FLANDERS SWIMMING CUP 2026

20-22.03.2026

OLYMPIC SWIMMING CENTER ANTWERP

zwemfed

arena

SPORT. VLAANDEREN

arena
YOUR COACH IN SPORTS INSURANCE
Part of The StarStone Group

SPORTING A

Dear Madam,
Dear Sir,

The Flanders Swimming Cup (FSC) is the flagship international swimming event of the Flemish Swimming Federation, showcasing the very best of competitive swimming in Flanders and beyond. Over the years, the FSC has grown into a respected meeting point for elite swimmers, emerging talents, coaches and officials from across Europe.

The Flanders Swimming Cup 2026 (#FSC26) is officially recognized by World Aquatics and European Aquatics, making it an ideal qualification opportunity for the major international championships in a 50m pool taking place in 2026, including the European Junior Swimming Championships and the European Championships. As such, the event promises high-level competition, fast races and outstanding performances.

The 2026 edition will be held from Friday 20 March until Sunday 22 March 2026 at the Olympic Swimming Center in Antwerp, a venue renowned for its excellent facilities and vibrant swimming atmosphere. We are proud to welcome athletes and delegations to this iconic location, which has a strong tradition in hosting top-level aquatic events.

In this brochure, you will find all essential information regarding the Flanders Swimming Cup 2026, including the competition program, regulations and practical details. Should you have any questions, please do not hesitate to contact us via info@zwemfed.be.

The Flemish Swimming Federation looks forward to welcoming a large international field of swimmers, coaches and spectators. Together, we aim to create an inspiring sporting event and enjoy three days of thrilling and memorable races.

Kind regards

Pieterjan Vangerven
General Manager
Flemish Swimming Federation

Kris Geeroms
President
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.

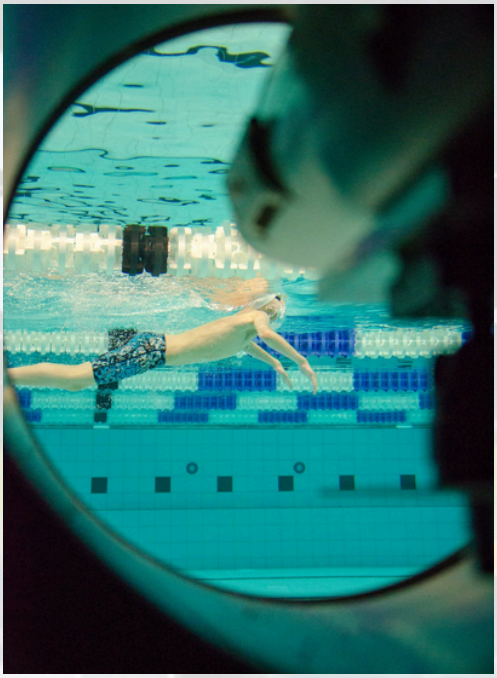
HIGH PERFORMANCE POOL

Only a few steps away, but in a completely different space, you can 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.

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.

PROGRAM FSC 2026

FRIDAY MARCH 20, 2026

HEATS

Warm-up: 7:00 - 8:15 AM* Start of heats: 8:30 AM*	Gender	Heats
100m Butterfly	Men	12
100m butterfly	Women	12
200m Backstroke	Men	8
400m Individual Medley	Men	4
100m Breaststroke	Men	12
50m Breaststroke	Women	12
400m Freestyle	Men	4
200m Freestyle	Women	8
50m Freestyle	Men	12
50m Backstroke	Women	12
1500m Freestyle	Women	1

FINALS A & B

Warm-up: 4:00 - 5:15 PM* Start of final: 5:30 PM*	Gender	FINAL
100m Butterfly	Men	A + B
100m butterfly	Women	A + B
200m Backstroke	Men	A + B
400m Individual Medley	Men	A + B
100m Breaststroke	Men	A + B
50m Breaststroke	Women	A + B
400m Freestyle	Men	A + B
200m Freestyle	Women	A + B
50m Freestyle	Men	A + B
50m Backstroke	Women	A + B
1500m Freestyle	Women	Fast heat

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

PROGRAM FSC 2026

SATURDAY MARCH 21, 2026

HEATS

Warm-up: 7:00 - 8:15 AM* Start of heats: 8:30 AM*	Gender	Heats
200m Individual Medley	Women	8
100m Freestyle	Men	12
100m Breaststroke	Women	12
200m Butterfly	Men	8
50m Butterfly	Women	12
50m Breaststroke	Men	12
200m Backstroke	Women	8
50m Backstroke	Men	12
100m Freestyle	Women	12
400m Individual Medley	Men	4
800m Freestyle	Women	1
800m Freestyle	Men	1

FINALS A & B

Warm-up: 4:00 - 5:15 PM* Start of final: 5:30 PM*	Gender	FINAL
200m Individual Medley	Women	A + B
100m Freestyle	Men	A + B
100m Breaststroke	Women	A + B
200m Butterfly	Men	A + B
50m Butterfly	Women	A + B
50m Breaststroke	Men	A + B
200m Backstroke	Women	A + B
50m Backstroke	Men	A + B
100m Freestyle	Women	A + B
400m Individual Medley	Men	A + B
800m Freestyle	Women	Fast heat
800m Freestyle	Men	Fast Heat

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

PROGRAM FSC 2026

SUNDAY MARCH 22, 2026

HEATS

Warm-up: 7:00 - 8:15 AM* Start of heats: 8:30 AM*	Gender	Heats
200m Freestyle	Men	8
100m Backstroke	Women	12
200m Breaststroke	Men	8
200m Butterfly	Women	8
50m Butterfly	Men	12
200m Breaststroke	Women	8
100m Backstroke	Men	12
50m Freestyle	Women	12
200m Individual Medley	Men	8
400m Freestyle	Women	4
1500m Freestyle	Men	1

FINALS A & B

Warm-up: 4:00 - 5:15 PM* Start of final: 5:30 PM*	Gender	FINAL
200m Freestyle	Men	A + B
100m Backstroke	Women	A + B
200m Breaststroke	Men	A + B
200m Butterfly	Women	A + B
50m Butterfly	Men	A + B
200m Breaststroke	Women	A + B
100m Backstroke	Men	A + B
50m Freestyle	Women	A + B
200m Individual Medley	Men	A + B
400m Freestyle	Women	A + B
1500m Freestyle	Men	Fast heat

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

CONDITIONS OF PARTICIPATION FSC 2026

The Flanders Swimming Cup (FSC) is open to alls 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.

QUALIFICATION TIMES

A swimmer can enter the competition, based on the qualification times beneath. These times must be swum between January 1, 2025 and March 4, 2026.

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.

Event	Women	Men
50m freestyle	00:28,29	00:25,34
100m freestyle	01:01,48	00:55,19
200m freestyle	02:13,33	02:00,77
400m freestyle	04:38,56	04:16,21
800m freestyle	Ranking entry times*	
1500m freestyle	Ranking entry times*	
50m backstroke	00:32,80	00:29,94
100m backstroke	01:11,06	01:04,88
200m backstroke	02:31,89	02:20,26
50m breaststroke	00:36,88	00:32,07
100m breaststroke	01:20,77	01:11,91
200m breaststroke	02:52,95	02:37,66
50m butterfly	00:30,66	00:27,02
100m butterfly	01:10,02	01:01,76
200m butterfly	02:43,79	02:24,65
200m medley	02:32,22	02:17,87
400m medley	05:18,82	04:53,61

*There are no qualifying times for the 800m and 1500m freestyle. Two heats will be swum: one heat with the slowest entry times during the heats and the fastest entry times during the finals.

COMPETITION RULES

The Flanders Swimming Cup is held under World Aquatics regulations and is included in the European Aquatics and World Aquatics calendars. This competition also counts as an official qualifying tournament for international championships held in a 50m pool, excluding the World Aquatics Swimming Championships (25m) 2026.

SERIES

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

A maximum of 16 swimmers will be admitted for the 800m and 1,500m freestyle events. Of these, 12 places are reserved for the fastest entry times of swimmers holding a valid Zwemfed licence. The remaining spots will be filled by the fastest open entry times.

The slow serie of these distances will be swum during the morning session. The fast serie will be swum in the finals session.

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 two finals:

- a B final, exclusively for swimmers with a valid Zwemfed licence who have not qualified for the A-final;
- an open A final;

Withdrawals from the finals can only be submitted by the club delegate to the chairman. This must occur within 30 minutes after the announcement of the results of the respective event. For late cancellations, an administrative fee of €50 per violation will be charged.

Once all withdrawals for an event have been processed, the line-up for the finals will be announced.

Four reserves will be summoned for each final. These reserves will have the same obligations as qualified swimmers entering a final.

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.

RESULTS

The result displayed in the swimming pool is the only valid official result. It's the responsibility of the club representative to take note of these official results. The time for complaints and comments will always be stated on these results.

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

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.

MEDALS AND PRIZES

Only swimmers with a valid Zwemfed licence can achieve a podium position at the competitions of the Flanders Swimming Cup. Competitions are held for the Flemish podium within the junior (17–18 years) and senior (19 years and older) categories. Podium places are primarily determined based on the results of the finals, with the title of Flemish Champion being awarded.

PRIZE MONEY FLANDERS SWIMMING CUP: 'TOP 3'

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:

- € 2500 for 1st place;
- € 1500 euros for 2nd place;
- € 1000 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: € 1500 + € 1000 = € 2500. i.e. € 1250 for each swimmer and no one in third place.

ENTRIES AND ANNULATIONS

PROCEDURE

- Register via: fsc@zwemfed.be
- Registration deadline for long distance (1500m and 800m freestyle): February 26, 2026. Definitive registrations will be communicated on February 27, 2026.

- Registration deadline (other competitions): March 4, 2026, 9:00 AM.
- Provisional start list online: March 5, 2026
- Cancellations (via email) are possible until March 12, 2026. For cancellations after the registration deadline, registration fees are due.
- The registration must include a Lenex file from Team Manager.
- The names and license numbers of the delegate and officials must be provided upon registration.
- Only registrations that meet the requirements will be accepted.
- In case of late registration, an administrative fee of €350 will be charged.
- The final program will be published on March 13 2026.

ENTRY FEES

The entry fees for individual starts are € 14.

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

ENTRY TIMES

Times used: fastest official time in a 50m pool.

Validity period:
- All events except 1500m and 800m: 01/01/2025 – 04/03/2026
- Long distance (1500m and 800m freestyle): 01/01/2025 – 26/02/2026

Split times are not accepted. Except for the time of the first swimmer in a non-mixed relay.

Registration without a time (no NT) is not permitted.

ENJOY YOUR STAY IN ANTWERP!

The Flanders Swimming Cup takes place at the start of spring. In true Belgian fashion, the weather in Flanders can be quite unpredictable during this period: from crisp mornings with a chance of frost to mild and pleasant spring temperatures. One thing, however, is certain: Antwerp has a great deal to offer in every season – including spring – on and off the pool deck.

The following hotels are located near the Olympic Swimming Center Wezenberg. They are pleased to offer special rates on rooms and meals for teams participating in the Flanders Swimming Cup and can adapt services such as breakfast start times 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 in warm tones and soft textures, all spacious rooms at Mercure Antwerp City South feature comfortable king-size bedding.

Each room is equipped with a flat-screen TV, and complimentary Wi-Fi is available throughout the hotel. An extensive breakfast buffet is served at an adapted time for the teams in Hugo's Restaurant, offering a pleasant view of Hertoghe Park.

You can make a reservation at a reduced price, via our website.

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, via our website.

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THANKS TO OUR PARTNERS

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