

Swim Cup series 2019-2020

Schedule, standards & information



The Swim Cups are considered the most important competitions in the Netherlands where qualifications for international tournaments can be achieved. The competitions guarantee top performances and are attracting great interest from abroad. Three Swim Cups are being organized this Olympic season; Amsterdam (December), The Hague and the final Olympic Qualification Tournament in Eindhoven (April).

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1. Schedule and time standards

1.1. Schedule Amsterdam

Heats

Friday 09.00hrs	Saturday 09.00hrs	Sunday 09.00hrs
1500 free women (sh, 2)	400 ind.medley women	800 free women (sh, 3)
1500 free men (sh, 2)	400 ind.medley men	800 free men (sh, 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 free women	100 breast women	200 ind.medley women
200 free men	100 breast men	200 ind.medley men
	100 free women	50 free women
	100 free men	50 free 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 free women (fh)	100 breast women*	50 free women
1500 free men (fh)	100 breast men*	50 free men
	100 free women	800 free women (fh)
	100 free men	800 free men (fh)

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 free women*	200 fly women	200 ind.medley women
200 free men*	200 fly men	200 ind.medley men
	100 breast women	50 free women*
	100 breast men	50 free men*
	100 free women*	
	100 free men*	

* including Paralympic athletes

(sh) – slow heats

(fh) – fastest heat

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1.2. Schedule The Hague

Heats

Friday 09.00hrs	Saturday 09.00hrs	Sunday 09.00hrs
1500 free women (sh, 2)	400 ind.medley women	800 free women (sh, 3)
1500 free men (sh, 2)	400 ind.medley men	800 free men (sh, 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 free women	100 breast women	200 ind.medley women
200 free men	100 breast men	200 ind.medley men
	100 free women	50 free women
	100 free men	50 free men

B- and Youth 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 free women (fh)	100 breast women*	50 free women
1500 free men (fh)	100 breast men*	50 free men
	100 free women	800 free women (fh)
	100 free men	800 free men (fh)
		4x 200 free women **
		4x 200 free men **

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 free women*	200 fly women	200 ind.medley women
200 free men*	200 fly men	200 ind.medley men
	100 breast women	50 free women*
	100 breast men	50 free men*
	100 free women*	
	100 free men*	

* including Paralympic final

(sh) – slow heats

(fh) – fastest heat

** Entering for the relays is possible. The fastest 7 teams will be accepted.

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1.3. Schedule Eindhoven

Heats

Thursday 09.00hrs	Friday 09.00hrs	Saturday 09.00hrs	Sunday 09.00hrs
1500 free men (sh, 2)	100 fly men	800 free men (sh, 3)	200 fly men
1500 free women (sh, 2)	100 fly women	800 free women (sh, 3)	200 fly women
200 back men	400 ind.medley men	200 ind.medley men	100 back men
200 back women	400 ind.medley women	200 ind.medley women	100 back women
50 breast men	50 back men	100 breast men	400 free men
50 breast women	50 back women	100 breast women	400 free women
50 free men	200 breast men	100 free men	50 fly men
50 free women	200 breast women	100 free women	50 fly women
	200 free men		
	200 free women		

B-C Finals

Thursday 16.30hrs	Friday 16.30hrs	Saturday 16.30hrs	Sunday 16.30hrs
200 back men	100 fly men*	200 ind.medley men*	200 fly men
200 back women	100 fly women*	200 ind.medley women*	200 fly women
50 breast men*	400 ind.medley men	100 breast men*	100 back men*
50 breast women*	400 ind.medley women	100 breast women*	100 back women*
50 free men	50 back men*	100 free men	400 free men
50 free women	50 back women*	100 free women	400 free women
1500 free men (fh)	200 breast men	800 free men (fh)	50 fly men*
1500 free women (fh)	200 breast women	800 free women (fh)	50 fly women*
	200 free men		4x100 free men**
	200 free women		

A Finals

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

* including Paralympic athletes

(sh) – slow heats

(fh) – fastest heat

** Entering for the relays is possible. The fastest 7 teams will be accepted.

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1.4. Important dates

- The Swim Cups will be organised on the following dates. All venues will be LCM. Please note the additional dates for time standards and entry deadline.

	Dates	Qualifying period (dd-mm-yy)	Entry deadline
Swim Cup Amsterdam	December 13-15, 2019	01.09.2018 - 24.11.2019 amsterdamschrijving@swimcup.nl	26.11.2019
Swim Cup The Hague	April 3-5, 2020	01.01.2019 - 15.03.2020 denhaaginschrijving@swimcup.nl	17.03.2020
Swim Cup Eindhoven	April 9-12, 2020	01.01.2019 - 22.03.2020 eindhoveninschrijving@swimcup.nl	24.03.2020

1.5. Time standards

- Qualifying times must be posted in a FINA sanctioned, observed or approved competition between the dates mentioned above. Only long-course meters times are considered for qualification and it is mandatory times can be verified either via www.swimrankings.net or provided resultfiles / websites.

	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

Paralympic athletes

- Paralympic athletes have separate time standards. Please contact the federation via events@knzb.nl so we can provide you with these details.

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2. Competition

2.1. Heats & seeding

- All events will be swum in the open category of men and women.
- Heats will be swum in 8 lanes. In Eindhoven heats will be swum in 10 lanes.
- Swimmers with disabilities will swim in the regular program, based on their entry times.

2.2. Final seeding & reserves

The Hague

- In The Hague, finals will be separated in A/B (all in) finals, Youth final and a Para final. In order, swimmers first will be seeded for the A final (fastest 8 all-in). Next, the 8 fastest youth swimmers will qualify for the Youth final. The 8 best Paralympic swimmers will qualify for the Parafinal. The B-final will be seeded with the remaining fastest 8 swimmers, all-in.
- All finals are available for foreign competitors.

Eindhoven

- In Eindhoven, we will work with A, B, C- and Paralympic finals.
- All finals are all-in, and available for foreign competitors.

General.

- B or C-finals will only be swum when 4 or more swimmers are available.
- For finals, two reserves will be appointed.
- The scratch deadline for all events shall be 30 minutes, after publishing the results of the corresponding event.
- An athlete that does not want to be lined up as reserve swimmer must withdraw as well.

Paralympic swimmers

- Para swimmers will be seeded in the heats according to entry times.
- The 8 athletes with the highest IPC point ranking will proceed to the final.
- The IPC-finals will be separate multi-class finals. There are IPC finals for 50, 100, 200 and 400m freestyle, 50 and 100m breaststroke, backstroke and butterfly, plus 200m individual medley.
- In case of fewer than 3 Para swimmers, no final will be swum. The times of the heats will define the ranking.
- When a Paralympic swimmer qualifies for an valid final, he or she needs to confirm whether to start in the valid or in the Paralympic final.

2.3. Ceremonies

- The winner of each A-final and the fastest heats on 800 and 1.500m freestyle will receive a gift. This does not apply to IPC finals in the B-final block.
- The prizes in the IPC finals in the A-final block will be awarded based on IPC points in the final session and not by class. NB: Para swimmers qualifying for 'regular' finals, will be ranked in the IPC point score as well and therefore are eligible for the prizes in IPC finals.

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- The best athletes of the Swim Cup will receive a prize based on FINA rankings. The form of the prize will be determined later. To be eligible for a tournament prize it is mandatory to attend the victory ceremony at the end of the last session.

2.4. Call room, doping, massage and training

Call room

Each participant should report to the call room, at least 10 minutes prior to his start. The last call room can only be used by athletes who are expected here.

Doping

The international doping rules (FINA, WADA) are applicable.

Massages

This can only take place in locations made available for this purpose by the organization.

Training

Prior to the tournament, training sessions will be possible. This information will be published on the event website.

2.5. Accreditations

- On the day of the competition, credentials can be picked up at the entrance to the swimming pool.
- Presenting the deck pass, the team leader can pick up one new starting list every session.
- Swimming teams will receive an invoice for accreditations and starting lists.
- The number of deck passes per club is determined as follows:

1 t/m 5 participants	1 deck pass
6 t/m 10 participants	2 deck passes
11 t/m 20 participants	3 deck passes
21 t/m 30 participants	4 deck passes
31 and more participants	5 deck passes
- Additional deck passes can be ordered by mail till one week before the start of the event via the email address mentioned under [paragraph 1.3](#). The price of this extra deck pass is equal to the price of a passe-partouts for adults. You will receive an invoice.
- Participants and deck passes are strictly personal. In case of abuse, the pass will be taken and will only be returned after payment the price of a passe- partout for spectators.
- Associations with 1 to 5 Para swimmers can request 1 extra (free) deck pass, with more than 5 Para swimmers, two extra (free) deck passes can be requested. This must be indicated separately at registration.

2.6. Tickets

- Tickets can be purchased online via www.swimcup.nl. Tickets are cheaper in presale, so it is advised to buy them online.

2.7. Event hotel

For each Swim Cup, a Hotel is assigned for foreign athletes. Please contact the federation via events@knzb.nl for further assistance with your transport and stay.

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3. Entries & withdrawals

3.1. Entries

- **Entry deadline can be found in [paragraph 1.3](#), at 23.59 hrs.**
- Upon entering you will receive a confirmation twice:
 - An automatic confirmation that your e-mail was received
 - A personal message confirming your entry was processed. Only after receiving this second message your entries are accepted.
- You can send your entries via e-mail, please mention Entry Swim Cup (place) + your team name in the subject line.
- You need to send the SPLASH / Lenex data file, and the list of participants as a PDF file. You can make your registration complete, to add your contact info via Splash Team Manager, for which a separate manual on the [federation website](#) can be found. You can request the number of deck passes in the registration email. You can download a non-license Entry Editor at the [federation website](#).
- All files can be sent to the e-mail address mentioned in paragraph 1.3.
- NB. All file names must be in the following format: (date)-(team name)-SC-place-entries.lxf and (date)-(team name)-SC-place-entries.pdf
- For Para athletes the classification code must be included in the lxf files.

3.2. Ineligible, incomplete or late registrations

- Unwarranted registration means:
 - times that do not fully correspond to the times in the report.
 - times that do not match the fastest time on the relevant event in the limit period.
 - times swum in competitions, of which no record is received at the KNZB.
- For all unauthorized entries an administrative fee can be charged.

3.3. Starting lists

- After publishing the provisional entry lists on live timing, corrections can be sent within 48 hours to the under [1.3](#) mentioned e-mail address.
- If corrections are late entries, an administrative fee will be charged.

3.4. Entry fees

The entrance fee is € 12,50 per athlete per event, PLUS € 3,50 per coach per day, for heat sheets. The fee of all foreign competitors must be paid (cash) prior to the start of the tournament at the information desk or via bank transfer before the event.

KNZB

Nieuwegein

IBAN: NL40INGB0687528704

BIC: ING NBL 2 A

Please mention "Swim Cup (place) + teamname" in the description.

3.5. Withdrawals

- Withdrawals can be done until 24hrs before the first event via the e-mail address mentioned in [paragraph 1.3](#) where all competition days are considered as part of one competition.
- Withdrawals later than 24hrs prior to competition will be sanctioned with an administrative fee. This also includes no shows in competition.

4. Final provisions

- The Swim Cups are approved LEN and FINA qualifying events.
- The event can be followed with live timing and the SplashMe app.
- The organization reserves full authority to cancel, postpone or change the competition conditions and/or regulations due to reasons beyond its reasonable control.