

13 AU 15 MARS  
2026  
D'COQUE  
LUXEMBOURG

57ÈME  
CIJ MEET

INFO / INSCRIPTIONS  
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# CIJ MEET 2026

## Table of Contents

1.	3
2.	3
3.	3
4.	3
5.	4
6.	5
7.	5
8.	6
9.	6
10.	6
11.	7
12.	7
13.	7
14.	8

APPENDIX: TIME STANDARDS

10



## 1. Introduction

The CIJ MEET LUX is organised by Swimming Luxembourg in compliance with the rules of World Aquatics and the Luxembourg Swimming Federation (FLNS).

## 2. Date and Place of Competition

The competition will take place from March 13<sup>th</sup> until 15<sup>th</sup> 2026.

The event will be held at the National Aquatic Center of d'Coque, full name "Centre National Sportif et Culturel d'Coque".

The address of d'Coque is: 2, rue Léon Hengen  
L-1745 Luxembourg  
[www.coque.lu](http://www.coque.lu)



The competition pool is a 50m pool with 10 lanes, depth is 2,20m throughout and the water temperature is 26°C. Time keeping is operated by electronic Swiss Timing.

A six lane 50m training pool and a 25m warm-up pool are available in the same building throughout the meeting.

## 3. Welcome Desk

Teams are welcome from 12 midday on Friday, **March 13<sup>th</sup> 2026** at the National Aquatics Center, of d'Coque.

A Team Leaders meeting will be held before the event and attendance is advisable. The date and place will be confirmed in March. If a club is not represented at this briefing, you are agreeing to any decisions made at the meeting and agree to abide by them at the meet.

Lockers are available in the Center. Keys for the lockers may be obtained from the welcome desk, with the payment of a 15€ deposit. The deposit will be refunded on the return of the key.

There is a possibility to have slots in the basement 50m pool for Friday morning from 8-12a.m. Please contact M. Didier Ecker on email [didier.ecker@swimming.lu](mailto:didier.ecker@swimming.lu).

## 4. Age categories

The competition is open to all athletes, in all age categories, whose Team or National Federation is registered with World Aquatics.

For the 100m and 200m distances, classification will be based on the following categories:

	Boys	Girls
<b>Category 1</b>	08 and older	09 and older
<b>Category 2</b>	2009/10	2010/11
<b>Category 3</b>	2011/12	2012/13
<b>Category 4</b>	2013 and younger	2014 and younger

For the 50m, 400m, 800m, 1500m and 4x50m relays, the athletes are subject to open classification.

Time standards for each category are outlined in the [Appendix](#).

## 5. Heats Semi-Finals and Finals

To guarantee a fluid competition, *a maximum of 2300 entries will be accepted*. The Organising Committee reserves the right to exclude entries and merge events as appropriate, after closing of registration. Entry applications outside the time standards may be accepted subject to the 2300 entries limit criterion. All participating athletes will be mentioned on the results lists, even if the time standards have not been reached.

The 400m freestyle races are limited to 6 heats per race for boys and girls respectively and the 100m and 50m races are limited to 15 heats per race.

The 50m races will be heats to qualify for semi-finals and then finals. The heats shall be composed according to the entry times without taking into account the age category. The heats are swum in 10 lanes. The 20 fastest boys and girls from each event out of the unique category shall qualify for the semi-finals, even if they have not reached the time standard. The 10 finalists compete in a final, which is swum in 10 lanes.

On the program will be the *50m freestyle skins*, for girls and boys. After each round, prior to the final round, two swimmers will be eliminated until a winner is determined. Detailed rules to this event will be shared at the Team Leaders meeting.

There will be heats in the 100m, 200m, 400m freestyle et 400m medley to qualify for the finals. The heats shall be set according to the entry times without taking into account the age category. The heats are swum in 10 lanes.

After the 100m and 200m heats, the 10 fastest boys and 10 fastest girls from each category and race will be qualified for the finals, even if the time standard has not been reached.

The 100m and 200m final races are swum by age category on 10 lanes and are subject to classification by age category. The sequence for the finals starts with category 4 and finishes with category 1. If necessary, and in particular in the case of not enough athletes qualifying for a race, 2 categories can be regrouped into one race. In this instance, the starting order will be determined by the qualifying times.

The 400m freestyle and 400m medley finals will be swum in open category in 10 lanes and will be subject to open classification (A Finals only).



The 800m freestyle and 1500m freestyle are swum in open category in direct finals on 10 lanes and are subject to open classification. Series are limited to 3 per race for boys and girls respectively.

Only entry times achieved in a 50m pool shall be accepted.

The entry times must have been realised in the period from 01.01.2025 until 28.02.2026. Proof of entry times must be provided.

There will be direct finals in 10 lanes in the 4x50m medley relay and open classification. The relay is mixed and must be composed of 2 girls and 2 boys.

## 6. Withdrawals

Withdrawals from Finals must be declared in writing to the competition office not later than 30 minutes after display of the results of the respective event. The same rule applies to reserve swimmers. *A non-declared absence from a final will be sanctioned by a fine of 50€.* In the spirit of fair play towards all participants and all teams, the organiser appeals for any such cancellations to be done on time and in the correct way.

## 7. Registration Procedure

To facilitate the registration procedure and to reduce the risk of errors, participants are invited to send their entries via the LENEX file specially adapted for this competition.

Please fill out the LENEX file correctly by respecting the following points:

- Name of swimming team and abbreviation
- Last name, first name, year of birth and nationality of the athlete
- Competition licence number of each athlete
- The number of all events per athlete
- The best entry time established in a 50m pool between 01.01.2025 until 28.02.2026, to be attached as a copy for the proof of time provided
- The date and place of entry time

An alternative to using the LENEX file, and in order to avoid any confusion, participants are invited to use either the EXCEL or DSV file.

- To download the Lenex registration file, [click here](#)
- To download the Excel registration file, [click here](#)
- To download the DSV registration file, [click here](#)

Completed forms must be sent to the following email address: [cij@swimming.lu](mailto:cij@swimming.lu)

The deadline for registration is **February 28<sup>th</sup> 2026 at 8 p.m.**

Entries received after this deadline will not be taken into consideration.

Session times will be confirmed when all entries have been processed.

If a competitor from a team cannot participate, he/she may be replaced in the same race(s) by another competitor of the same age, the same gender and from the same team. This change must be indicated to the office at least one hour before the start of the first part of the competition. Supplementary entries will not be accepted, even if the participant is already entered for other races.

## **8. Participation Fees**

Entry fees are 8 € for each individual race and 15 € for the relays.

In the case of absence at the competition, there is no reimbursement.

All entry fees must be paid at the latest by **March 3<sup>th</sup> 2026** to the Swimming Luxembourg bank account at:

**BGL BNP Paribas**  
code SWIFT BGLLLULL  
code IBAN: **LU15 0030 5366 6696 0000**  
with the mention « CIJ Meet LUX + Name of Club »

## **9. Meals**

Swimming Luxembourg proposes meals which can be provided at the National Aquatics Center. Meals may be ordered using the designated [meal form](#).

Payment must be made by transfer before **March 3<sup>st</sup> 2026** to the Swimming Luxembourg account referred to under point No. 7 above, with the mention « CIJ MENU ».

## **10. Prizes and Victory Ceremonies**

In the 4 categories of the 100m and 200m races and in the open category of the 50m, 400m, 800m and 1500m and 4x50m relays, the first three athletes will receive a medal provided that the time standard was reached in the final.

In each of the 50m races, the first athlete will receive a prize of 50 €.

The best performance girl and best performance boy (World Aquatics points) will receive a prize to the value of 250 €.

An award of 75 € will be given to an athlete setting a new (non-cumulative) meet record.

The first athlete in each of the skin races will receive a prize of 100€ and the second athlete a prize of 60€.

**Each athlete must be present at the respective victory ceremony in order to receive their award.**

## 11. Team Classification Award



The « Félicien Hanrion Trophy » is automatically open to all teams participating at CIJ MEET LUX.

Team classification is based on all the results of all the races. To be considered, the time standards must have been reached.

The points are attributed in the following way:

1st - 13 points	2 <sup>nd</sup> - 8 points	3 <sup>rd</sup> - 5 points
4 <sup>th</sup> - 3 points	5 <sup>th</sup> - 2 points	6 <sup>th</sup> - 1 point

For the team classification, the 50 best rankings of each team are taken into account (a maximum of 650 points can be attained). In the case of equality of points, the number of best rankings is taken into consideration.

The Team which accumulates the highest number of points in the overall ranking receives the « Félicien Hanrion Trophy ». Teams ranked second and third will also receive a prize. The winning team benefits from 50 free starts (without entry fees) at the next edition, the team coming second gets 30 free starts and the team ranked third 20 free starts.

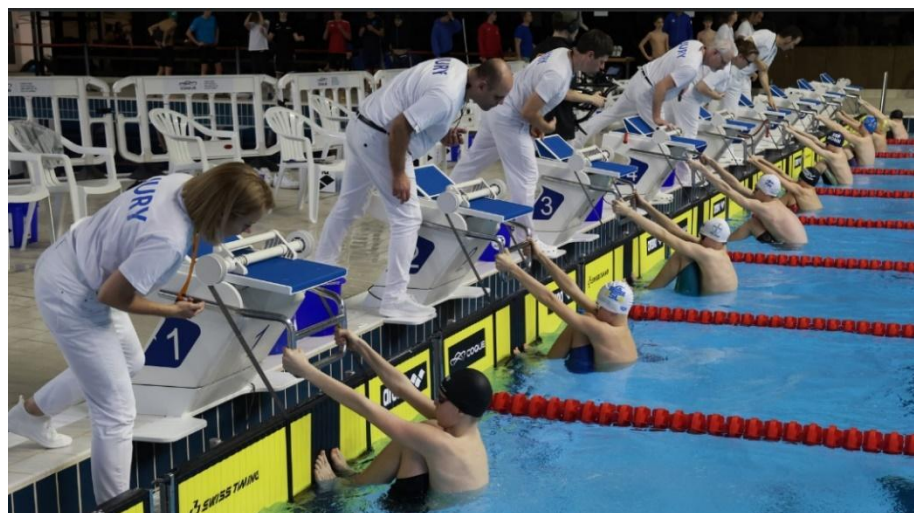
## 12. Results and Start Lists

Free wireless internet access is available within the National Sports Center, d'Coque and the race results will be posted on our club website, [www.swimming.lu](http://www.swimming.lu).

During the competition, the results will also be published at different points around the pool.

No Start Lists will be provided.

## 13. Technical Officials



All participating Teams are invited to nominate Officials, to ensure the smooth running of the competition.

FLNS Officials are requested to register through the FLNS App

[Click here](#)

Non FLNS Officials may notify the Organising Committee, during the registration process, indicating availability and preferred domains.

All Officials are required to wear long white trousers and closed white shoes. An Event T-Shirt will be provided.

The Official's briefing will be held sixty minutes before the start of each session.

## 14. General

The Organising Committee reserves the right to make programme changes as circumstances require.

**Fitness to compete:** It is the responsibility of each participating team to ensure that their athletes are fit to compete in the Meet. If an athlete must retire from a race, or has to be removed from the water due to being unwell, for safety reasons the Organising Committee may withdraw that athlete from the remainder of the Competition.

**Anti-Doping:** It is a condition of attending at the CIJ Meet that athletes may be required to be tested for prohibited substances in accordance with the FLNS/WADA/WA Anti-Doping rules.

**Entry Fees:** Please note that entries are non-refundable once the final date for payment has been passed and accreditations will not be issued until full payment of entries have been received.

By registering to the competition, you agree that all photographs taken may be published on our website and/or social media outlets.

The Organising Committee denies all responsibility for theft and accidents.

For any further information:

e-mail : [cij@swimming.lu](mailto:cij@swimming.lu)  
<https://swimming.lu/cijmeet/>

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## Appendix: Time Standards - Programm

# TIME STANDARDS CIJ MEET 2026

Boys				Races	Girls			
08 and older	09-10	11-12	13 and younger		09 and older	10-11	12-13	14 and younger
27''11 (Open)				50 free	30''13 (Open)			
57''54	59'42	1'04'60	1'10''10	100 free	1'04''12	1'07''05	1'11''45	1'18''37
2'05''56	2'10''78	2'18''43	2'32''36	200 free	2'18''99	2'25''08	2'31''87	2'49''17
4'46''21 (Open)				400 free	5'09''71 (Open)			
N.A				800 free	10'14''42 (Open)			
18'10''87 (Open)				1500 free	N.A			
31''43 (Open)				50 back	34''95 (Open)			
1'04''32	1'06''52	1'13''84	1'21''83	100 back	1'11''33	1'16''00	1'20''95	1'31''19
2'21''46	2'26''33	2'40''98	2'49''86	200 back	2'35''24	2'43''07	2'52''41	3'12''00
34''50 (Open)				50 breast	38''61 (Open)			
1'12''67	1'14''30	1'24''03	1'32''21	100 breast	1'21''77	1'25''50	1'31''73	1'40''75
2'37''71	2'43''74	2'58''05	3'13''18	200 breast	2'54''37	3'03''75	3'11''90	3'25''99
29''54 (Open)				50 butterfly	32''50 (Open)			
1'02''30	1'05''72	1'10''84	1'19''90	100 butterfly	1'11''28	1'14''20	1'18''64	1'29''30
2'20''14	2'26''75	2'44''64	2'58''34	200 butterfly	2'34''70	2'46''47	2'57''22	3'15''40
2'22''44	2'28''23	2'38''08	2'58''40	200 medley	2'39''49	2'47''74	2'56''06	3'16''21
5'10''15 (Open)				400 medley	5'43''54 (Open)			



# CIJ MEET PROGRAM

## Friday 13th to Sunday 15th of March 2026

### Friday, 13th of March 2026

#### 1<sup>st</sup> part

*Warm-up 14h00 – 15h50 – 1<sup>st</sup> start 16h00*

- 1 Finals (3 heats, Open direct finals) 800m Freestyle Girls
- 2 Finals (3 heats, Open direct finals) 1500m Freestyle Boys
- 3 Preliminary rounds 400m I.M. Girls
- 4 Preliminary rounds 400m I.M. Boys
- 5 Preliminary rounds 50m Backstroke Girls
- 6 Preliminary rounds 50m Backstroke Boys
- 7 Preliminary rounds 50m Butterfly Girls
- 8 Preliminary rounds 50m Butterfly Boys
- 9 Preliminary rounds 50m Breast Girls
- 10 Preliminary rounds 50m Breast Boys
- 11 Preliminary rounds 50m Freestyle Girls
- 12 Preliminary rounds 50m Freestyle Boys

### Saturday, 14th of March 2026

#### 2<sup>nd</sup> part

*Warm-up 7h15 – 8h10 – 1<sup>st</sup> start 8h20*

- 13 Preliminary rounds 400m Freestyle Girls
- 14 Preliminary rounds 400m Freestyle Boys
- 15 Preliminary rounds 100m Breast Girls
- 16 Preliminary rounds 100m Breast Boys
- 17 Preliminary rounds 200m Backstroke Girls
- 18 Preliminary rounds 200m Backstroke Boys
- 19 Preliminary rounds 200m Butterfly Girls
- 20 Preliminary rounds 200m Butterfly Boys
- 21 Preliminary rounds 100m Freestyle Girls
- 22 Preliminary rounds 100m Freestyle Boys

#### 3<sup>rd</sup> part

*Warm-up 13h30 – 14h50 – 1<sup>st</sup> start 15h00*

- 5 + 6 Semi-finals (open) 50m Backstroke Girls and Boys
- 7 + 8 Semi-finals (open) 50m Butterfly Girls and Boys
- 9 + 10 Semi-finals (open) 50m Breast Girls and Boys
- 11 + 12 Semi-finals (open) 50m Freestyle Girls and Boys
- 13 Finals (A final open) 400m Freestyle Girls
- 14 Finals (A final open) 400m Freestyle Boys
- 15 Finals (categories 4 to 1) 100m Breast Girls
- 16 Finals (categories 4 to 1) 100m Breast Boys
- 17 Finals (categories 4 to 1) 200m Backstroke Girls
- 18 Finals (categories 4 to 1) 200m Backstroke Boys

- 19 Finals (categories 4 to 1) 200m Butterfly Girls
- 20 Finals (categories 4 to 1) 200m Butterfly Boys
- 21 Finals (catégories 4 à 1) 100m Freestyle Girls
- 22 Finals (catégories 4 à 1) 100m Freestyle Boys
- 3 Finals (A final open) 400m I.M. Girls
- 4 Finals (A final open) 400m I.M. Boys
- 33 Finals (open) 4x50m Medley mixed Relay

### Sunday, 15th of March 2026

#### 4<sup>th</sup> part

*Warm-up 7h00 – 8h00 – 1<sup>st</sup> start 8h10*

- 23 Preliminary rounds 200m Freestyle Girls
- 24 Preliminary rounds 200m Freestyle Boys
- 25 Preliminary rounds 200m Breast Girls
- 26 Preliminary rounds 200m Breast Boys
- 27 Preliminary rounds 100m Backstroke Girls
- 28 Preliminary rounds 100m Backstroke Boys
- 29 Preliminary rounds 100m Butterfly Girls
- 30 Preliminary rounds 100m Butterfly Boys
- 31 Preliminary rounds 200m I.M. Girls
- 32 Preliminary rounds 200m I.M. Boys

#### 5<sup>th</sup> part

*Warm-up 13h10 – 14h10 – 1<sup>st</sup> start 14h20*

- 5 + 6 Finals (open) 50m Backstroke Girls and Boys
- 7 + 8 Finals (open) 50m Butterfly Girls and Boys
- 9 + 10 Finals (open) 50m Breast Girls and Boys
- 11 + 12 Finals (open) 50m Freestyle Girls and Boys
- 23 Finals (catégories 4 à 1) 200m Freestyle Girls
- 24 Finals (catégories 4 à 1) 200m Freestyle Boys
- 25 Finals (catégories 4 à 1) 200m Breast Girls
- 26 Finals (catégories 4 à 1) 200m Breast Boys
- 27 Finals (catégories 4 à 1) 100m Backstroke Girls
- 28 Finals (catégories 4 à 1) 100m Backstroke Boys
- 29 Finals (catégories 4 à 1) 100m Butterfly Girls
- 30 Finals (catégories 4 à 1) 100m Butterfly Boys
- 31 Finals (catégories 4 à 1) 200m I.M. Girls
- 32 Finals (catégories 4 à 1) 200m I.M. Boys
- 34 Skins 50 Freestyle Girls
- 35 Skins 50 Freestyle Boys

[Return to Table of Contents](#)