
BELGIAN SWIMMING CHAMPIONSHIP short course 2023

A very warm welcome to all clubs. We hope you will have a pleasant competition and hope that all the swimmers will achieve great results. To streamline our competition in an orderly fashion, we would like to invite you to respect the following guidelines. Only the team representative can contact the jury, no coaches or swimmers are allowed at the main jury table. A list with names of the swimmers is available in the club envelop. It must be signed mentioning the name and licence number of the team representative and handed over at jury table during warming up. If the name of the team representative changes during the finals, this should be reported to the jury table as soon as possible.

The space next to the pool is reserved for the call room. No beds, storage or bags are allowed in this area.

Entrance

The swimmers, coaches and team-representative enter the building via the side entrance as from **07:10** and can only access the swimming pool passing by the sports hall, where they can change clothes. Before entering the pool, we ask everyone to remove their shoes for hygiene reasons. For team-representatives and trainers, bracelets for each morning session are available in your club envelop. The sports hall serves as a resting area, beds are allowed on the black cloths. Swimmers may not enter the building via the main entrance.



The supporters enter the building via the main entrance as from 07:05 and can only access the stand passing by the ticket office.

Warming up / Cooling down

The competition pool (25m) and the training pool (22,5m) can be used during the warming up. During warming up, the lanes 0 and 9 of the competition pool are reserved for sprints. The training pool can be used for warming up or cooling-down, during the competition.

NEVER leave the pool by climbing over the time-registration panels, always use the stairs on the side of the pool. The warming up, in the competition pool, ends 15 minutes before the start of the competition. Please ask your swimmers to leave the pool immediately.

Cooling down after the morning races and after the finals is only allowed in the training pool, maximum 30 minutes!

Competition

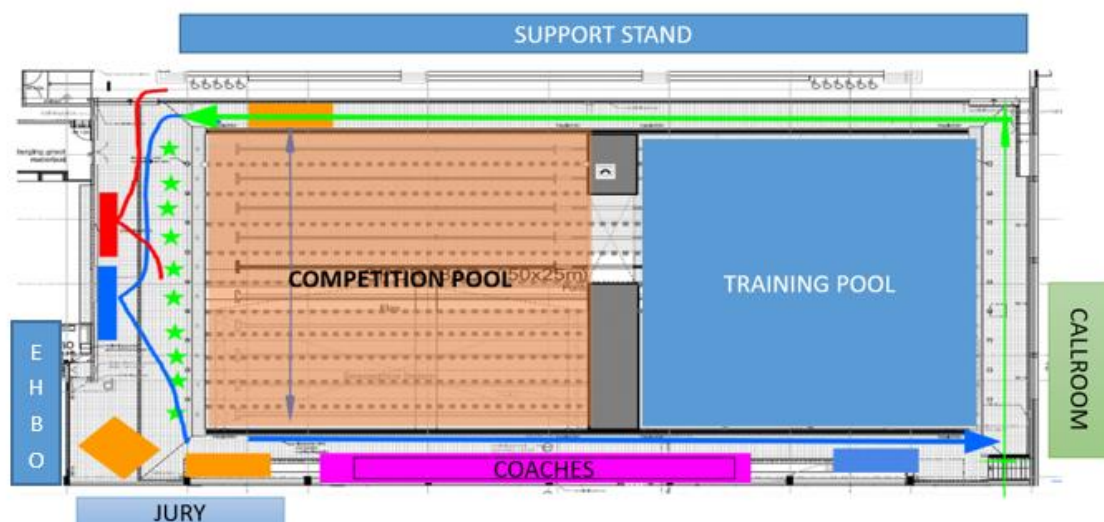
Every swimmer has to be present 10 minutes before his or her competition, in the call-room, located at the side of the training pool. Coaches are not allowed in the call room, except for G-swimmers with exception code "A".

Every swimmer leaves the water immediately after the start of the next heat, never climb over the time-registration panels.

Annulations for the finals are to be communicated at the jury table according to the timing mentioned on the results, published at the door at the main entrance and in the sports hall (also the reserves must be scratched).

Timing: heats: 09:00 - finales: 16:30 (warming up starts 07:30 / 15:00).

Medal ceremonies: every swimmer who has achieved a podium place must come and collect his medal in person



Waste

Please keep the pool area clean and deposit all the waste in the available bags or waste bins.

More information can be found on our website:

[MEGA Zwemteam | BELGIAN SWIMMING CHAMPIONSHIPS short course 2023](#)

We wish you a pleasant and successful competition!

