

INVITATION



- Official delegation of the Liège Provinces
- Seraing City Council
- Liège/Namur/Luxembourg Swimming District
- L'A.S.B.L. Ecole Seraing Natation

are delighted to invite you to

Seraing Swimming Grand Prix 2024

On 22th, 23th and 24th March 2024
Seraing Olympic Swimming Pool
The Liège Provinces
Belgium

Electronic timing with full bit map font scoreboard.

Please find attached the event regulations and some helpful informations.

Hoping to find your interest and relying on your participation,

Thank you,

Best athletic regards,

The organizer

www.esn-seraing.be

Program

Regulations

Records

Friday 22/03/2024

15.00	Echauffement/Warm-up						
16.00	Séries/Heats						
				Jeunes 3 Young 3 12/13	Jeunes 2 Young 2 10/11	Jeunes 1 Young 1 08/09	Open 07 et +
1.	50m Nage Libre/Freestyle	Messieurs/Men	0:34,00	0:30,00	0:28,50	0:26,00	
2.	50m Nage Libre/Freestyle	Dames/Women	0:35,00	0:31,00	0:30,50	0:29,00	
3.	50m Papillon/Butterfly	Messieurs/Men	0:41,00	0:35,00	0:31,50	0:28,50	
4.	50m Papillon/Butterfly	Dames/Women	0:41,00	0:36,00	0:34,00	0:32,00	
5.	50m Dos/Backstroke	Messieurs/Men	0:39,00	0:35,00	0:33,00	0:30,00	
6.	50m Dos/Backstroke	Dames/Women	0:39,00	0:36,00	0:35,00	0:33,00	
7.	50m Brasse/Breaststroke	Messieurs/Men	0:45,00	0:40,00	0:38,00	0:34,00	
8.	50m Brasse/Breaststroke	Dames/Women	0:46,00	0:42,00	0:40,00	0:38,00	
	Finales directes / Timed finals						
9.	200m Papillon/Butterfly	Messieurs/Men		2:57,00	2:43,00	2:26,00	
10.	200m Papillon/Butterfly	Dames/Women		3:01,00	2:47,00	2:33,00	

Saturday 23/03/2024

07.00	Echauffement/Warm-up						
08.30	Séries/Heats						
				Jeunes 3 Young 3 12/13	Jeunes 2 Young 2 10/11	Jeunes 1 Young 1 08/09	Open 07 et +
11.	200m 4 Nages/Medley	Messieurs/Men	3:09,00	2:52,00	2:40,00	2:29,00	
12.	200m 4 Nages/Medley	Dames/Women	3:12,00	2:53,00	2:46,00	2:41,00	
13.	200m Nage Libre/Freestyle	Messieurs/Men		2:26,00	2:20,00	2:10,00	
14.	200m Nage Libre/Freestyle	Dames/Women		2:31,00	2:27,00	2:19,00	
15.	100m Brasse/Breaststroke	Messieurs/Men	1:37,00	1:28,00	1:20,00	1:15,00	
16.	100m Brasse/Breaststroke	Dames/Women	1:39,00	1:30,00	1:24,00	1:22,00	
17.	100m Dos/Backstroke	Messieurs/Men	1:25,00	1:18,00	1:13,00	1:07,00	
18.	100m Dos/Backstroke	Dames/Women	1:25,00	1:20,00	1:17,00	1:12,00	
14.00	Echauffement/Warm-up						
15.00	50m Papillon/Butterfly	Messieurs/Men	Finale	Finale	Finale	Finale	
	50m Papillon/Butterfly	Dames/Women	Finale	Finale	Finale	Finale	
	50m Brasse/Breaststroke	Messieurs/Men	Finale	Finale	Finale	Finale	
	50m Brasse/Breaststroke	Dames/Women	Finale	Finale	Finale	Finale	
	200m 4 Nages/Medley	Messieurs/Men	Finale	Finale	Finale	Finale	
	200m 4 Nages/Medley	Dames/Women	Finale	Finale	Finale	Finale	
	200m Nage Libre/Freestyle	Messieurs/Men		Finale	Finale	Finale	
	200m Nage Libre/Freestyle	Dames/Women		Finale	Finale	Finale	
	100m Brasse/Breaststroke	Messieurs/Men	Finale	Finale	Finale	Finale	
	100m Brasse/Breaststroke	Dames/Women	Finale	Finale	Finale	Finale	
	100m Dos/Backstroke	Messieurs/Men	Finale	Finale	Finale	Finale	
	100m Dos/Backstroke	Dames/Women	Finale	Finale	Finale	Finale	

Sunday 24/03/2024

07.30	Echauffement/Warm-up						
09.00	Séries/Heats						
				Jeunes 3 Young 3 12/13	Jeunes 2 Young 2 10/11	Jeunes 1 Young 1 08/09	Open 07 et +
19.	200m Dos/Backstroke	Messieurs/Men			2:47,00	2:37,00	2:28,00
20.	200m Dos/Backstroke	Dames/Women			2:49,00	2:43,00	2:38,00
21.	100m Papillon/Butterfly	Messieurs/Men	1:29,00	1:17,50	1:11,50	1:04,00	
22.	100m Papillon/Butterfly	Dames/Women	1:29,00	1:20,00	1:16,00	1:10,00	
23.	200m Brasse/Breaststroke	Messieurs/Men		3:05,00	2:48,00	2:42,00	
24.	200m Brasse/Breaststroke	Dames/Women		3:07,00	3:00,00	2:56,00	
25.	100m Nage Libre/Freestyle	Messieurs/Men	1:15,00	1:07,00	1:03,00	0:57,00	
26.	100m Nage Libre/Freestyle	Dames/Women	1:17,00	1:10,00	1:07,00	1:03,50	
14.00	Echauffement/Warm-up						
15.00	50m Nage Libre/Freestyle	Messieurs/Men	Finale	Finale	Finale	Finale	
	50m Nage Libre/Freestyle	Dames/Women	Finale	Finale	Finale	Finale	
	50m Dos/Backstroke	Messieurs/Men	Finale	Finale	Finale	Finale	
	50m Dos/Backstroke	Dames/Women	Finale	Finale	Finale	Finale	
	100m Papillon/Butterfly	Messieurs/Men	Finale	Finale	Finale	Finale	
	100m Papillon/Butterfly	Dames/Women	Finale	Finale	Finale	Finale	
	200m Brasse/Breaststroke	Messieurs/Men		Finale	Finale	Finale	
	200m Brasse/Breaststroke	Dames/Women		Finale	Finale	Finale	
	200m Dos/Backstroke	Messieurs/Men		Finale	Finale	Finale	
	200m Dos/Backstroke	Dames/Women		Finale	Finale	Finale	
	100m Nage Libre/Freestyle	Messieurs/Men	Finale	Finale	Finale	Finale	
	100m Nage Libre/Freestyle	Dames/Women	Finale	Finale	Finale	Finale	

	Dames - Women				Messieurs - Men			
	11-12 ans Jeunes 3 Young 3	13-14 ans Jeunes 2 Young 2	15-16 ans Jeunes 1 Young 1	Open	11-12 ans Jeunes 3 Young 3	13-14 ans Jeunes 2 Young 2	15-16 ans Jeunes 1 Young 1	Open
50m Nage Libre Freestyle	0:29,13 de BEER Hylcke ZWP (NED) - 2018	0:27,37 DELCOMMUNE Zinke KAZS (BEL) - 2019	0:25,99 DIETTERLE A. S. DSV (GER) - 2012	0:25,55 DEKKER Inge KNZB (NED) - 2014	0:28,42 BÜSCHER Theodor SNRW (GER) - 2023	0:24,65 THIEL Larus SNRW (GER) - 2023	0:24,28 ATMAR Benjamin SVNRW (GER) - 2019	0:22,78 SIMONS Kenzo KNZB (NED) - 2019
100m Nage Libre Freestyle	1:03,77 JORGENSEN Thyra GTI (DEN) - 2014	0:59,40 HERMANN Angel. May SVNRW (GER) - 2019	0:57,35 DIETTERLE A. S. DSV (GER) - 2012	0:55,56 DEKKER Inge KNZB (NED) - 2014	1:02,70 BÜSCHER Theodor SNRW (GER) - 2023	0:55,34 THIEL Larus SNRW (GER) - 2023	0:53,63 ATMAR Benjamin SVNRW (GER) - 2019	0:49,86 VERSCHUREN S. KNZB (NED) - 2014
200m Nage Libre Freestyle		2:10,06 CHILD Tiegan BSC (GBR) - 2016	2:04,17 KÄTHNER Rosalie DSV (GER) - 2012	2:01,51 VERMEULEN Esmee KNZB (NED) - 2014		2:04,30 CORNWELL Freddie BANL (GBR) - 2012	1:57,23 MARCOURT Alexandre STT (BEL) - 2015	1:49,90 VERSCHUREN S. KNZB (NED) - 2014
50m Brasse Breaststroke	0:36,63 GASPARD Marie CNB (BEL) - 2017	0:34,53 FLYCKT Emilia CETUS (FIN) - 2015	0:32,02 HUMMEL Margarethe DSV (GER) - 2012	0:30,99 METZ Rosey WVZ (NED) - 2022	0:35,50 HOLZWARDT Gabriel MITTE (GER) - 2019	0:30,94 BROEKSTRA Wytse ZVV (NED) - 2022	0:30,36 KRISTAPS Cilipans ADAZU (LAT) - 2023	0:28,73 DIJKSTRA Juri KNZB (NED) - 2019
100m Brasse Breaststroke	1:22,45 KASALKA C. S.L. (LUX) - 2004	1:15,82 PIONTEK Maxi SVNRW (GER) - 2019	1:10,69 SCHOUTEN Tes KNZB (NED) - 2016	1:09,63 METZ Rosey WVZ (NED) - 2022	1:19,47 HOLZWARDT Gabriel MITTE (GER) - 2019	1:08,78 BROEKSTRA Wytse ZVV (NED) - 2022	1:07,02 BROEKSTRA Wytse ZW (NED) - 2023	1:02,79 KAMMINGA Arno PSV (NED) - 2016
200m Brasse Breaststroke		2:41,83 VAN DE RIJT Carmen GZVN (BEL) - 2012	2:33,47 WILLERS Julia DSV (GER) - 2012	2:33,47 WILLERS Julia DSV (GER) - 2012		2:34,15 BROEKSTRA Wytse ZVV (NED) - 2022	2:24,68 GREVEN Lucas GZVN (BEL) - 2011	2:17,74 DEKKER Bram PSV (NED) - 2014
50m Dos Backstroke	0:33,80 BERNER Calla SNRW (GER) - 2023	0:30,52 JANSSEN Loulou KNZB (NED) - 2015	0:29,73 DIETTERLE A. S. DSV (GER) - 2012	0:28,96 LETRARI Laura BZN (ITA) - 2016	0:32,88 SIMSEK Burak SNRW (GER) - 2023	0:29,29 CORNWELL Freddie BANL (GBR) - 2012	0:27,62 SZABO Robin CHTHN (BEL) - 2012	0:25,81 KOVACS Benedek HUN (HUN) - 2018
100m Dos Backstroke	1:13,60 VAN DE RIJT C. VALKE(NED) - 2010	1:06,51 JANSSEN Loulou KNZB (NED) - 2015	1:04,10 HOCKE Selina DSV (GER) - 2012	1:03,53 WORST Annemarie KNZB (NED) - 2014	1:10,10 BÜSCHER Theodor SNRW (GER) - 2023	1:01,20 CORNWELL Freddie BANL (GBR) - 2012	0:59,32 BAMS Laurent EJUSD (NED) - 2012	0:56,02 KOVACS Benedek HUN (HUN) - 2018
200m Dos Backstroke		2:27,08 VAN VEEN Maaïke DEDEM (NED) - 2011	2:18,79 HOCKE Selina DSV (GER) - 2012	2:18,21 GÄHLER Fr. LS.NI (GER) - 2006		2:10,60 CORNWELL Freddie BANL (GBR) - 2012	2:07,85 VAN AUDEKERKE N. TSZ (BEL) - 2012	2:00,95 KOVACS Benedek HUN (HUN) - 2018
50m Papillon Butterfly	0:30,32 LUKOSCH Fee SHRUH (GER) - 2019	0:29,09 DELCOMMUNE Zinke KAZS (BEL) - 2019	0:27,95 DIETTERLE A. S. DSV (GER) - 2012	0:26,20 DEKKER Inge KNZB (NED) - 2014	0:30,74 BÜSCHER Theodor SNRW (GER) - 2023	0:25,91 THIEL Larus SNRW (GER) - 2023	0:25,36 MARCOURT Alexandre STT (BEL) - 2015	0:24,26 MILAK Kristof HUN (HUN) - 2018
100m Papillon Butterfly	1:10,57 LUKOSCH Fee SHRUH (GER) - 2019	1:05,64 PITTERI Maria-Cristina SCC (BEL) - 2014	1:02,25 NENONEN Sohvi CETUS (FIN) - 2015	0:58,81 DEKKER Inge KNZB (NED) - 2014	1:09,30 SCHÖNFELDER Rich Jun SNRW (GER) - 2023	1:00,76 THIEL Larus SNRW (GER) - 2023	0:56,78 KUZNETSOV Sergey CETUS (FIN) - 2015	0:52,32 MILAK Kristof HUN (HUN) - 2018
200m Papillon Butterfly		2:28,81 KRAUSE Maja SV KÖLN (GER) - 1988	2:17,07 KÄTHNER Rosalie DSV (GER) - 2012	2:14,10 BAROCSAI Petra HUN (HUN) - 2018		2:18,85 CORNWELL Freddie BANL (GBR) - 2012	2:13,06 SAWALLA Frank SV KÖLN (GER) - 1989	2:02,57 GUNNING Michael BSC (GBR) - 2016
200m 4 Nages Medley	2:39,76 VAN DE RIJT C. VALKE(NED) - 2010	2:25,18 SUTTON Rebecca BRCY (GBR) - 2014	2:20,23 DEMIER Kathrin DSV (GER) - 2012	2:16,42 VEROUDEN Lieke AMERS (NED) - 2011	2:33,07 BÜSCHER Theodor SNRW (GER) - 2023	2:19,85 CORNWELL Freddie BANL (GBR) - 2012	2:10,92 BAMS Laurent EJUSD (NED) - 2012	2:03,12 BARTA Marton HUN (HUN) - 2018

1. The competition is under FINA and FFBN/FRBN rules.
Events are opened to all members of swimming clubs or national and regional FINA affiliated teams.

2. Long course Seraing swimming pool (50mx22,5mx2m) has got eight lanes with anti-waves lane lines and an electronic timing with luminous display.

3. Number of starts is restricted to approximately 2200.

Registration will be closed when the number of individual starts (2200) is reached; it will not be possible to add swimmers to the start list even though the registration deadline has not passed yet.

We will automatically cancel all registrations exceeding the time limits of 5 seconds at the 50 m races, 9 seconds at the 100 m races and 12 seconds at the 200 m races as well as registrations for swimmers without any reference time.

Priority is given to clubs which have sent back **in advance** their agreement in principle.

Deadline : **31 January 2024.**

The arrival order of the definitive registration form will be taken in account.

Times indicated on the registration form will seed the swimmers for heats, irrespective of age groups.

4. The four age groups are :

- **Young 3** : girls and boys born in 2012 and 2013.

- **Young 2** : girls and boys born in 2010 and 2011.

- **Young 1** : girls and boys born in 2008 and 2009.

- **Open** : women and men born in 2007 and before.

The **Young 3** swimmers may be registered for : 50m Freestyle, 50m Backstroke, 50m Breaststroke, 50m Butterfly, 100m Freestyle, 100m Backstroke, 100m Butterfly, 100m Breaststroke and 200m Individual Medley events.

For each of these strokes, the eight best times at the end of the heats will share in the age group Final.

The **Young 2**, **Young 1** and **Open** swimmers may be registered for all meeting' strokes.

The 8 best times at the end of the heats will share in the age group Final.

200M Butterfly competitors will be directly ranked (no final).

5. For each age group, if the number of participants is included between 1 and 8, only Final will be swum (no heats).

6. The disclaimer of a Final must exclusively be set down in writing to the secretariat, 15 minutes after the end of the session, at the latest.

Otherwise, a 50 - euro. penalty will be dunned for a non-attendance at a Final.

7. Individual prizes.

A medal will reward the first 3 of each Final.

By age group, according to their Final classification, swimmers will collect points :

1 : 25 points

2 : 15 points

3 : 10 points

4 : 6 points

5 : 4 points

At the end of the event, a swimmer's classification will be made for each age group.

One Prize Money will reward the fastest 3 swimmers of the **Young 3** age group :

1. **75** - Euro.

2. **40** - Euro.

3. **20** - Euro.

One Prize Money will reward the fastest 3 swimmers of the **Young 2** age group :

1. **100** - Euro.

2. **50** - Euro.

3. **25** - Euro.

One Prize Money will reward the fastest 3 swimmers of the **Young 1** age group :

1. **200** - Euro.

2. **100** - Euro.

3. **50** - Euro.

One Prize Money will reward the fastest 3 swimmers of the **Open** age group :

1. **400** - Euro.

2. **200** - Euro.

3. **100** - Euro.

8. Meeting Record.

At the end of the heats and at the end of the finals, one Prize Money will reward the swimmer who overcome a meeting record.

	Jeunes 3	Jeunes 2	Jeunes 1	Open
	Young 3	Young 2	Young 1	
Séries / Heats	5 €	10 €	15 €	50 €
Finales / Finals	10 €	20 €	30 €	100 €

9. Registration fees.

The registration fees are **9.00** -euro a race At the end of the event, **2.00** - euro will be paid back for an overcome time limit.

The registration fees have to be banked before **1 March 2024** with «Grand Prix 2024» reference to 127-0615228-06

(IBAN.BE85 1270.6152.2806 BIC.CTBKBEBX)
Ecole Seraing Natation.

The « sheet » or e-form (see <http://www.esn-seraing.be>) reception deadline is **1 March 2024.**

The address is :

• for « sheet » version

Ecole Seraing Natation

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Regulations

www.esn-seraing.be

Grand Prix
International
de la Ville de Seraing

22-24/3
2024

Seraing
Club de Canoë

10. The foreign clubs have to bring at least one official.
For Belgian clubs, the officials number will be induced by FFBN and VZF rules.
11. In case of technical or schedule difficulties, the organizer will be justified in changing the program and in restricting the number of participants for some races, should the occasion arise.
12. Possible complaint or claim will only be under French language rules.