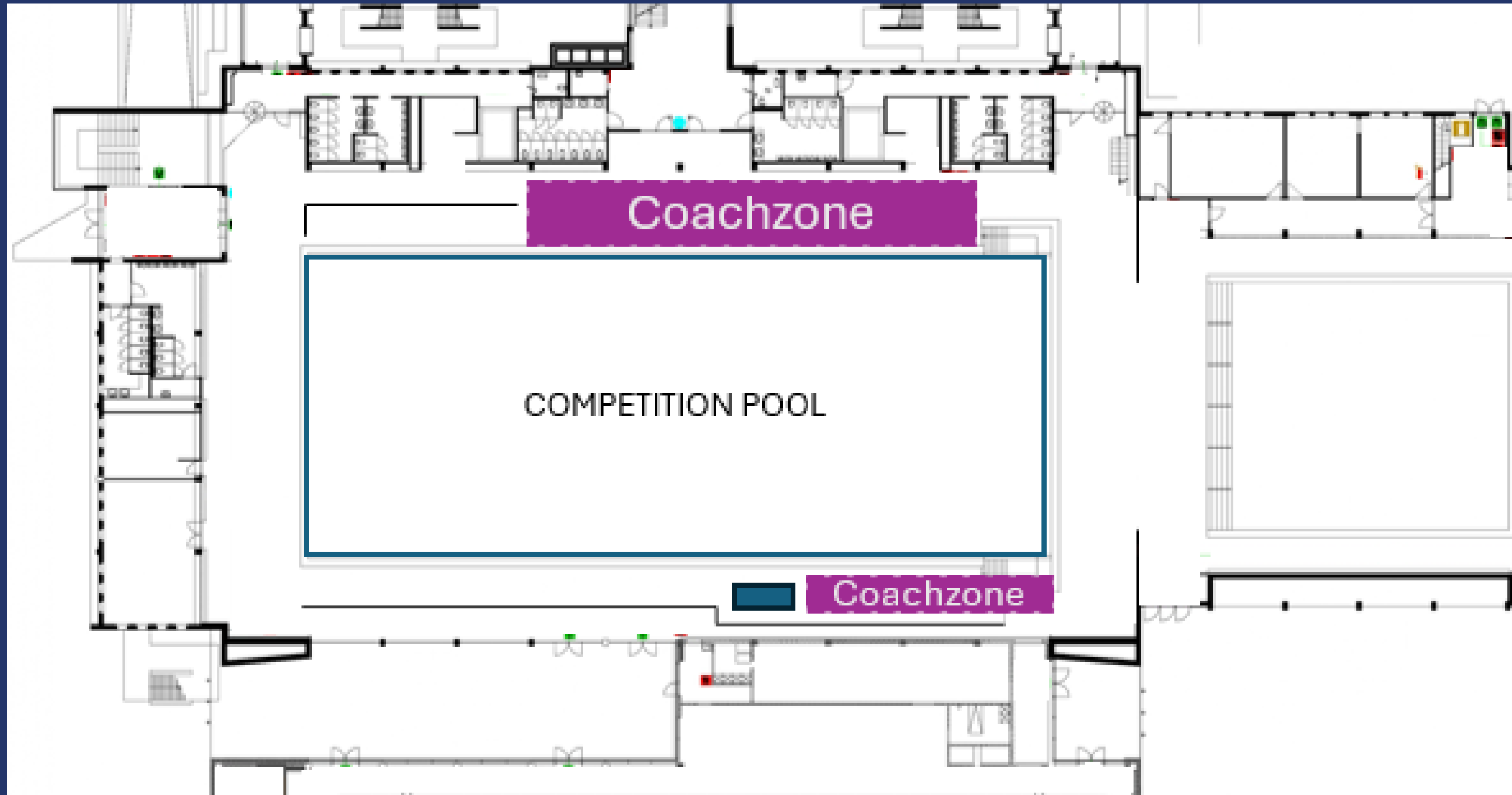


Team area: important notes

- Keep the (emergency) exits free at all time;
- Beds and mats are not allowed in the venue;
- Please ensure that the floor is clear and clean when you leave the pool!



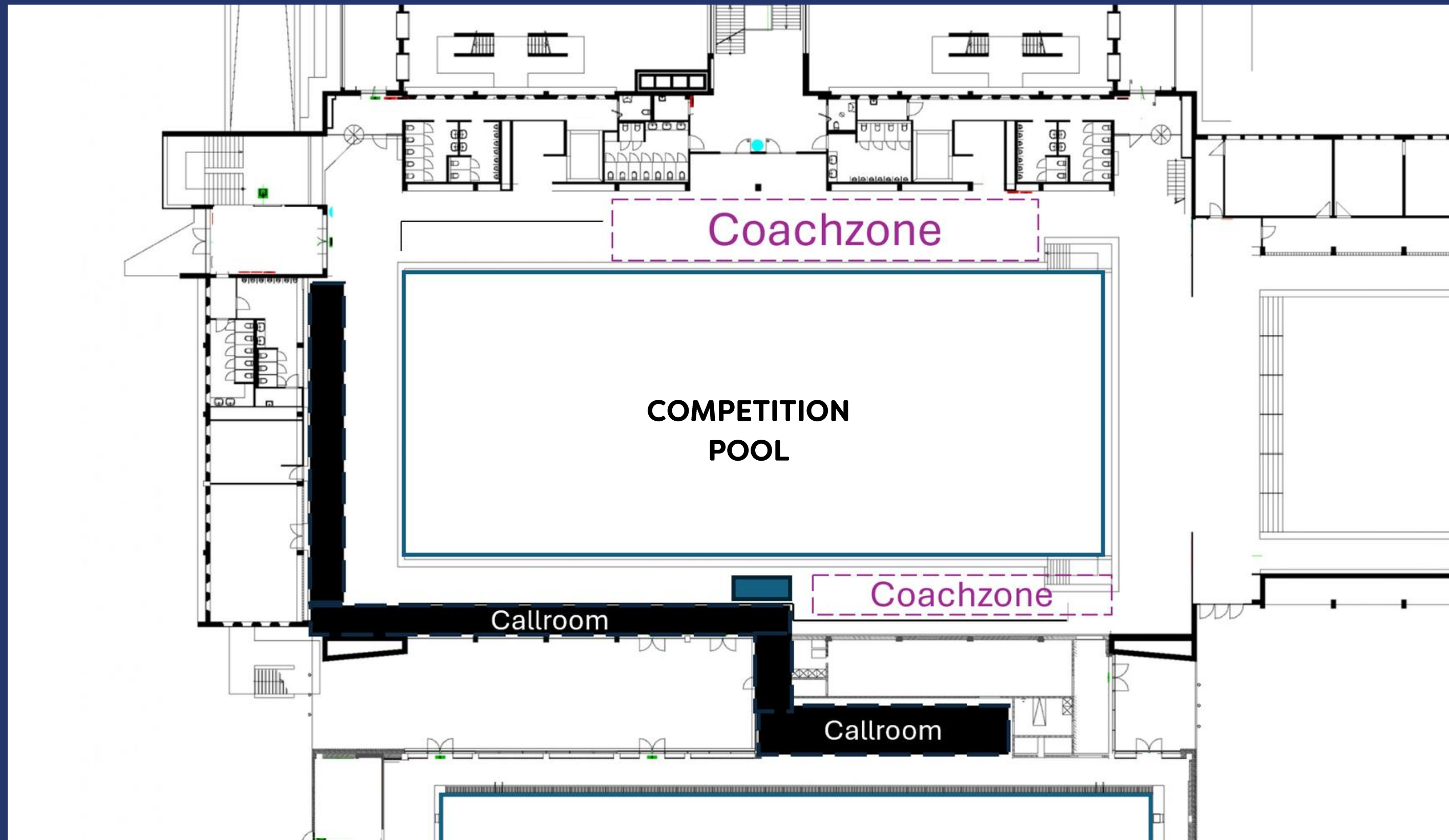
Coachzone



Coachzone: important notes

- **This area is reserved for coaches. We kindly ask swimmers not to sit in this zone.**
- **Keep this zone free of trash.**
- **Free coffee is available at the Coach Corner — please bring your own cup.**

Field of play: Callroom

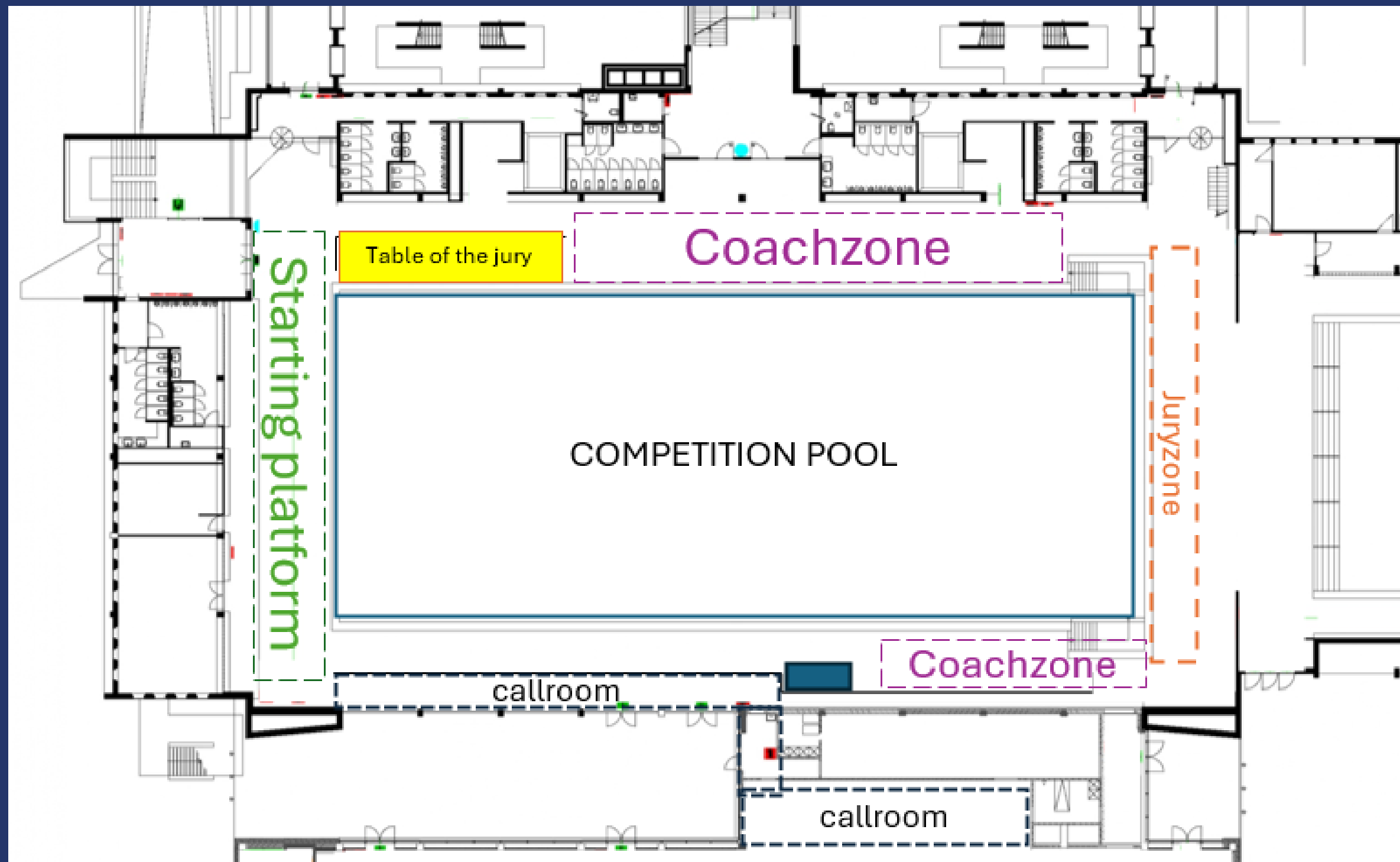


Titel

Field of play: Callroom

- The entrance to the callroom is located in the warm-up pool;
- There are **4 call rooms**, These are not accessible to coaches and delegates (Exception: guides of para swimmers with an 'A' & 'T' exception code.);
- Passing by the call room is prohibited for those who have not been called;
- Please note: the times in the program are indicative;

Table of the jury - Resolution desk



Different zone: table of the jury - Resolution desk

FUNCTION:

- **Any contact between team leaders and the jury;**
- **Answers to specific questions from team leaders regarding the progress of the competition;**
- **Receiving and administrative control of:**
 - **Club attendance;**
 - **Withdrawals (also for finals)**
 - **Complaints;**

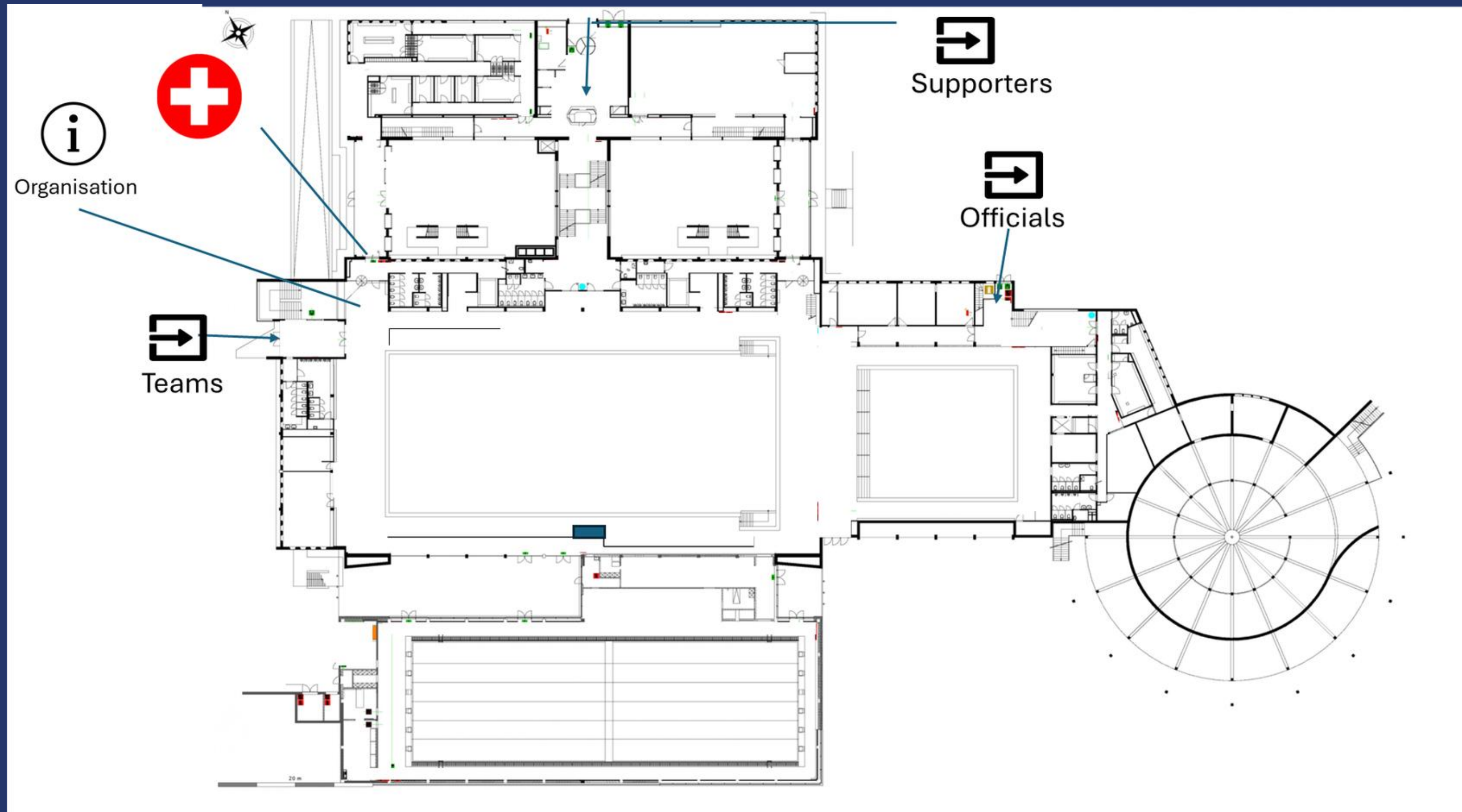
LOCATION:

At the beginning of the table of the jury.

AVAILABILITY:

“Available from the start of the warm-up until the end of the competition”.

Points of interest



Schedule: warm-up + start competition

Morning sessions

7:30 AM - Doors open;

8:00 - 9:15 AM - Warm-up @ competition pool and warm-up pool

9:30 AM - start competition;

Afternoon sessions (open finals)

4:00 PM - Start warm-up @ warm-up pool

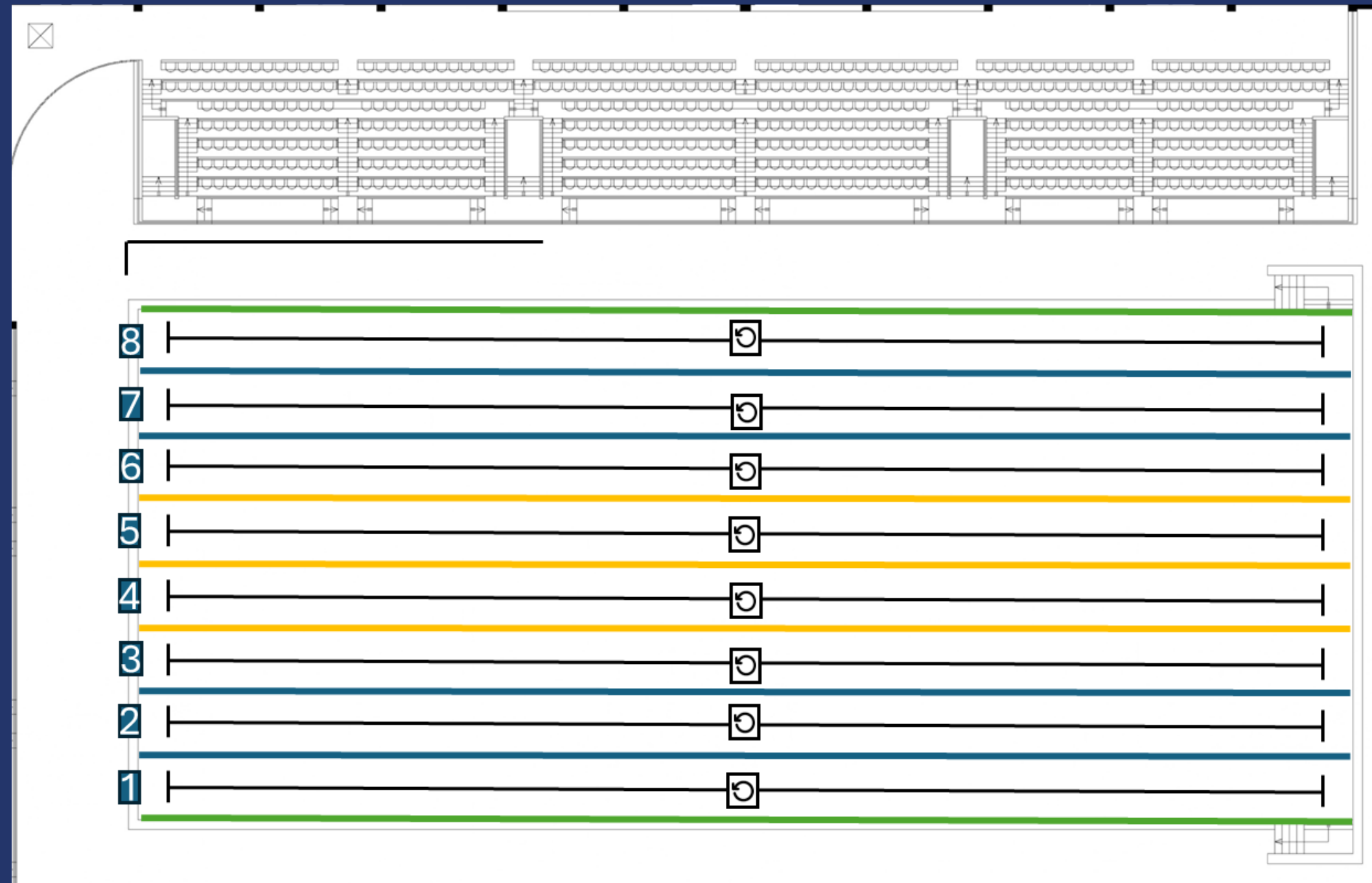
5:30 PM - Start A&B finals

The warm-up pool is available until **30 minutes** after the end of the competition.

More specific time schedule is available on the livetiming.

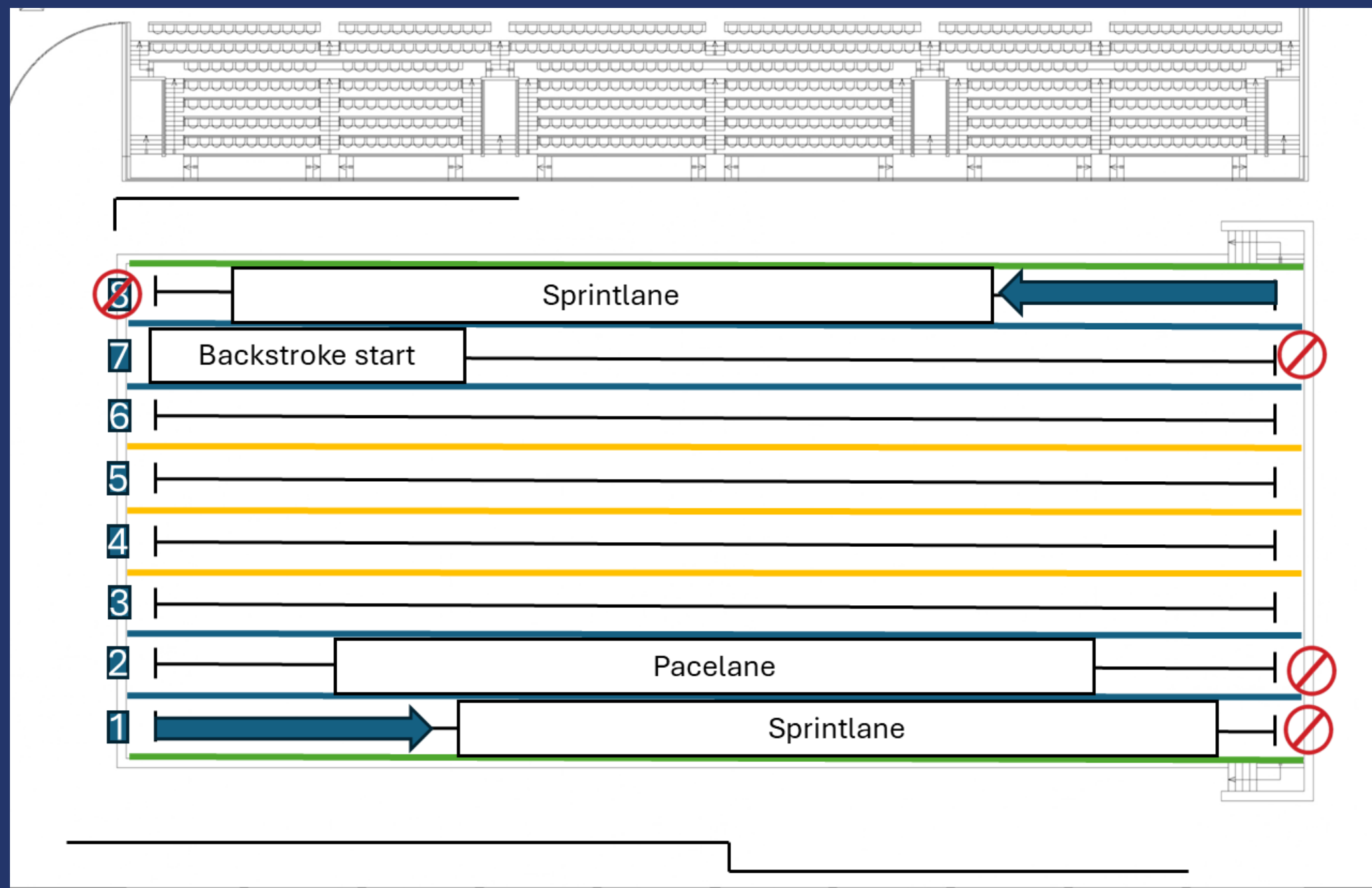


Warming-up (starting situation)



Organisation warm-up: competition pool

(30 min. before the end of the warm-up)



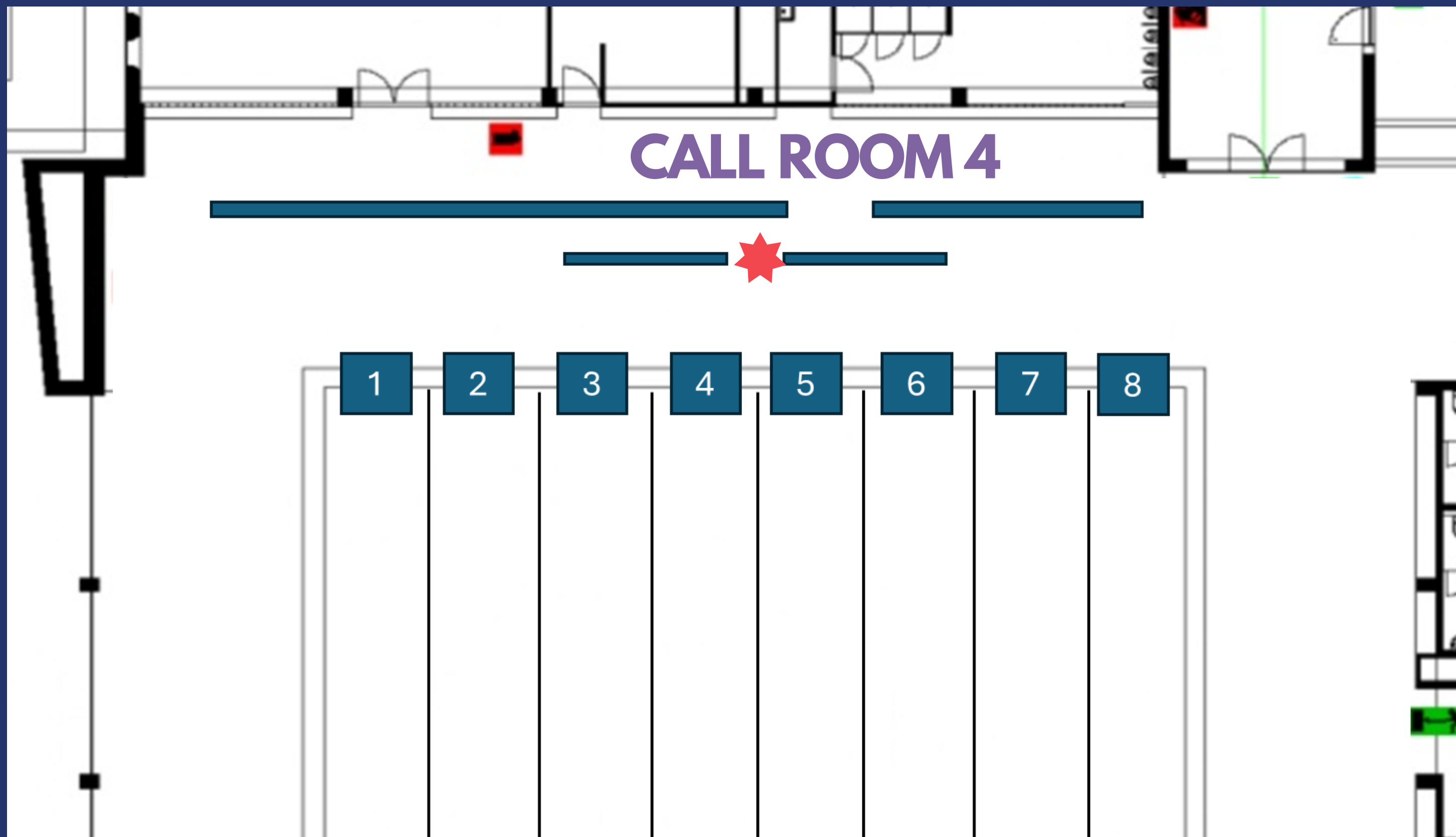
Finals

- **Final:**
 - **an open A final;**
 - **B Final: only for swimmers holding a valid Zwemfed licence, who are not qualified for the A final.**
- **The B final will only be organised if at least three swimmers participate.**
- **For each event, we will start with the A final, followed by the B final.**
- **Withdrawals for the finals must be reported at the Resolution Desk by completing a withdrawal form within 30 minutes after the official announcements by the speaker**
- **If a swimmer is listed as a reserve, a withdrawal form must still be submitted if the swimmer will not participate in the final.**

Finals: presentation of the swimmers

- Swimmers will be presented to the public as they enter the starting deck for both the B and A finals.
- The camera will capture each swimmer from the moment they stand on the mark between the two “walls.”
- The presentation order is as follows: 8 – 1 – 7 – 2 – 6 – 3 – 5 – 4.
- After their race, swimmers must leave the starting pontoon via the side exit.

Finals: presentation of the swimmers



Podium Ceremony

- All medals will be awarded at the end of the each finals session.
- Medals are only awarded to swimmers holding a valid Zwemfed licence.
- Medals will be presented in two categories: Juniors (17–18 years) and Seniors (19 years and older).
- If less than three eligible swimmers are present in the finals, the top-three ranking from the heats will be used instead.

Podium Ceremony: Prize Money

- The award for the best overall performance in the A-finals - based on the available World Aquatics points - will be presented to the top three women and the top three men.
- There is an equal prize purse for women and men:
 - €2,500 for first place
 - €1,500 for second place
 - €1,000 for third place
- If multiple swimmers finish in the same position, they will share the prize money for that position and the next position. Only the subsequent position can still be awarded.

KEY POINTS OF THE JURY

**The Flanders Swimming Cup 2026 is organised according to the World Aquatics Swimming rules.
(in force as from February 2026)**



KEY POINTS OF THE JURY

2.8.6 AND 2.8.7 (2.8 Inspector of Turns)

2.8.6 In **individual Freestyle races of 400m, 800m and 1500m**, each Inspector of Turns at the starting end and turning end of the pool will record the number of laps completed by the Athlete in the lane monitored. **The Athletes will be informed of the remaining number of laps to be completed by the display of “lap cards” that show odd numbers at the turning end of the pool.** The “lap cards” must be displayed either at deck level or in the water (at the LOC’s discretion based on availability at the venue). Electronic equipment for the same purpose, including underwater display, may be used.

2.8.7 Each **Inspector of Turns at the starting end** will give a **warning signal** when the Athlete in their lane has two laps plus five (5) metres to swim to finish in **individual Freestyle** races of 400m, 800m and 1500m. The signal must be repeated after the turn until the Athlete has reached the 5 meter-mark on the lane rope. The warning signal may be by whistle or bell.

KEY POINTS OF THE JURY

2.17.1

(2.17 Resolution Desk Judges)

Resolution Desk Judges will be available to receive initial queries from team leaders, such as inquiries regarding withdrawals, disqualifications, and swim-offs. The Resolution Desk Judges will communicate queries to the Technical Swimming Committee.

KEY POINTS OF THE JURY

2.18.1

(2.18 Warm-up Supervisor)

Warm-Up Supervisors shall oversee warm-up sessions in the Competition Pool, ensuring that Warm-Up Guidelines are adhered to and the lanes used as defined.

Competition pool

- **There is NO DIVING OR BACKSTROKE STARTS AT ALL until 30 min. prior to the end of warm up, and then diving or backstroke starts only in those lanes marked to do so.**
- **There is NO DIVING IN CIRCLE SWIMMING LANES, entry to these lanes is to be feet first. Circle swimming is anti-clockwise.**
- **No other equipment than a kickboard or pull buoy is allowed in the Competition Pool (e.g. no paddles, no fins, no rubber bands, no parachutes, etc.)**

KEY POINTS OF THE JURY

7.2 AND 7.3 (7 BREASTSTROKE)

7.2 From the beginning of the first arm stroke after the start and after each turn, the Athlete's body must be on the breast.

7.3 It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall when it is permissible to turn in any manner as long as the body is on the breast from the beginning of the first arm stroke after leaving the wall. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms must be simultaneous without alternating movement.

KEY POINTS OF THE JURY

8.2 AND 8.6 (8 BUTTERFLY)

8.2 It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall when it is permissible to turn in any manner as long as the body is on the breast from the beginning of the first arm stroke after leaving the wall.

8.6 (...) It is permissible for the Athlete to be completely submerged once his/her head has passed the 5 meter mark prior to reaching the end.

5.4 (5 FREESTYLE)

Once some part of the head of the Athlete has passed the 5 meter-mark, immediately prior to reaching for the finish wall, the Athlete may be completely submerged.

KEY POINTS OF THE JURY - MISCELLANEOUS

- **Team leaders meeting**

A short team leaders meeting will be organized every competition day at 9 AM at the entrance of the call room. Attendance is mandatory.

- **Disqualifications**

If there is a DISQUALIFICATION (DQ), 'DQ' will be shown on the final result list (paper version + info in Whatsapp) . The team leader can report to the Resolution Desk in order to learn more about the DQ details.

- **Withdrawals for the finals**

If you want to withdraw an athlete from finals, be precise and mention clearly on the withdrawal form whether you withdraw from A or B finals or in due case, for both. Reserves for A and B finals that don't swim their finals also have to withdraw in writing.

NICE TO KNOW (1)

OPEN TRAINING:

- Open training on Thursday starting 6:30 PM until 7:45 PM in the competition pool
- Extra training possibilities for international teams: contact Sven Verschoren (sven.verschoren@zwemfed.be).

TICKETS FOR COACHES

- Every coach, teamleader, and staff member must have a ticket to enter the swimming pool. At the entrance, the ticket will be scanned and exchanged for a bracelet.
- Additional entrance tickets can be purchased through [the webshop](#).
- Teams that stay in our “partner hotels” will receive withdrawal forms upon check-in at the hotel or during open training Thursday.

NICE TO KNOW (2)

LIVETIMING:

No paper programs will be available on site. The program can be accessed via the [LiveTiming platform](#).

WHATSAPP

There is a [WhatsApp community](#) for coaches and delegates where competition-related updates are shared, such as disqualifications, records, and other important announcement





CONTACT US



wouter.van.eester@zwemfed.be



willem-jan.langaskens@zwemfed.be



sven.verschoren@zwemfed.be
(international teams)



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THANK YOU
FOR YOUR ATTENTION