

Programme Open Belgian Championships Swimming (16-18/03/2012 - ANTWERPEN / ANVERS)

Friday 16-03-2012				Saturday 17-03-12				Sunday 18-03-12			
Heats	09h00	(warm-up > 07h30)		Heats	09h00	(warm-up > 07h30)		Heats	09h00	(warm-up > 07h30)	
C1	100m	Free Style	Women	C 15	200m	Butterfly	Women	C 28	200m	Medley	Men
C2	800m (#)	Free Style	Men	C 16	100m	Backstroke	Men	C 29	800m (#)	Free Style	Women
C3	100m	Butterfly	Women	C 17	100m	Breaststroke	Women	C 30	100m	Breaststroke	Men
C4	200m	Free Style	Men	C 18	100m	Free Style	Men	C 31	200m	Backstroke	Women
C5	50m	Backstroke	Women	C 19	50m	Free Style	Women	C 32	50m	Free Style	Men
C6	50m	Breaststroke	Men	C 20	200m	Butterfly	Men	C 33	50m	Butterfly	Women
C7	200m	Breaststroke	Women	C 21	100m	Backstroke	Women	C 34	50m	Backstroke	Men
C8	50m	Butterfly	Men	C 22	1500m (#)	Free Style	Men	C 35	50m	Breaststroke	Women
C9	1500m(#)	Free Style	Women	C 23	400m	Free Style	Women	C 36	400m	Free Style	Men
C10	400m	Medley	Men	C 24	200m	Breaststroke	Men	C 37	200m	Free Style	Women
C11	400m	Medley	Women	C 25	200m	Medley	Women	C 38	100m	Butterfly	Men
C12	200m	Backstroke	Men								
Break				Break				Break			
800 & 1500m (#) => from 9th - 16th time				1500m (#) => from 9th - 16th time				800m (#) => from 9th - 16th time			
Finals	16h00	(warm-up > 14h30)		Finals	16h00	(warm-up > 14h30)		Finals	16h00	(warm-up > 14h30)	
	100m	Free Style	Women		200m	Butterfly	Women		200m	Medley	Men
	800m (*)	Free Style	Men		100m	Backstroke	Men		800m(*)	Free Style	Women
	100m	Butterfly	Women		100m	Breaststroke	Women		100m	Breaststroke	Men
	200m	Free Style	Men		100m	Free Style	Men		200m	Backstroke	Women
	50m	Backstroke	Women		50m	Free Style	Women		50m	Free Style	Men
	50m	Breaststroke	Men		200m	Butterfly	Men		50m	Butterfly	Women
	200m	Breaststroke	Women		100m	Backstroke	Women		50m	Backstroke	Men
	50m	Butterfly	Men		1500m(*)	Free Style	Men		50m	Breaststroke	Women
	1500m(*)	Free Style	Women		400m	Free Style	Women		400m	Free Style	Men
	400m	Medley	Men		200m	Breaststroke	Men		200m	Free Style	Women
	400m	Medley	Women		200m	Medley	Women		100m	Butterfly	Men
	200m	Backstroke	Men								
Break				Break				Break			
C13	4 x 100m	Medley	Women	C 26	4 x 200m	Free Style	Men	C 39	4 x 100m	Free Style	Women
C14	4 x 100m	Free Style	Men	C 27	4 x 200m	Free Style	Women	C 40	4 x 100m	Medley	Men
800 & 1500m (*) = 1st - 8th time				1500m (*) = 1st - 8th time				800m (*) = 1st - 8th time			



Event Limit Times Open Belgian Championships Swimming (16-18/03/2012)

		Women	Men
50m	Free	0:29,18	0:25,85
100m	Free	1:02,81	0:56,16
200m	Free	2:14,38	2:03,17
400m	Free	4:41,96	4:21,47
800m	Free	9:24,28	8:52,71
1500m	Free	19:07,66	17:14,68
50m	Backstroke	0:34,38	0:30,55
100m	Backstroke	1:13,07	1:05,99
200m	Backstroke	2:35,53	2:22,64
50m	Breaststroke	0:38,73	0:33,83
100m	Breaststroke	1:23,22	1:14,97
200m	Breaststroke	2:56,94	2:44,14
50m	Butterfly	0:31,70	0:27,99
100m	Butterfly	1:11,10	1:02,43
200m	Butterfly	2:39,65	2:26,14
200m	Ind Medley	2:35,39	2:20,43
400m	Ind Medley	5:28,97	5:04,81
4x100m	Free	1 team/club	1 team/club
4x200m	Free	1 team/club	1 team/club
4x100m	Medley	1 team/club	1 team/club

De limiettijden moeten op de dag van de competitie gezwommen worden. Elke overschrijding van de limiettijd zal beboet worden.

Les temps limites doivent être réalisés le jour même de la compétition. Chaque dépassement de temps limite sera pénalisé d'une amende.

The event limit times must be achieved on the day of the competition. Any exceeding of the event limit time will be fined.

