

## INTERNATIONAL CHALLENGE ROBERT BAMS – 5TH OF MARCH 2023

### 1. Rules & Conditions

The first International Challenge Robert Bams is organized by the Swimming Club KVZP and will be held under the rules of World Aquatics and the Flemish and Belgian Swimming Rules.

### 2. Pool

The competition takes place at the pool of the city of Vilvoorde

The address is Zwembad 't Zeepaardje, Heldenplein 13, 1800 Vilvoorde, Belgium

The pool is 25m long and has 6 lanes.

### 3. Age categories

The age categories are as follows:

- women & men are separated
- Category kids: years of birth 2013 & 2014
- Category 1: years of birth 2010, 2011 & 2012
- Category 2: years of birth 2009, 2008 & 2007
- Category 3: years of birth 2006 and older

### 4. Schedule

#### *Session 1: Heats*

Warm-up 08h30

Start of the heats 9h30

#### *Session 2: Finals*

Finals with the best 6 times of the heats from each category.

The time of the 200m heat will be used for the ranking of the 100m finals start grid.

Warm-up 13h30

Start of the finals 14h30

A detailed time schedule will be communicated a few days before the start of the competition.

#### *Session 1: Heats*

1. 200m Freestyle Women
2. 200m Freestyle Men
3. 200m Breaststroke Women
4. 200m Breaststroke Men
5. 100m Freestyle kids category heats (no final)
6. 200m Backstroke Women
7. 200m Backstroke Men
8. 200m Medley Women
9. 200m Medley Men

#### *Session 2: Finals by category with times from the 200m heats*

10. 100m Freestyle Women
11. 100m Freestyle Men
12. 100m Breaststroke Women
13. 100m Breaststroke Men
14. 100m Backstroke kids category heats (no final)
15. 100m Backstroke Women
16. 100m Backstroke Men

17. 100m Medley Women

18. 100m Medley Men

19. 4x50m Freestyle Relay (2 women + 2 men) by category

Withdrawal from finals:

Any finalist or reserve for a final who does not wish to swim in a final must complete a withdrawal form and submit it to the competition manager at the latest 30 minutes after the results of the preliminary heats of the event are published. Failure to comply with this procedure will result in a fine of € 25.

Victory ceremonies will be held immediately after the last event.

#### 5. Prizes

Medals for each 3 first swimmers from each birthyear in the kids category

Medals for each 3 first swimmers from the finals by category

*Special prize for best performance:*

Highest World Aquatics (FINA) points during finals for the best woman and man in each category.  
(kids category excluded, as they don't participate to the finals)