

Flanders Swimming Cup 2026
Antwerpen, 20 - 22/3/2026

Schedule Session No. 1 - 20. March 26
20/03/2026 - 9:30

Warmup: 8:00 until 9:15

9:30	1.	100m Butterfly	Men	Prelim	Open	0:14	9 Heats	67
9:44	2.	100m Butterfly	Women	Prelim	Open	0:09	5 Heats	40
9:53	3.	200m Backstroke	Men	Prelim	Open	0:17	5 Heats	35
10:10	4.	400m Medley	Women	Prelim	Open	0:12	2 Heats	10
10:22	5.	100m Breaststroke	Men	Prelim	Open	0:15	9 Heats	72
10:37	6.	50m Breaststroke	Women	Prelim	Open	0:08	6 Heats	46
10:45	7.	400m Freestyle	Men	Prelim	Open	0:14	3 Heats	19
10:59	8.	200m Freestyle	Women	Prelim	Open	0:14	5 Heats	39
11:13	9.	50m Freestyle	Men	Prelim	Open	0:12	12 Heats	89
11:25	10.	50m Backstroke	Women	Prelim	Open	0:11	7 Heats	56
11:36	11.	1500m Freestyle	Women	Slower Heats	Open	0:20	1 Heat	3
11:56	End of session					Total duration	2:26	

Schedule Session No. 2 - 20. March 26
20/03/2026 - 17:30

Warmup: 16:00 until 17:15

17:30	1.	100m Butterfly	Men	Final	Open	0:07	2 Heats	-
17:38	2.	100m Butterfly	Women	Final	Open	0:05	1 Heat	-
17:47	3.	200m Backstroke	Men	Final	Open	0:10	2 Heats	-
17:57	4.	400m Medley	Women	Final	Open	0:15	2 Heats	-
18:14	5.	100m Breaststroke	Men	Final	Open	0:07	2 Heats	-
18:22	6.	50m Breaststroke	Women	Final	Open	0:06	2 Heats	-
18:28	7.	400m Freestyle	Men	Final	Open	0:13	2 Heats	-
18:42	8.	200m Freestyle	Women	Final	Open	0:09	2 Heats	-
18:54	9.	50m Freestyle	Men	Final	Open	0:05	2 Heats	-
19:01	10.	50m Backstroke	Women	Final	Open	0:07	2 Heats	-
19:07	11.	1500m Freestyle	Women	Fastest Heat	Open	0:22	1 Heat	7
19:27	Medailles finale wedstrijden 17-18 jaar & 19+ Zwemfed							
19:27	End of session					Total duration	1:57	

Schedule Session No. 3 - 21. March 26
21/03/2026 - 9:30

Warmup: 8:00 until 9:15

9:30	12.	200m Medley	Women	Prelim	Open	0:16	5 Heats	33
9:46	13.	100m Freestyle	Men	Prelim	Open	0:17	12 Heats	92
10:03	14.	100m Breaststroke	Women	Prelim	Open	0:10	5 Heats	40
10:13	15.	200m Butterfly	Men	Prelim	Open	0:12	4 Heats	27
10:25	16.	50m Butterfly	Women	Prelim	Open	0:07	7 Heats	51
10:32	17.	50m Breaststroke	Men	Prelim	Open	0:10	9 Heats	72
10:42	18.	200m Backstroke	Women	Prelim	Open	0:14	4 Heats	27
10:56	19.	50m Backstroke	Men	Prelim	Open	0:14	9 Heats	68
11:10	20.	100m Freestyle	Women	Prelim	Open	0:12	8 Heats	64
11:22	21.	400m Medley	Men	Prelim	Open	0:17	3 Heats	24
11:39	22.	800m Freestyle	Women	Slower Heats	Open	0:10	1 Heat	3
11:49	23.	800m Freestyle	Men	Slower Heats	Open	0:11	1 Heat	4
12:00	End of session					Total duration	2:30	

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Schedule Session No. 4 - 21. March 26
21/03/2026 - 17:30

Warmup: 16:00 until 17:15

17:30	12.	200m Medley	Women	Final	Open	0:10	2 Heats	-	
17:41	13.	100m Freestyle	Men	Final	Open	0:06	2 Heats	-	
17:49	14.	100m Breaststroke	Women	Final	Open	0:08	2 Heats	-	
17:57	15.	200m Butterfly	Men	Final	Open	0:09	2 Heats	-	
18:09	16.	50m Butterfly	Women	Final	Open	0:05	2 Heats	-	
18:15	17.	50m Breaststroke	Men	Final	Open	0:06	2 Heats	-	
18:24	18.	200m Backstroke	Women	Final	Open	0:10	2 Heats	-	
18:36	19.	50m Backstroke	Men	Final	Open	0:06	2 Heats	-	
18:45	20.	100m Freestyle	Women	Final	Open	0:07	2 Heats	-	
18:54	21.	400m Medley	Men	Final	Open	0:14	2 Heats	-	
19:02	22.	800m Freestyle	Women	Fastest Heat	Open	0:13	1 Heat	7	
19:16	23.	800m Freestyle	Men	Fastest Heat	Open	0:14	1 Heat	8	
19:30	Medailles finale wedstrijden 17-18 jaar & 19+ Zwemfed								
19:30	End of session					Total duration	2:00		

Schedule Session No. 5 - 22. March 26
22/03/2026 - 9:30

Warmup: 8:00 until 9:15

9:30	24.	200m Freestyle	Men	Prelim	Open	0:18	7 Heats	51	
9:48	25.	100m Backstroke	Women	Prelim	Open	0:18	8 Heats	61	
10:06	26.	200m Breaststroke	Men	Prelim	Open	0:19	6 Heats	42	
10:25	27.	200m Butterfly	Women	Prelim	Open	0:07	2 Heats	14	
10:32	28.	50m Butterfly	Men	Prelim	Open	0:10	10 Heats	76	
10:42	29.	200m Breaststroke	Women	Prelim	Open	0:14	4 Heats	30	
10:56	30.	100m Backstroke	Men	Prelim	Open	0:14	7 Heats	55	
11:10	31.	50m Freestyle	Women	Prelim	Open	0:07	7 Heats	55	
11:17	32.	200m Medley	Men	Prelim	Open	0:18	6 Heats	41	
11:35	33.	400m Freestyle	Women	Prelim	Open	0:21	4 Heats	27	
11:56	34.	1500m Freestyle	Men	Slower Heats	Open	0:22	1 Heat	8	
12:18	End of session					Total duration	2:48		

Schedule Session No. 6 - 22. March 26
22/03/2026 - 17:30

Warmup: 16:00 until 17:15

17:30	24.	200m Freestyle	Men	Final	Open	0:09	2 Heats	-	
17:41	25.	100m Backstroke	Women	Final	Open	0:07	2 Heats	-	
17:50	26.	200m Breaststroke	Men	Final	Open	0:10	2 Heats	-	
18:00	27.	200m Butterfly	Women	Final	Open	0:10	2 Heats	-	
18:12	28.	50m Butterfly	Men	Final	Open	0:05	2 Heats	-	
18:20	29.	200m Breaststroke	Women	Final	Open	0:11	2 Heats	-	
18:31	30.	100m Backstroke	Men	Final	Open	0:07	2 Heats	-	
18:42	31.	50m Freestyle	Women	Final	Open	0:05	2 Heats	-	
18:51	32.	200m Medley	Men	Final	Open	0:09	2 Heats	-	
19:02	33.	400m Freestyle	Women	Final	Open	0:15	2 Heats	-	
19:16	34.	1500m Freestyle	Men	Fastest Heat	Open	0:20	1 Heat	8	
19:35	Medailles finale wedstrijden 17-18 jaar & 19+ Zwemfed								
19:35	End of session					Total duration	2:05		