

# UNITED WILBROEK SWIMMING CLUB

Sunday 25 August 2024

Belgian championships Long and short distance open water and 3 km breaststroke

**Venue:** Sport Flanders Watersports Centre "Hazewinkel", Beenhouwerstraat, Heindonk

**Programme:**

	09:00	collecting bathing caps	09:30	jury composition	
5.	10:00	5.000 m	freestyle	BK Ladies open + BK 14-15 years	
6.	10:05	5.000 m	freestyle	BK Men's open + BK 14-15 years	
7.	10:10	3.000 m	breaststroke	Ladies open	
8.	10:15	3.000 m	breaststroke	Men's open	
9.	10:25	3.000 m	freestyle	BK Ladies open	
10.	10:30	3.000 m	freestyle	BK Men's Open	
D	12:00	250 m	freestyle	PACO	jogging8 - 12y mixed
	12:45	Award ceremony	Matches 5 to 10		
	13:00	Collection of swimming caps	13:30	Jury composition	
11. +	14:00	2.000 m	freestyle	BK for: 16-17y, 18-19y, Seniors A and B	ladies
12.	14:10	1.000 m	freestyle	BK for: Seniors C, D, E and F	men
13.	14:20	2.000 m	breaststroke	BK for: 16-17y, 18-19y, Seniors A and B	ladies
14.	14:30	1.000 m	breaststroke	BK for: 11-13y, 14-15y, Seniors C, D, E and F	men
15.	15:00	2.000 m	freestyle	BK for: 16 - 17y, 18 - 19y, Seniors A and B	men
16.	15:10	1.000 m	freestyle	BK for: Seniors C, D, E and F	ladies
17.	15:20	2.000 m	breaststroke	BK for: 16 - 17y, 18 - 19y, Seniors A and B	men
18.	15:40	1.000 m	breaststroke	BK for: 11- 13y, 14 - 15y, Seniors C, D, E and F	ladies
19.	16:10	1.000 m	freestyle	BK for: 11- 13y and 14 - 15y	men
20.	16:20	1.000 m	freestyle	BK for: 11- 13y and 14 - 15y	ladies
E	17:00	500 m	freestyle	jogging for everyone 8 to 99 years	
	17:20	Award ceremony	Programme numbers 11 to 20		

**Matches:**

New method to register and pay for competitions:

Entries by means of Lenex file. (1 file for the 3 competition sections) can be sent by E-mail to:

"[Secretariaat.vwz@skynet.be](mailto:Secretariaat.vwz@skynet.be)" with "Info@belswim.be" in copy.

you do **NOT** have to pay the start fee in advance anymore. The club will receive an invoice from the KBZB after the competition. A participation in a Belgian Championship competition will cost €17.00.

Participation in the race outside the Belgian Championships, 3km breaststroke will cost €8.00.

**Attention:** Entries valid only after reply from the furnisher.

**Contact:** Always reachable on this number: [+32 475 47 99 03](tel:+32475479903) (also on the day of the competition).

Application deadline: 16/08/2024                      Cut-off date: 21/08/2024.

**Prizes:** The first 3 will receive a trophy and a memento.

Each competitor who completes his race in accordance with the rules will receive a souvenir. **Course records:**

The swimmer who sets a course record will receive a €60 premium with a maximum budget of €240 for all course records combined.

**Registration for the Paco (D) and recreational swimming jog (E) : in advance** by mail to:

"[Secretariaat.vwz@skynet.be](mailto:Secretariaat.vwz@skynet.be)" but also up to half an hour before the start.

**Cost:** €4.00 to be paid into account IBAN: BE16 7330 0604 7574- BIC: BIC KREDBEBB of VWZ. With *notification*: Swimming jogging VWZ open water + Name

Info and conditions: [www.VWZ.be](http://www.VWZ.be) click through to "open water"

Dogs on a leash are allowed on the premises