

Programme Open Belgian Championships Swimming (ANTWERP \* 17-19/05/2019)

Friday 17/05/2019				Saturday 18/05/2019				Sunday 19/05/2019				
<b>Heats</b>	<b>09h00</b>	<b>(warm-up &gt; 07h30 - 08h45)</b>		<b>Heats</b>	<b>09h00</b>	<b>(warm-up &gt; 07h30 - 08h45)</b>		<b>Heats</b>	<b>09h00</b>	<b>(warm-up &gt; 07h30 - 08h45)</b>		
C1	200m	Backstroke	Women	C16	100m	Breaststroke	Women	C30	100m	Free Style	Women	
C2	200m	Free Style	Men	C17	100m	Breaststroke	Men	C31	100m	Free Style	Men	
C3	800m (#)	Free Style	Women	C18	200m	Butterfly	Women	C32	200m	Breaststroke	Women	
C4	400m	Medley	Men	C19	200m	Butterfly	Men	C33	200m	Breaststroke	Men	
C5	100m	Butterfly	Women	C20	50m	Free Style	Women	C34	50m	Backstroke	Women	
C6	100m	Butterfly	Men	C21	50m	Free Style	Men	C35	50m	Backstroke	Men	
C7	50m	Breaststroke	Women	C22	100m	Backstroke	Women	C36	50m	Butterfly	Women	
C8	50m	Breaststroke	Men	C23	100m	Backstroke	Men	C37	50m	Butterfly	Men	
C9	200m	Free Style	Women	C24	400m	Free Style	Women	C38	1500m(#)	Free Style	Women	
C10	200m	Backstroke	Men	C25	400m	Free Style	Men	C39	800m (#)	Free Style	Men	
C11	400m	Medley	Women	C26	200m	Medley	Women	C40	4x100m	Free Style	Mixed	
C12	1500m (#)	Free Style	Men	C27	200m	Medley	Men	<b>PODIUM C40</b>				
C13	4x100m	Medley	Mixed	trial	5000m	Free Style	Mixed	800m & 1500m (#) => from 9th - 16th entry time				
<b>PODIUM C13</b>				<b>Break</b>				<b>Break</b>				
800m & 1500m (#) => from 9th - 16th entry time				14h00 400m Free Style Girls 11y				14h00 400m Free Style Boys 12y				
<b>Break</b>				promo 400m Free Style Boys 13y				promo 400m Free Style Girls 13y				
				finals 400m Free Style Girls 12y				finals 400m Free Style Boys 14y				
				youth 200m Ind. Medley Boys 12y				youth 200m Ind. Medley Girls 11y				
				(warm-up 200m Ind. Medley Girls 13y				(warm-up 200m Ind. Medley Boys 13y				
				13h00) 200m Ind. Medley Boys 14y				13h00) 200m Ind. Medley Girls 12y				
<b>Finals (*)</b>	<b>16h00</b>	<b>(warm-up &gt; 14h30 - 15h45)</b>		<b>Finals (*)</b>	<b>16h00</b>	<b>(warm-up &gt; 14h30 - 15h45)</b>		<b>Finals (*)</b>	<b>16h00</b>	<b>(warm-up &gt; 14h30 - 15h45)</b>		
F1 (A&B)	200m	Backstroke	Women	F16 (A&B)	100m	Breaststroke	Women	F30 (A&B)	100m	Free Style	Women	
F2 (A&B)	200m	Free Style	Men	F17 (A&B)	100m	Breaststroke	Men	F31 (A&B)	100m	Free Style	Men	
F3	800m (*)	Free Style	Women	F18 (A&B)	200m	Butterfly	Women	F32 (A&B)	200m	Breaststroke	Women	
F4 (A&B)	400m	Medley	Men	F19 (A&B)	200m	Butterfly	Men	F33 (A&B)	200m	Breaststroke	Men	
<b>PODIUM F1-F3 (A-FINALE)</b>				<b>PODIUM F16-F18 (A-FINALE)</b>				<b>PODIUM F30-32 (A-FINALE)</b>				
F5 (A&B)	100m	Butterfly	Women	F20 (A&B)	50m	Free Style	Women	F34 (A&B)	50m	Backstroke	Women	
F6 (A&B)	100m	Butterfly	Men	F21 (A&B)	50m	Free Style	Men	F35 (A&B)	50m	Backstroke	Men	
F7 (A&B)	50m	Breaststroke	Women	F22 (A&B)	100m	Backstroke	Women	F36 (A&B)	50m	Butterfly	Women	
F8 (A&B)	50m	Breaststroke	Men	F23 (A&B)	100m	Backstroke	Men	F37 (A&B)	50m	Butterfly	Men	
<b>PODIUM F4-F7 (A-FINALE)</b>				<b>PODIUM F19-F22 (A-FINALE)</b>				<b>PODIUM F33-F37</b>				
F9 (A&B)	200m	Free Style	Women	F24 (A&B)	400m	Free Style	Women	F38	1500m(*)	Free Style	Women	
F10 (A&B)	200m	Backstroke	Men	F25 (A&B)	400m	Free Style	Men	F39	800m (*)	Free Style	Men	
F11 (A&B)	400m	Medley	Women	F26 (A&B)	200m	Medley	Women	<b>PODIUM F38-F39</b>				
F12	1500m(*)	Free Style	Men	F27 (A&B)	200m	Medley	Men	C41	4 x 100m	Medley	Men	
<b>PODIUM F8-F12 (A-FINALE)</b>				<b>PODIUM F23-F27 (A-FINALE)</b>				<b>PODIUM C41-C42</b>				
C14	4 x 100m	Free Style	Women	C28	4 x 200m	Free Style	Women	C42	4 x 100m	Medley	Women	
C15	4 x 100m	Free Style	Men	C29	4 x 200m	Free Style	Men	<b>PODIUM C41-C42</b>				
<b>PODIUM C14-C15</b>				<b>PODIUM C28-29</b>				800m & 1500m (*) = 1st - 8th entry time				
800m & 1500m (*) = 1st - 8th entry time												



(\*) FINALS

**OPEN A-final** Best 8th qualifying times of heats (with max. 2 foreign athletes)

**OPEN B-final** Best 9-16th qualifying times of heats (with max. 2 foreign athletes)

The "OPEN A" final is always swum before the "B" final. Only podium and medal ceremony for "OPEN A" final.

The "OPEN B" final will only be swum at the 50m-100m-200m-400m individual events if there are min. 24 entries or swimmers (after withdrawals 48h before event)

## Event Limit Times Open Belgian Championships Swimming (ANTWERP \* 17-19/05/2019)

		Women	Men
50m	Free	0.28.80	0.25.90
100m	Free	1.02.40	0.56.80
200m	Free	2.15.40	2.04.40
400m	Free	4.46.20	4.25.20
800m	Free	9.47.90	9.13.70
1500m	Free	18.52.70	17.33.30
50m	Backstroke	0.33.10	0.29.50
100m	Backstroke	1.11.20	1.03.50
200m	Backstroke	2.33.20	2.19.90
50m	Breaststroke	0.36.70	0.32.60
100m	Breaststroke	1.19.50	1.11.70
200m	Breaststroke	2.51.80	2.37.50
50m	Butterfly	0.30.90	0.27.70
100m	Butterfly	1.08.50	1.01.40
200m	Butterfly	2.34.40	2.18.80
200m	Ind Medley	2.35.20	2.19.60
400m	Ind Medley	5.30.00	5.00.00
4x100m	Free	no limit	no limit
4x200m	Free	no limit	no limit
4x100m	Medley	no limit	no limit
4x100m	Free MIXED	no limit	no limit
4x100m	Medley MIXED	no limit	no limit

**No limit on the number of entries of relay teams per club!  
But only 1 relay team per club  
for the podium and for the championships points!**

*De limietijden moeten op de dag van de competitie gezwommen worden. Elke overschrijding van de limietijd zal beboet worden.*

*Les temps limites doivent être réalisés le jour même de la compétition. Chaque dépassement de temps limite sera pénalisé d'une amende.*

*The event limit times must be achieved on the day of the competition. Any exceeding of the event limit time will be fined.*



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