

Amsterdam Swim Cup 2019

Competition schedule & time standards



The Amsterdam Swim Cup is the first important event in preparation for the Olympic Games in Tokyo. The Royal Dutch Swimming Federation cordially invites you to participate in the Amsterdam Swim Cup, December 13-15th 2019. All information can be found on the website

<https://www.swimcup.nl/amsterdam/>.

Heats

Friday 09.00hrs	Saturday 10.00hrs	Sunday 09.00hrs
1500 freestyle women (slow heats, 2)	400 ind.medley women	800 freestyle women (slow heats, 3)
1500 freestyle men (slow heats, 2)	400 ind.medley men	800 freestyle men (slow heats, 3)
50 fly women	400 freestyle women	100 fly women
50 fly men	400 freestyle men	100 fly men
200 breast women	50 back women	50 breast women
200 breast men	50 back men	50 breast men
100 back women	200 fly women	200 back women
100 back men	200 fly men	200 back men
200 freestyle women	100 breast women	200 ind.medley women
200 freestyle men	100 breast men	200 ind.medley men
	100 freestyle women	50 freestyle women
	100 freestyle men	50 freestyle men

B-C Finals

Friday 16.30hrs	Saturday 16.30hrs	Sunday 16.30hrs
50 fly women*	400 ind.medley women	100 fly women*
50 fly men*	400 ind.medley men	100 fly men*
200 breast women	400 freestyle women*	50 breast women
200 breast men	400 freestyle men*	50 breast men
100 back women*	50 back women	200 back women
100 back men*	50 back men	200 back men
200 free women	200 fly women	200 ind.medley women*
200 free men	200 fly men	200 ind.medley men*
1500 freestyle women (fastest heat)	100 breast women*	50 freestyle women
1500 freestyle men (fastest heat)	100 breast men*	50 freestyle men
	100 freestyle women	800 freestyle women (fastest heat)
	100 freestyle men	800 freestyle men (fastest heat)

A Finals

Friday 18.00hrs	Saturday 18.00hrs	Sunday 18.00hrs
50 fly women	400 ind.medley women	100 fly women
50 fly men	400 ind.medley men	100 fly men
200 breast women	400 freestyle women	50 breast women*
200 breast men	400 freestyle men	50 breast men*
100 back women	50 back women*	200 back women
100 back men	50 back men*	200 back men
200 freestyle women*	200 fly women	200 ind.medley women
200 freestyle men*	200 fly men	200 ind.medley men
	100 breast women	50 freestyle women*
	100 breast men	50 freestyle men*
	100 freestyle women*	
	100 freestyle men*	

* including Paralympic athletes

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Time standards

Qualifying times must be posted in a FINA sanctioned, observed or approved competition between September 1, 2018, and the ASC 2019 entry deadline. Only long-course meters times are considered for qualification.

	Women	Men
50m freestyle	0.27.74	0.24.94
100m freestyle	1.01.36	0.55.11
200m freestyle	2.11.97	2.00.79
400m freestyle	4.42.52	4.17.45
800m freestyle	9.33.14	8.54.00
1500m freestyle	18.48.94	17.21.90
50m back	0.32.65	0.29.33
100m back	1.09.33	1.03.47
200m back	2.29.49	2.17.94
50m breast	0.36.07	0.32.16
100m breast	1.18.20	1.09.93
200m breast	2.51.39	2.32.45
50m fly	0.30.44	0.27.11
100m fly	1.08.53	0.59.54
200m fly	2.33.47	2.20.03
200m ind.medley	2.31.66	2.17.18
400m ind.medley	5.32.98	4.55.81

See you in Amsterdam!

