

INTERNATIONAL CHALLENGE ROBERT BAMS – 23th OF MARCH 2025

1. Rules & Conditions

The 3th International Challenge Robert Bams is organized by the Swimming Club KVZP and will be held under the rules of World Aquatics and the Flemish and Belgian Swimming Rules.

2. Pool

The competition takes place at the pool of the city of Vilvoorde

The address is Zwembad 't Zeepaardje, Heldenplein 13, 1800 Vilvoorde, Belgium

The pool is 25m long and has 6 lanes.

3. Age categories

The age categories are as follows:

- women & men are separated
- Category kids: years of birth 2015 & 2016
- Category 1: years of birth 2012, 2013 & 2014
- Category 2: years of birth 2009, 2010 & 2011
- Category 3: years of birth 2008 and older

4. Schedule (can change)

Session 1: Heats

Warm-up 08h30

Start of the heats 9h30

Session 2: Finals

Finals with the best 6 times of the heats from each category.

The time of the 200m heat will be used for the ranking of the 100m finals start grid.

Warm-up 13h00

Start of the finals 14h00

A detailed time schedule will be communicated a few days before the start of the competition.

Session 1: Heats

1. 200m Freestyle Women
2. 200m Freestyle Men
3. 100m Breaststroke kids category heats (no final)
4. 200m Breaststroke Women
5. 200m Breaststroke Men
- Break – 20min
6. 200m Backstroke Women
7. 200m Backstroke Men
8. 100m Freestyle kids category heats (no final)
9. 200m Medley Women
10. 200m Medley Men

Session 2: Finals by category with times from the 200m heats

11. 100m Freestyle Women
12. 100m Freestyle Men
13. 100m Backstroke kids category heats (no final)
- Break – 15min
14. 100m Breaststroke Women

15. 100m Breaststroke Men
Break – 15min
16. 100m Backstroke Women
17. 100m Backstroke Men
18. 100m Medley kids category heats (no final)
Break – 15min
19. 100m Medley Women
20. 100m Medley Men

Withdrawal from finals:

Any finalist or reserve for a final who does not wish to swim in a final must complete a withdrawal form and submit it to the competition manager at the latest 30 minutes after the results of the preliminary heats of the event are published. Failure to comply with this procedure will result in a fine of € 25.

Victory ceremonies will be held immediately after the last event.

5. Prizes

Medals for each 3 first swimmers from each birthyear in the kids category

Medals for each 3 first swimmers from the finals by category

Special prize for best performance:

Highest World Aquatics (FINA) points during finals for the best woman and man in each category.
(kids category excluded, as they don't participate to the finals)

6. Fee

Starting fee is 6 euro for each heat. Starting fee must be paid before 20 march 2025.