

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

1 - 20. March 26

20/03/2026 - 9:30

Event 1

Men, 100m Butterfly

Open
Startlist Prelim

20/03/2026 - 9:30

A-limiet : 1:01.76 / B-limiet 17 +: 1:04.81 / EJK-Limieten : 53.91 / EK-Limieten : 52.06

YB				YB			
<u>Heat 1 of 9, 9:30</u>				<u>Heat 2 of 9, 9:32</u>			
1				1 Feys Jonah	09 KZK	BEL	1:03.57
2				2 Rutkowski Franciszek	06 PSV	POL	1:03.49
3 Van der Borgh Floris	08 ZCT	BEL	1:04.54	3 Claeskens Milan	06 DBT	BEL	1:03.32
4 De Maesschalck Yarne	08 ALZV	BEL	1:03.67	4 Opdenbergh Merlijn	09 BRABO	BEL	1:02.68
5 Provoost Matice	08 ROSC	BEL	1:04.50	5 Bracke Erno	05 BRABO	BEL	1:02.98
6				6 Vandycke Lucas	07 ROSC	BEL	1:03.33
7				7 Pelgrims Lowie	08 ZCT	BEL	1:03.51
8				8 Verheyden Vinz	09 FIRST	BEL	1:03.59
<u>Heat 3 of 9, 9:33</u>				<u>Heat 4 of 9, 9:35</u>			
1 Waelpu Thomas	09 TSZ	BEL	1:02.34	1 Hauben Sander	07 HZS	BEL	1:01.38
2 Christiaens Stijn	06 KZK	BEL	1:02.13	2 Devos Rhune	09 ROSC	BEL	1:01.30
3 Verelzen Robbe	02 KZK	BEL	1:01.81	3 Lissens Tuur	10 LAQUA	BEL	1:00.89
4 Housen Korneel	09 TZT	BEL	1:01.42	4 Duflocq Seppe	06 ISWIM	BEL	1:00.85
5 Van den Hoorn Jelle	04 HZS	BEL	1:01.67	5 Francois Wout	07 TZT	BEL	1:00.85
6 Boodts Gerben	07 TSZ	BEL	1:01.86	6 Claeys Oscar	04 MEGA	BEL	1:01.16
7 Debooser Thibaut	04 KZK	BEL	1:02.30	7 Slappendel Juan Cruz	09 ORCA	NED	1:01.31
8 Haesendonckx Jarne	08 ZGEEL	BEL	1:02.55	8 De Swerdt Mathias	08 TRUST	BEL	1:01.40
<u>Heat 5 of 9, 9:36</u>				<u>Heat 6 of 9, 9:38</u>			
1 Seghers Michiel	07 DDAT	BEL	59.87	1 Horovyi Mykyta	07 ZOLA	UKR	59.16
2 Leroux Wout	04 MEGA	BEL	59.77	2 Dufond Nathan	08 ENLN	BEL	58.96
3 Szabo Peter	11 BRABO	HUN	59.41	3 Michoel Quinten	09 ZGEEL	BEL	58.73
4 Van Waelderen Thomas	05 WST	BEL	59.20	4 Druwel Mauro	08 TIME	BEL	58.42
5 Druant Andreas	06 ZB	BEL	59.34	5 De Meyer Niels	02 BRABO	BEL	58.58
6 Ciommo Alessander	08 TRUST	BEL	59.74	6 Schram Thor	05 MEGA	BEL	58.76
7 Decupere Cedric	07 KZK	BEL	59.84	7 Goenawan B.	05 SSGS	GER	58.96
8 Bes Colin	05 DZ&PC	NED	59.93	8 Verbeek Sem	04 SHARK	BEL	59.17
<u>Heat 7 of 9, 9:39</u>				<u>Heat 8 of 9, 9:41</u>			
1 Barrett Alex	07 NCL	IRL	57.87	1 Koehoorn Gijs	08 HZ&PC	NED	57.59
2 Vermaut Arthur	06 LAQUA	BEL	56.96	2 Laureysens Lukas	08 ZS	BEL	56.91
3 Mees Ruben	06 SCZ	BEL	56.26	3 Thiebaut Noah	08 STZ	BEL	55.75
4 Cristian Lapadat	04 ASP	ROU	53.94	4 Raje Michael	06 SSGS	GER	53.13
5 Waerniers Bere	08 TZT	BEL	55.15	5 Smink Michael	03 ALBION	NED	54.59
6 Vansieleghem Killian	05 ROSC	BEL	56.90	6 Bulman Lars	06 ALBION	NED	56.72
7 Baumann Leo Ilias	08 SSGS	GER	57.52	7 Leirs Bavo	06 HZA	BEL	57.29
8 Ortfeld Levin	05 SSGS	GER	58.25	8 Vanhamel Yonas	05 BRABO	BEL	58.24
<u>Heat 9 of 9, 9:42</u>							
1 Bhija Tariq	10 KWZC	BEL	57.53				
2 De Swerdt Niels	07 TRUST	BEL	56.90				
3 Dumitrache Tobias	03 ASP	ROU	55.16				
4 Mihalache Vlad Stefan	06 CSA	ROU	52.67				
5 Van Hooydonck Vincent	07 BRABO	BEL	54.45				
6 Zemansky Noah	06 AUSTRIA	AUT	56.46				
7 Stork Floris	03 DZ&PC	FRA	57.24				
8 Geuens Lars	03 LAQUA	BEL	58.18				

Flanders Swimming Cup 2026
Antwerpen, 20 - 22/3/2026Event 2
20/03/2026 - 9:44

Women, 100m Butterfly

Open
Startlist Prelim

A-limiet : 1:10.02 / B-limiet 17 +: 1:13.29 / EJK-Limieten : 1:00.63 / EK-Limieten : 58.95

YB				YB			
<u>Heat 1 of 5, 9:44</u>				<u>Heat 2 of 5, 9:46</u>			
1	Michielsens Jinthe	08 AZK	BEL 1:13.29	1	Bhija Noor	08 KWZC	BEL 1:09.55
2	De Backer Birgit	09 ZIOS	BEL 1:11.93	2	Christiaens Jutta	08 KZK	BEL 1:09.50
3	Goethals Hilke	95 MEGA	BEL 1:10.13	3	Mulder Esmee	08 DZ&PC	NED 1:09.08
4	Donin Manon	08 ZIOS	BEL 1:10.03	4	Thijs Maaïke	10 ZCT	BEL 1:08.85
5	Van Laarhoven Alessia	08 BRABO	BEL 1:10.05	5	Van Bunder Amy	10 TSZ	BEL 1:08.96
6	Mertens Helena	09 SHARK	BEL 1:11.31	6	Genbrugge Elea	10 BRABO	BEL 1:09.12
7	Jacobs Lotte	09 ZVL	BEL 1:12.60	7	Vanderbeke Hasse	08 AST	BEL 1:09.53
8	Bruinsma Liesette	00 HZ&PC	NED 1:21.31	8	Boven Axelle	10 SHARK	BEL 1:09.62
<u>Heat 3 of 5, 9:48</u>				<u>Heat 4 of 5, 9:49</u>			
1	Dalemans Lyn	09 ZCK	BEL 1:07.84	1	Evens Noor	09 HZS	BEL 1:07.70
2	Broeckaert Noa	09 BRABO	BEL 1:06.23	2	Vertessen Fran	09 DBT	BEL 1:06.13
3	Varga Dominika	01 DSC	HUN 1:05.23	3	Ciobanu Anastasia	09 DDAT	BEL 1:05.12
4	Lammens Mary	11 TZT	BEL 1:03.33	4	Verhalle Kirsten	04 PSV	NED 1:02.55
5	De Bont Sam	08 TSZ	BEL 1:04.24	5	De Bruycker Chloe	11 TZT	BEL 1:04.06
6	Vandevenne Liah	11 DBT	BEL 1:05.44	6	Decoutere Imani	10 KZK	BEL 1:05.40
7	Desmet Lieze	10 TZT	BEL 1:06.80	7	Maerevoet Marie	04 BRABO	BEL 1:06.57
8	Frederix Maya	09 DBT	BEL 1:08.41	8	Linskens Elloise	11 TZT	BEL 1:08.40
<u>Heat 5 of 5, 9:51</u>							
1	Hannoteau Isalyne	09 ENLN	BEL 1:07.22				
2	Hoste Celeste	07 MEGA	BEL 1:05.59				
3	Rombout Lisa	01 HZA	BEL 1:04.90				
4	O'Brien Lucy	09 NCL	IRL 1:01.98				
5	Korthuis Sara	06 DZ&PC	NED 1:03.51				
6	Mattheeuws Lie	05 MEGA	BEL 1:05.27				
7	De Decker Febe	10 MEGA	BEL 1:06.34				
8	Melotte Pia	10 DBT	BEL 1:08.13				

Event 3
20/03/2026 - 9:53

Men, 200m Backstroke

Open
Startlist Prelim

A-limiet : 2:20.26 / B-limiet 17 +: 2:26.10 / EJK-Limieten : 2:01.88 / EK-Limieten : 1:58.64

YB				YB			
<u>Heat 1 of 5, 9:53</u>				<u>Heat 2 of 5, 9:56</u>			
1				1	Heyrman Tigo	03 BRABO	BEL 2:21.26
2				2	Bahloula Nael	09 BRABO	BEL 2:20.98
3	Claeskens Milan	06 DBT	BEL 2:25.98	3	Michiels Sibe	10 TSZ	BEL 2:19.61
4	Van Daele Daan	09 RSC	BEL 2:23.27	4	Seys Wout	10 ISWIM	BEL 2:18.79
5	Verheyden Vinz	09 FIRST	BEL 2:24.41	5	Decupere Alex	10 KZK	BEL 2:19.13
6				6	Veestraeten Mats	06 DMB	BEL 2:20.26
7				7	Van de Gender Wout	08 STW	BEL 2:21.24
8				8	Dehaene Jule	09 ISWIM	BEL 2:21.41
<u>Heat 3 of 5, 10:00</u>				<u>Heat 4 of 5, 10:03</u>			
1	Kindt Liam	10 TZT	BEL 2:17.76	1	Van Tilburg Matthias	09 ZGEEL	BEL 2:17.53
2	Vansteenkiste Victor	12 TIME	BEL 2:14.46	2	Goris Ruben	09 BRABO	BEL 2:14.26
3	Van Hoey Billiet A.	09 STW	BEL 2:06.97	3	Emig Elias	08 AUSTRIA	AUT 2:06.69
4	Zemansky Noah	06 AUSTRIA	AUT 2:03.71	4	Irwin Neddle	03 NCL	IRL 2:03.11
5	Scharrer Daniel	07 AUSTRIA	AUT 2:05.25	5	Lecocq Justin	08 LGN	BEL 2:05.20
6	Klink Sven	05 SWOL	NED 2:12.55	6	Volders Arne	10 BRABO	BEL 2:10.01
7	Volckaert Matthias	08 ZIOS	BEL 2:16.84	7	Thonon Matisse	11 TZT	BEL 2:15.94
8	Waelput Thomas	09 TSZ	BEL 2:18.33	8	Van Deursen Siebe	09 MEGA	BEL 2:18.11

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Event 3, Men, 200m Backstroke, Prelim

Heat 5 of 5, 10:06

1	Feys Jonah	09	KZK	BEL	2:17.15
2	De Craemer Cas	08	ZB	BEL	2:12.56
3	Lavdaniti Zhulian Xhoi	03	BRABO	ALB	2:06.24
4	Verreth Noah	05	MEGA	BEL	2:02.37
5	Cousins Emmet	06	NCL	IRL	2:03.93
6	Alves Torres Paul	03	CNB	FRA	2:08.17
7	Raes Dries	07	KAZS	BEL	2:15.76
8	Baelen Tobe	10	DBT	BEL	2:17.79

Event 4
20/03/2026 - 10:10

Women, 400m Medley

Open
Startlist Prelim

A-limiet : 5:18.82 / B-limiet 17 +: 5:30.92 / EJK-Limieten : 4:53.92 / EK-Limieten : 4:46.86

YB

YB

Heat 1 of 2, 10:10

1					
2	Devolder Yelena	09	TIME	BEL	5:29.51
3	Vertessen Fran	09	DBT	BEL	5:09.82
4	Vachaudes Ella	09	ENLN	BEL	4:58.30
5	Lichtendonk Ismay	04	HZ&PC	NED	5:05.20
6	Ciobanu Anastasia	09	DDAT	BEL	5:14.15
7					
8					

Heat 2 of 2, 10:16

1	Decoutere Imani	10	KZK	BEL	5:14.46
3	Delsaer Laurien	11	LGN	BEL	5:09.18
4	van der Kamp M.	05	HZ&PC	NED	4:53.20
5	Boxum Fay	09	DZ&PC	NED	5:03.31
6	Brouwers Charlotte	11	DBT	BEL	5:10.73
7					
8					

Event 5
20/03/2026 - 10:22

Men, 100m Breaststroke

Open
Startlist Prelim

A-limiet : 1:11.91 / B-limiet 17 +: 1:15.27 / EJK-Limieten : 1:02.99 / EK-Limieten : 59.95

YB

YB

Heat 1 of 9, 10:22

1	Daemen Tuur	08	DMB	BEL	1:15.10
2	Dekyvere Mathias	09	ZNA	BEL	1:15.00
3	Kentin Shane	09	STZ	BEL	1:14.24
4	Moermans Tijmen	08	ZDKB	BEL	1:13.46
5	Slos Robbie	01	FIRST	BEL	1:13.94
6	Lafaut Leon	08	MEGA	BEL	1:14.62
7	Swennen Lars	09	ZDKB	BEL	1:15.02
8	Ladewig Seth	09	ZOLA	BEL	1:15.22

Heat 2 of 9, 10:24

1	Van Daele Daan	09	RSC	BEL	1:13.25
2	Vanthournout Xander	06	ZGEEL	BEL	1:12.70
3	Koehoorn Gijs	08	HZ&PC	NED	1:12.43
4	de Mul Tom	05	MEGA	BEL	1:12.04
5	Claeys Oscar	04	MEGA	BEL	1:12.31
6	Vandorpe Dante	08	RSC	BEL	1:12.66
7	Eshuis Thom	09	BRABO	BEL	1:12.96
8	Verhulst Lennert	07	AZL	BEL	1:13.28

Heat 3 of 9, 10:25

1	Van Waelderden Thomas	05	WST	BEL	1:11.87
2	Cornelissen Lars	08	ALZV	BEL	1:11.75
3	Decupere Cedric	07	KZK	BEL	1:11.27
4	Van Hoof Daan	05	LAQUA	BEL	1:11.12
5	Meert Vince	09	STZ	BEL	1:11.16
6	Verroken Gerben	08	ZIOS	BEL	1:11.34
7	McLean Brett	86	MEGA	BEL	1:11.76
8	De Peyper Noah	08	ZIOS	BEL	1:11.99

Heat 4 of 9, 10:27

1	Duflocq Seppe	06	ISWIM	BEL	1:10.93
2	Francois Wout	07	TZT	BEL	1:10.20
3	Van den Hoorn Jelle	04	HZS	BEL	1:10.03
4	Jorissen Rube	08	DBT	BEL	1:09.46
5	Oris Tim	98	DMB	BEL	1:09.48
6	Tolsma Storm	06	DZ&PC	NED	1:10.19
7	Vervloet Ruwen	04	BRABO	BEL	1:10.91
8	Christiaens Stijn	06	KZK	BEL	1:11.11

Heat 5 of 9, 10:29

1	De Smaele Keyon	08	FIRST	BEL	1:09.24
2	Sciacca Leandro	11	TSZ	BEL	1:09.09
3	Vanhoutte Warre	07	ROSC	BEL	1:08.97
4	De Meyer Niels	02	BRABO	BEL	1:08.62
5	Van Ballaer Viktor	08	ZGEEL	BEL	1:08.95
6	de Bruijn Emiel	07	DZ&PC	NED	1:09.09
7	Wattiaux Thomas	10	MHN	BEL	1:09.19
8	De Bodt Daan	08	BRABO	BEL	1:09.37

Heat 6 of 9, 10:30

1	Delie Vico	11	ISWIM	BEL	1:08.45
2	Verelzen Robbe	02	KZK	BEL	1:08.11
3	Holland Matthew	98	WLVM	GBR	1:07.40
4	Cleymans Karsten	02	STZ	BEL	1:07.04
5	Stork Floris	03	DZ&PC	FRA	1:07.39
6	Soens Elias	06	DMB	BEL	1:07.96
7	Metten Vince	10	DMB	BEL	1:08.15
8	Hoes Tom Alexander	10	MHN	BEL	1:08.56

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Event 5, Men, 100m Breaststroke, Prelim

Heat 7 of 9, 10:32

1	Metzemakers Noa	06	BRABO	FRA	1:06.52
2	Mennen Ruben	07	BRABO	BEL	1:05.56
3	Matei Vlad Alexandru	06	ASP	ROU	1:04.69
4	Baeten Lukas	07	LAQUA	BEL	1:01.73
5	Vranken Bartel	07	DMB	BEL	1:03.22
6	Harvey Senan	06	NCL	IRL	1:04.88
7	Orban Olivier	02	STW	BEL	1:05.84
8	D'espallier Daan	09	BRABO	BEL	1:06.71

Heat 8 of 9, 10:34

1	Zemansky Noah	06	AUSTRIA	AUT	1:06.46
2	Vermaut Arthur	06	LAQUA	BEL	1:05.41
3	Huyghelier Loek	04	TZT	BEL	1:04.19
4	Bayer Valentin	99	AUSTRIA	AUT	1:00.14
5	Volontir Danis	07	COB	ROU	1:02.06
6	Deprez Lukas	06	TRUST	BEL	1:04.88
7	Magold Carl Morris	04	SSGS	GER	1:05.82
8	Rutkowski Franciszek	06	PSV	POL	1:06.69

Heat 9 of 9, 10:35

1	Bulman Rick	01	ALBION	NED	1:06.15
2	Cleymans Torben	08	STZ	BEL	1:04.94
3	Broekstra Wytse	08	VIKINGS	NED	1:03.68
4	Corbeau Caspar	01	VZF	NED	59.03
5	De Schryver Noah	01	ZNA	BEL	1:01.81
6	van Groenigen Karsten	08	STZ	BEL	1:04.72
7	de Roij van Zuidewijn J.	00	ALBION	NED	1:05.81
8	Ducarme Mathis	09	MHN	BEL	1:06.65

Event 6

Women, 50m Breaststroke

Open
Startlist Prelim

20/03/2026 - 10:37

A-limiet : 36.88 / B-limiet 17 +: 38.43 / EJK-Limieten : 32.11 / EK-Limieten : 31.05

YB

Heat 1 of 6, 10:37

1					
2	De Grave Lize	09	STA	BEL	38.24
3	Cornelis Enid	04	AZL	BEL	37.86
4	Vanderbeke Hasse	08	AST	BEL	37.26
5	Maerevoet Marie	04	BRABO	BEL	37.39
6	Bhija Noor	08	KWZC	BEL	38.04
7	Jacobs Lotte	09	ZVL	BEL	38.33
8					

Heat 3 of 6, 10:40

1	Gaytant Sterre	11	ZORO	BEL	36.35
2	Verelst Laura	10	ZCT	BEL	36.15
3	Dillen Norah	08	ZGEEL	BEL	35.88
4	Boven Axelle	10	SHARK	BEL	35.75
5	Mulder Esmee	08	DZ&PC	NED	35.82
6	Henneau Lotte	10	STZ	BEL	36.10
7	Van Der Meeren Lotte	10	DDAT	BEL	36.30
8	Streep Flo	09	BRABO	BEL	36.46

Heat 5 of 6, 10:42

1	Evens Noor	09	HZS	BEL	34.83
2	Caes Oone	07	ZCT	BEL	33.64
3	Verstrepen Siel	03	DBT	BEL	32.20
4	Gaspard Florine	01	CNB	BEL	30.77
5	de Beer Hylcke	07	PSV	NED	32.06
6	Zusterzeel Nina	08	PSV	NED	32.71
7	Fatih Aya	07	BRABO	BEL	34.23
8	Lenaerts Hailey	09	TRUST	BEL	35.39

YB

Heat 2 of 6, 10:39

1	Vanhees Ella	09	DBT	BEL	36.84
2	Uytterhoeven Flo	10	ZCT	BEL	36.76
3	Mor Iris	12	BRABO	BEL	36.72
4	D'Haeseleer Fran	10	DMI	BEL	36.69
5	Van den Eede Olivia	09	ZCK	BEL	36.71
6	Talboom Lies	09	BRABO	BEL	36.73
7	Verspecht Lizanne	09	ALZV	BEL	36.78
8	Roox Amelie	08	ZDKB	BEL	37.09

Heat 4 of 6, 10:41

1	Raemdonck B.	05	MEGA	BEL	35.06
2	Connery Niamh	08	NCL	IRL	33.97
3	Kidney Isabel	06	NCL	IRL	32.22
4	Doyle Eimear	01	UL	IRL	31.75
5	Gkovari Konstadina A.	07	GREECE	GRE	32.06
6	D'Hooghe Katia	07	BRABO	BEL	32.75
7	Donin Manon	08	ZIOS	BEL	34.24
8	Van Osta Nomi	05	ZS	BEL	35.47

Heat 6 of 6, 10:43

1	Struyf Lieselot	04	HZA	BEL	34.25
2	Luyten Julie	11	AZK	BEL	33.48
3	Willekus Joy	06	PSV	NED	32.07
4	Fangli Henrietta	01	HUN	ROU	30.61
5	Zsebok Laura	06	HUN	HUN	32.04
6	Gobert Lies	05	MEGA	BEL	32.49
7	Lepage Amelie	10	BRABO	BEL	34.04
8	Eeckhout Fleur	08	ZB	BEL	35.23

Flanders Swimming Cup 2026
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Event 7

Men, 400m Freestyle

Open

20/03/2026 - 10:45

Startlist Prelim

A-limiet : 4:16.21 / B-limiet 17 +: 4:21.26 / EJK-Limieten : 3:55.78 / EK-Limieten : 3:49.22

YB				YB			
<u>Heat 1 of 3, 10:45</u>				<u>Heat 2 of 3, 10:49</u>			
1				1 Vangrootloon Jef	10 HZS	BEL	4:13.62
2				2 Kindt Levi	07 BRABO	BEL	4:03.26
3 Mathieu Jack	07 ZS	BEL	4:19.77	3 Saive Antoine	04 LGN	BEL	4:01.46
4 Kopriva Ilio	06 DBT	BEL	4:14.37	4 Rynn Cormac	05 NCL	IRL	3:53.57
5 Kockx Henri	06 MEGA	BEL	4:15.91	5 Lovens Florentin	06 LGN	BEL	4:00.99
6				6 Spadea Tommaso	08 LAQUA	BEL	4:02.38
7				7 Lambert Noah	10 LGN	BEL	4:09.16
8				8 Housen Korneel	09 TZT	BEL	4:13.93
<u>Heat 3 of 3, 10:54</u>							
1 Desmet Leendert	06 TZT	BEL	4:10.20				
2 Wiersma Tieme	07 DZ&PC	NED	4:02.63				
3 Laviolette Simon	08 SCR	BEL	4:01.09				
4 Fritzke Lukas	06 SSGS	GER	3:52.36				
5 O'Brien Denis	07 NCL	IRL	3:56.99				
6 Baumann Leo Ilias	08 SSGS	GER	4:02.25				
7 Klink Sven	05 SWOL	NED	4:05.42				
8 Pattyn Lowie	10 TIME	BEL	4:13.65				

Event 8

Women, 200m Freestyle

Open

20/03/2026 - 10:59

Startlist Prelim

A-limiet : 2:13.33 / B-limiet 17 +: 2:16.27 / EJK-Limieten : 2:02.51 / EK-Limieten : 1:59.47

YB				YB			
<u>Heat 1 of 5, 10:59</u>				<u>Heat 2 of 5, 11:02</u>			
1 Bruinsma Liesette	00 HZ&PC	NED	2:27.31	1 Bajot Clemence	11 LGN	BEL	2:12.17
2 Vangampelaere Laura	08 MEGA	BEL	2:16.08	2 Van den Wyngaert E.	09 BRABO	BEL	2:11.71
3 De Backer Birgit	09 ZIOS	BEL	2:14.47	3 Westerneng Fenna	09 DZ&PC	NED	2:10.51
4 De Decker Febe	10 MEGA	BEL	2:13.24	4 Van Gysel Maite	08 MEGA	BEL	2:09.86
5 Migom Lobke	08 ZB	BEL	2:13.87	5 Desmet Lieze	10 TZT	BEL	2:10.39
6 Talboom Lies	09 BRABO	BEL	2:14.89	6 Claeys Ditte	10 ROSC	BEL	2:11.18
7 Vermaut Celine	99 KZK	BEL	2:25.43	7 Broux Elise	05 GZVN	BEL	2:11.93
8				8 Eelbode Emelie	12 ZNA	BEL	2:12.19
<u>Heat 3 of 5, 11:05</u>				<u>Heat 4 of 5, 11:08</u>			
1 Paques Typhanie	09 LGN	BEL	2:08.74	1 Vervloet Zoe	10 GZVN	BEL	2:08.56
2 Adelmann Clara Cenxi	10 LAQUA	BEL	2:07.01	2 Delcommune Zinke	05 KAZS	BEL	2:06.93
3 Verhalle Kirsten	04 PSV	NED	2:05.07	3 Metzmakers Lea	09 BRABO	BEL	2:05.01
4 van Kalmthout Yara	02 PSV	NED	2:01.79	4 Vanderlinden Siri	09 LAQUA	BEL	2:01.01
5 Zsebok Laura	06 HUN	HUN	2:03.54	5 Durez Laure	06 ENLN	BEL	2:03.42
6 Korthuis Sara	06 DZ&PC	NED	2:05.86	6 Bolt Hedwig	06 HZ&PC	NED	2:05.32
7 Lammens Mary	11 TZT	BEL	2:07.99	7 van Etten Laura	08 HZ&PC	NED	2:07.50
8 Boxum Fay	09 DZ&PC	NED	2:09.47	8 Paques Celya	09 LGN	BEL	2:09.38
<u>Heat 5 of 5, 11:10</u>							
1 Van Avondt Lina	09 STA	BEL	2:08.50				
2 D'Haeseleer Fran	10 DMI	BEL	2:06.45				
3 Ravelingien Lana	03 BRABO	BEL	2:03.65				
4 Dumont Sarah	07 NOC	BEL	1:59.50				
5 Michiels Nore	08 TSZ	BEL	2:02.23				
6 van Bezouw Yill	11 ZPV	NED	2:05.17				
7 Schmolt Jolina	08 SSGS	GER	2:07.21				
8 Delsaer Laurien	11 LGN	BEL	2:09.29				

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

Event 9

Men, 50m Freestyle

Open

20/03/2026 - 11:13

Startlist Prelim

A-limiet : 25.34 / B-limiet 17 +: 25.91 / EJK-Limieten : 22.98 / EK-Limieten : 22.15

YB				YB			
<u>Heat 1 of 12, 11:13</u>				<u>Heat 2 of 12, 11:14</u>			
1				1			
2				2	Decupere Cedric	07 KZK	BEL 25.82
3	D'Hooge Liam	08 STA	BEL 25.91	3	De Maesschalck Yarne	08 ALZV	BEL 25.76
4	Schram Thor	05 MEGA	BEL 25.91	4	Provoost Dajo	08 ROSC	BEL 25.65
5	Dufloucq Seppe	06 ISWIM	BEL 25.91	5	Leroux Wout	04 MEGA	BEL 25.72
6				6	Hauben Sander	07 HZS	BEL 25.78
7				7	Seghers Michiel	07 DDAT	BEL 25.90
8				8			
<u>Heat 3 of 12, 11:15</u>				<u>Heat 4 of 12, 11:16</u>			
1	Cleymans Torben	08 STZ	BEL 25.59	1	Oris Tim	98 DMB	BEL 25.42
2	Slappendel Juan Cruz	09 ORCA	NED 25.56	2	Horovyi Mykyta	07 ZOLA	UKR 25.34
3	Caudron Xibe	08 ZNA	BEL 25.49	3	Opdenbergh Merlijn	09 BRABO	BEL 25.33
4	Mennen Ruben	07 BRABO	BEL 25.46	4	Desmet Milan	03 KWZC	BEL 25.26
5	Vanthournout Xander	06 ZGEEL	BEL 25.48	5	Vandycke Lucas	07 ROSC	BEL 25.30
6	Volckaert Matthias	08 ZIOS	BEL 25.55	6	Feys Jonah	09 KZK	BEL 25.34
7	Vanhoutte Warre	07 ROSC	BEL 25.57	7	Verroken Gerben	08 ZIOS	BEL 25.38
8	Ravelingien Tibe	08 BRABO	BEL 25.60	8	Christiaens Stijn	06 KZK	BEL 25.46
<u>Heat 5 of 12, 11:17</u>				<u>Heat 6 of 12, 11:18</u>			
1	Delie Vico	11 ISWIM	BEL 25.23	1	Van Waelderen Thomas	05 WST	BEL 25.10
2	D'Heere Remi	09 ROSC	BEL 25.22	2	Barrett Alex	07 NCL	IRL 25.05
3	Vanderhulst Midas	01 TRUST	BEL 25.21	3	Volders Arne	10 BRABO	BEL 24.99
4	Bhija Tariq	10 KWZC	BEL 25.13	4	Heyrman Tigo	03 BRABO	BEL 24.94
5	De Swerd Mathias	08 TRUST	BEL 25.14	5	Issard Niek	07 DZ&PC	NED 24.98
6	Haesendonckx Jarne	08 ZGEEL	BEL 25.21	6	Michoel Quinten	09 ZGEEL	BEL 25.03
7	Vanderhaeghe Antwan	09 ISWIM	BEL 25.23	7	Koehoorn Gijs	08 HZ&PC	NED 25.08
8	De Bodt Daan	08 BRABO	BEL 25.24	8	Van Ballaer Viktor	08 ZGEEL	BEL 25.10
<u>Heat 7 of 12, 11:19</u>				<u>Heat 8 of 12, 11:20</u>			
1	Holland Matthew	98 WLVM	GBR 24.93	1	Minnaert Lars	05 PSV	NED 24.57
2	Van Tilburg Matthias	09 ZGEEL	BEL 24.84	2	Thiebaut Noah	08 STZ	BEL 24.45
3	De Craemer Cas	08 ZB	BEL 24.73	3	Grigoras Alexandru Nic	06 ASP	ROU 24.38
4	Mattheus Ibe	05 TRUST	BEL 24.71	4	Bracke Erno	05 BRABO	BEL 24.30
5	Vangampelaere Milan	05 MEGA	BEL 24.72	5	Ciommo Alessandro	08 TRUST	BEL 24.32
6	Spadea Tommaso	08 LAQUA	BEL 24.82	6	Van Egdom Wout	08 ZN	BEL 24.41
7	Huyghelier Loek	04 TZT	BEL 24.86	7	Vangrootloon Jef	10 HZS	BEL 24.57
8	Geuens Lars	03 LAQUA	BEL 24.93	8	Kindt Levi	07 BRABO	BEL 24.60
<u>Heat 9 of 12, 11:21</u>				<u>Heat 10 of 12, 11:22</u>			
1	Laureyssens Lukas	08 ZS	BEL 24.27	1	de Mul Tom	05 MEGA	BEL 23.98
2	Scharrer Daniel	07 AUSTRIA	AUT 24.24	2	Rathgeber Erik	06 SSGS	GER 23.64
3	Bes Colin	05 DZ&PC	NED 24.21	3	Baeye Leon	08 MEGA	BEL 23.32
4	Vanhamel Yonas	05 BRABO	BEL 24.13	4	Vincent Bradley	91 MRI	MRI 22.64
5	Vervloet Ruwen	04 BRABO	BEL 24.19	5	Alves Torres Paul	03 CNB	FRA 22.98
6	Lavdaniti Zhulian Xhoi	03 BRABO	ALB 24.23	6	Kalogeropoulos Zeno	04 UZKZ	BEL 23.48
7	Mees Brent	03 SCZ	BEL 24.26	7	Broekstra Wytse	08 VIKINGS	NED 23.79
8	Harvey Senan	06 NCL	IRL 24.30	8	Claerhout Bas	08 TZT	BEL 24.11
<u>Heat 11 of 12, 11:23</u>				<u>Heat 12 of 12, 11:24</u>			
1	Druant Andreas	06 ZB	BEL 23.84	1	Magremanne Matteo	08 LGN	BEL 23.83
2	Van Wellen Joseph	08 HOZT	BEL 23.62	2	Cristian Lapadat	04 ASP	ROU 23.51
3	Stevens Stan	03 PSV	NED 23.31	3	Goenawan B.	05 SSGS	GER 23.19
4	Van Hooydonck Vincent	07 BRABO	BEL 22.55	4	Abdoli Samyar	02 SSGS	IRI 22.41
5	Smink Michael	03 ALBION	NED 22.95	5	Pierre-Louis Sebastian	00 SGF	GER 22.84
6	Lammens Seppe	07 BRABO	BEL 23.42	6	Waerniers Bere	08 TZT	BEL 23.35
7	Mees Ruben	06 SCZ	BEL 23.78	7	Berges Jens	01 HZA	BEL 23.77
8	Simion Matei	03 ASP	ROU 24.10	8	Vansielegheem Killian	05 ROSC	BEL 23.98

Flanders Swimming Cup 2026
Antwerpen, 20 - 22/3/2026Event 10
20/03/2026 - 11:25

Women, 50m Backstroke

Open
Startlist Prelim

A-limiet : 32.80 / B-limiet 17 +: 34.09 / EJK-Limieten : 29.19 / EK-Limieten : 28.30

YB				YB			
<u>Heat 1 of 7, 11:25</u>				<u>Heat 2 of 7, 11:27</u>			
1	Christiaens Jutta	08 KZK	BEL 33.65	1	Landuyt Anna-Lucia	08 TIME	BEL 32.96
2	Bhija Noor	08 KWZC	BEL 33.50	11	Gaytant Sterre	11 ZORO	BEL 32.74
3	Michielsens Jinthe	08 AZK	BEL 33.21	10	Melotte Pia	10 DBT	BEL 32.70
4	De Backer Birgit	09 ZIOS	BEL 33.07	4	Boven Axelle	10 SHARK	BEL 32.63
5	Cornelis Enid	04 AZL	BEL 33.21	5	Broeckkaert Noa	09 BRABO	BEL 32.67
6	Renette Lena	09 DBT	BEL 33.35	6	Sprangers Kato	08 MOZKA	BEL 32.70
7	Kuznetcova Svetlana	07 BRABO	BEL 33.53	7	Vangampelaere Laura	08 MEGA	BEL 32.86
8	Tyvaert Manon	08 ISWIM	BEL 33.86	8	Eeckhout Fleur	08 ZB	BEL 33.05
<u>Heat 3 of 7, 11:28</u>				<u>Heat 4 of 7, 11:30</u>			
1	Roffel Maud	07 DZ&PC	NED 32.57	1	Van Avondt Lina	09 STA	BEL 32.30
2	Depaepe Elize	11 ROSC	BEL 32.49	2	Claeys Ditte	10 ROSC	BEL 31.96
3	Vanhees Ella	09 DBT	BEL 32.47	3	Roox Amelie	08 ZDKB	BEL 31.88
4	Jacobs Ella	05 LZV	BEL 32.44	4	Verluyten Leni	10 TSZ	BEL 31.85
5	Dries Sien	07 ZGEEL	BEL 32.44	5	De Bruycker Chloe	11 TZT	BEL 31.88
6	Stessens Emma-Louise	11 TSZ	BEL 32.49	6	Goethals Hilke	95 MEGA	BEL 31.93
7	Migom Lobke	08 ZB	BEL 32.50	7	De Jong Suzan	13 TSZ	BEL 32.16
8	Bajot Clemence	11 LGN	BEL 32.62	8	Hannoteau Isalyne	09 ENLN	BEL 32.42
<u>Heat 5 of 7, 11:31</u>				<u>Heat 6 of 7, 11:33</u>			
1	Huens Noor	09 MEGA	BEL 31.54	1	Decoutere Imani	10 KZK	BEL 31.50
2	Mattheeuws Lie	05 MEGA	BEL 30.72	2	Van Brabant Juliette	09 MEGA	BEL 30.69
3	Bussels Fleur	08 DMB	BEL 30.21	3	Rooney Cora	05 NCL	IRL 30.10
4	Godden Maria	02 NCL	IRL 28.93	4	Verdonck Fleur	06 ZN	BEL 28.84
5	Lichtendonk Ismay	04 HZ&PC	NED 29.59	5	Broeckkaert Noor	07 BRABO	BEL 29.52
6	Beijnsberger Mare	10 RSC	BEL 30.63	6	Willekus Joy	06 PSV	NED 30.56
7	Boxum Fay	09 DZ&PC	NED 31.23	7	Vachandez Ella	09 ENLN	BEL 31.12
8	Dalemans Lyn	09 ZCK	BEL 31.84	8	Van Laarhoven Alessia	08 BRABO	BEL 31.79
<u>Heat 7 of 7, 11:34</u>							
1	Frederix Maya	09 DBT	BEL 31.47				
2	Heijl Olivia	07 BRABO	BEL 30.63				
3	Groener Yke	05 PSV	NED 29.81				
4	Vanotterdijk Roos	05 DMB	BEL 27.67				
5	Durez Laure	06 ENLN	BEL 29.23				
6	Nazaruk Nicole	09 STZ	BEL 30.35				
7	Wouters Briana	06 KAZS	BEL 31.06				
8	Vandevenne Liah	11 DBT	BEL 31.57				

Event 11
20/03/2026 - 11:36

Women, 1500m Freestyle

Open
Startlist

EJK-Limieten : 17:06.34 / EK-Limieten : 16:28.68

YB				YB			
<u>Heat 1 of 2, 11:36</u>							
1							
2							
3	Van Den Brecht Sarah	10 AZL	BEL 18:55.71				
4	Jorissen Janne	11 LGN	BEL 17:59.27				
5	Mertens Helena	09 SHARK	BEL 18:30.70				
6							
7							
8							

Heat 2 scheduled in session 2 at 19:07

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

2 - 20. March 26

20/03/2026 - 17:30

Event 1 Men, 100m Butterfly Open
20/03/2026 - 17:30 Startlist Finals

A-limiet : 1:01.76 / B-limiet 17 +: 1:04.81 / EJK-Limieten : 53.91 / EK-Limieten : 52.06

YB

YB

Final A1
2
3
4
5
6
7
8Final B1
2
3
4
5
6
7
8

Event 2 Women, 100m Butterfly Open
20/03/2026 - 17:38 Startlist Final

A-limiet : 1:10.02 / B-limiet 17 +: 1:13.29 / EJK-Limieten : 1:00.63 / EK-Limieten : 58.95

YB

YB

Final1
2
3
4
5
6
7
8

Event 3 Men, 200m Backstroke Open
20/03/2026 - 17:47 Startlist Finals

A-limiet : 2:20.26 / B-limiet 17 +: 2:26.10 / EJK-Limieten : 2:01.88 / EK-Limieten : 1:58.64

YB

YB

Final A1
2
3
4
5
6
7
8Final B1
2
3
4
5
6
7
8

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

Event 4

Women, 400m Medley

Open

20/03/2026 - 17:57

Startlist Finals

A-limiet : 5:18.82 / B-limiet 17 +: 5:30.92 / EJK-Limieten : 4:53.92 / EK-Limieten : 4:46.86

YB

YB

Final A1
2
3
4
5
6
7
8Final B1
2
3
4
5
6
7
8

Event 5

Men, 100m Breaststroke

Open

20/03/2026 - 18:14

Startlist Finals

A-limiet : 1:11.91 / B-limiet 17 +: 1:15.27 / EJK-Limieten : 1:02.99 / EK-Limieten : 59.95

YB

YB

Final A1
2
3
4
5
6
7
8Final B1
2
3
4
5
6
7
8

Event 6

Women, 50m Breaststroke

Open

20/03/2026 - 18:22

Startlist Finals

A-limiet : 36.88 / B-limiet 17 +: 38.43 / EJK-Limieten : 32.11 / EK-Limieten : 31.05

YB

YB

Final A1
2
3
4
5
6
7
8Final B1
2
3
4
5
6
7
8

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

Event 7 Men, 400m Freestyle Open
20/03/2026 - 18:28 Startlist Finals

A-limiet : 4:16.21 / B-limiet 17 +: 4:21.26 / EJK-Limieten : 3:55.78 / EK-Limieten : 3:49.22

YB		YB	
Final A		Final B	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	

Event 8 Women, 200m Freestyle Open
20/03/2026 - 18:42 Startlist Finals

A-limiet : 2:13.33 / B-limiet 17 +: 2:16.27 / EJK-Limieten : 2:02.51 / EK-Limieten : 1:59.47

YB		YB	
Final A		Final B	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	

Event 9 Men, 50m Freestyle Open
20/03/2026 - 18:54 Startlist Finals

A-limiet : 25.34 / B-limiet 17 +: 25.91 / EJK-Limieten : 22.98 / EK-Limieten : 22.15

YB		YB	
Final A		Final B	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	

Flanders Swimming Cup 2026
Antwerpen, 20 - 22/3/2026Event 10
20/03/2026 - 19:01

Women, 50m Backstroke

Open
Startlist Finals

A-limiet : 32.80 / B-limiet 17 +: 34.09 / EJK-Limieten : 29.19 / EK-Limieten : 28.30

YB	YB
<u>Final A</u>	<u>Final B</u>
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8

Event 11
20/03/2026 - 19:07

Women, 1500m Freestyle

Open
Startlist

EJK-Limieten : 17:06.34 / EK-Limieten : 16:28.68

YB	YB
<u>Heat 2 of 2, 18:54</u>	
1 Paques Typhanie	09 LGN BEL 17:55.24
2 Decraene Satheen	09 AQUABLA BEL 17:43.52
3 Vanderlinden Siri	09 LAQUA BEL 17:11.97
4 van der Kamp M.	05 HZ&PC NED 16:39.75
5 Bolt Hedwig	06 HZ&PC NED 16:51.08
6 Paques Celya	09 LGN BEL 17:32.26
7 Dekkers Bregje	09 PSV NED 17:44.56
8	

19:27 Medailles finale wedstrijden 17-18 jaar & 19+ Zwemfed