

Antwerp Diamond Speedo Race 28 and 29 March 2026

1. The competition will be held under the regulations of the Royal Belgian Swimming Federation/Zwemfed and World Aquatics. It will take place on March 28 and 29, 2026 at the Olympic Pool "Wezenberg" in Antwerp with electronic timing.
2. Entry times for the Open competitions (Saturday & Sunday mornings) must be achieved in a 50m pool after 01/01/2025. Please state the date and location where the time was achieved upon entry. Times from a 25m pool will only be accepted depending on capacity. Entry times for Youth competitions (Saturday and Sunday afternoons) must also be achieved after 01/01/2025 in either 50m or 25m pools. Please state the date and location. Youth swimmers may also enter with No Time (NT). Open and youth swimmers with unverifiable times will only be accepted based on available capacity and placed in the slowest heats as NT. For 800m and 1500m freestyle, where no official entry times are available, real training times must be submitted. NT is not allowed for these distances.
3. Teams must confirm participation with the number of open and youth swimmers by **January 30, 2026** using following form: <https://forms.gle/zHt8k21kxnP5z8Qk9> (if there are problems, please contact us -> email: brabo.adsr@outlook.com).
4. The competition is open to swimmers born in 2015 or earlier. Swimmers born 2010–2015 cannot participate in both morning and afternoon sessions, a choice must be made.
5. For the 800m and 1500m freestyle, only **1 heat** each will be swum directly in the afternoon. BRABO may limit the number of heats for open events to keep the schedule feasible. Rejected swimmers will be notified as soon as possible. For youth competitions there is a maximum of 48 heats per session, where each swimmer can swim 2 races per day.
6. For the morning sessions, qualifying times are applied to avoid an excessive number of registrations:

Distance	Stroke	Men	Women
50m	Freestyle	00:30	00:35
100m	Freestyle	01:05	01:15
200m	Freestyle	02:30	02:50
400m	Freestyle	05:20	05:40
50m	Butterfly	00:34	00:39
100m	Butterfly	01:13	01:23
200m	Butterfly	02:46	03:06
50m	Backstroke	00:36	00:41
100m	Backstroke	01:17	01:27
200m	Backstroke	02:54	03:14

50m	Breaststroke	00:38	00:43
100m	Breaststroke	01:23	01:33
200m	Breaststroke	03:06	03:26
200m	Medley	02:50	03:05
400m	Medley	05:20	05:50

7. Only one Open ranking will be made for morning events. For 50m and 100m events there will be both an A-final and a B-final (8 swimmers each). B-finals are only held if there are at least 24 swimmers in the heats. Six spots in B-finals are reserved for Belgian clubs. If fewer than 6, places are filled with internationals. For events with an A- and B-finale there will be 12 reserves of which maximum 6 internationals.
- For 200m and 400m events there is only an A-final (8 swimmers) with 6 reserves (the next 6 swimmers in the ranking). Finalists and reserves must be scratched on time by the team representative. Late withdrawals are fined 25 euro per swimmer.
8. **Sunday afternoon, there will be a 50m Knockout race.** Top 8 in the heats of the 50m freestyle on Saturday will be qualified. This will happen as follows:
- 8 swimmers take position on start block at the long whistle signal, ship's bell rings, about 15 seconds later follows start signal. The 4 best swimmers qualify for the next race.
 - 4 swimmers take position on their original start block, about 3 minutes after previous bell signal the ship's bell rings again and about 15 seconds later follows the start signal. The 2 best swimmers qualify for the next race.
 - 2 swimmers take position on start blocks 4 and 5, about 3 minutes after previous bell signal the ship's bell rings again and about 15 seconds later follows the start signal.
9. BRABO invites para-swimmers to participate. A separate final is held if 3 or more swimmers are entered in an event (50m or 100m freestyle, 50m or 100m backstroke).
10. For the youth competitions the 1st, 2nd and 3rd receive a medal. For the open competitions a cash prize will be handed over immediately upon leaving the pool after each 800 and 1500 competition and after each A-final:
- 50m and 100m A-final: Gold 75 euro, Silver 45 euro, Bronze 30 euro
 - All other A-finals: Gold 45 euro, Silver 30 euro, Bronze 15 euro
 - Knock-out competition: 1st 100 euro – 2nd 50 euro
11. The swimmer with the most WA points (2025) in the women and the men receives a diamond.
- If the number of WA points is equal for the same distance and stroke, the fastest time from the final wins. If the times in the final are the same, the fastest time from the heats of that competition wins. If the times from the final and the heats are the same, both swimmers receive a diamond.
 - If the number of WA points is equal, but the stroke or distance different, the athlete who achieved the most WA points in the heats (for the same distance and stroke as for which

he/she achieved the highest number of WA points) wins the diamond. If also the WA points from the heats are equal, both swimmers receive a diamond.

12. The registrations must be transferred by email to adsr.brabo@outlook.com at the latest 13/03/2026 9:00 AM, and 6/03/2026 for the 800m/1500m; for all clubs in TeamManager/Lenex format with accompanying explanatory pdf files. Names of officials and delegate also preferably included in the Lenex. Only the registrations sent to the email address brabo.adsr@outlook.com will be accepted as valid. Your registration is only valid when you have received a confirmation from us.
13. The entry fee for the open competitions of the morning amounts to 12 euro and 15 euro for both relays and 800/1500m per start. The entry fee for the youth competitions amounts to 7 euro per start. Clubs can transfer their entry fee to the following account:
BIC: BBRU BEBB IBAN: BE56 3200 0825 6588

Always with mention of "Entry fee (name club)" before 21/03/2026.
14. Backstroke ledges and starting blocks with adjustable back plate are available.
15. Participating clubs are asked to delegate officials in accordance with Sports Regulations. Officials present themselves in the prescribed white clothing.
16. Timing of the competition per day (warm-up in competition pool):

Warm-up Series	07u00	Start Series	08u30
Warm-up Youth	12u30	Start Youth Competition	13u30
Warm-up Finals	15u30	Start Finals	16u30

Note: warm-up/cooling down possible in top sports pool: between 07:00 and 30 minutes after finals.

17. Schedule

Nbr	Saturday	Nr	Sunday
1	200 freestyle Men	18	100 freestyle Women
2	200 freestyle Women	19	100 freestyle Men
3	100 butterfly Men	20	100 butterfly Women
4	100 backstroke Women	21	100 backstroke Men
5	200 breaststroke Men	22	200 breaststroke Women
6	200 butterfly Women	23	200 butterfly Men
7	400 medley Men	24	400 medley Women
8	200 medley Women	25	200 medley Men
9	50m freestyle Men	26	50 backstroke Women
10	50m freestyle Women	27	50 backstroke Men
11	50 breaststroke Men	28	50 breaststroke Women
12	50 butterfly Women	29	50 butterfly Men
13	200 backstroke Men	30	200 backstroke Women
14	100 breaststroke Women	31	100 breaststroke Men
15	400 freestyle Men	32	400 freestyle Women
16	4x 100 mixed freestyle	33	4x 100 mixed medley
101	100 backstroke Boys	109	100 backstroke Girls
102	200 backstroke Girls	110	200 backstroke Boys
103	200 breaststroke Boys	111	200 breaststroke Girls
104	100 breaststroke Girls	112	100 breaststroke Boys
105	100 butterfly Boys	113	100 butterfly Girls
106	200 medley Girls	114	200 medley Boys
107	200 freestyle Boys	115	200 freestyle Girls
108	100 freestyle Girls	116	100 Freestyle Boys
F1	200 freestyle Men	F18	100 freestyle Women
F2	200 freestyle Women	F19	100 freestyle Men
F3	100 butterfly Men	F20	100 butterfly Women
F4	100 backstroke Women	F21	100 backstroke Men
F5	200 breaststroke Men	F22	200 breaststroke Women
F6	200 butterfly Women	F23	200 butterfly Men
F7	400 medley Men	F24	400 medley Women
F8	200 medley Women	F25	200 medley Men
F9	50m freestyle Men	F26	50 backstroke Women
F10	50m freestyle Women	F27	50 backstroke Men
F11	50 breaststroke Men	F28	50 breaststroke Women
F12	50 butterfly Women	F29	50 butterfly Men
F13	200 backstroke Men	F30	200 backstroke Women
F14	100 breaststroke Women	F31	100 breaststroke Men
F15	400 freestyle Men	F32	400 freestyle Women
17	800 freestyle Women	34	1500 freestyle Men
		Knock out	50 freestyle Men 11-17 jaar
		Knock out	50 freestyle Women 11-17 jaar
		Knock out	50 freestyle Men
		Knock out	50 freestyle Women