

# 100th Damme-Bruges Practical

Saturday, June 27 & Sunday, June 28, 2026

An organization of BZK the Royal Bruges Swimming Club vzw  
since 1910

## Program Saturday 27/06/2026

• **Open Belgian Championship 10km & 7.5km**

### 100th Damme-Bruges Swim – Belgian Championship

Competition (affiliated with the Flemish Swimming Federation or Fédération Francophone Belge de Natation or federations recognized by European Aquatics and World Aquatics)

## AFTERNOON

11:30 – 13:00 Registration at the secretariat. Present proof of registration.

**ATTENTION:** no proof of registration = no participation!

The secretariat is located at the finish between the “Noorweegse Kaai” and “Jules van Praetstraat.

**!!! Not registered = no participation !!!**

Changing clothes can be done in the tents next to the secretariat. There is a tent for the ladies and one tent for the men.

Please take your belongings to the start. Leave nothing behind.

At the start, you can hand over your clothes to the organization in the specially provided numbered plastic bag. After the race you can pick up your bag in the tent next to the secretariat. The organization is not responsible for any theft, damage, ...

12:30 Safety meeting

13:00 Composition of the race jury

For each start, be present at the starting point at least 15 minutes in advance. 10 minutes before the start, numbers will be called and participants enter the water. We start on time!

14:00 Start **10.000m FREESTYLE MEN Open\***

14:10 Start **10.000m FREESTYLE WOMEN Open\***

14:30 Start **7.500m FREESTYLE MEN Open\***

14:40 Start **7.500m FREESTYLE WOMEN Open\***

Supervision with boats, kayaks, and divers. Instructions from the boats or divers must be followed immediately!

Start: For the 10km, at the boat "De Lamme Goedzak". For the 7.5km, at the start of the 1000m.

Finish: touch the finish cloth that hangs in front of the boat 'De Lamme Goedzak'.

The boat is positioned across the "Damse Vaart".

**ATTENTION:** make sure your number is visible. This way we can record your time correctly. First finish is expected around 15:30.

Leave the water immediately after arrival. Use the ladder that is at the edge of the water.

**ATTENTION:** if you do not arrive within a reasonable time, the race referee will decide to have you removed from the water (OWR 1.4.12).

After swimming: go to the secretariat to pick up your belongings in your numbered bag.

There are shower facilities next to the tents where you can change.

Results with times can be consulted via LENEX and in the main tent.

Awards ceremony: 1 hour after the arrival of the last swimmer in the main tent on the fixed bridge in Bruges.

**Registration before June 15, 2026, only via LENEX.**

## **Participation conditions**

- Fee: €30 for the 10km and €20 for the 7.5km (entry fee and insurance).
- Present proof of registration before the start of the race.
- Minimum age: 14 years.
- Participants swim at their own risk.
- The organizer is not responsible for accidents.
- The organizer is not responsible for accidents before, during, and after the swimming competition.
- Every participant who completes the race receives a souvenir.

## Program Sunday 28/06/2026

- **Swim jogging 1000m**
- **Paco race**
- **Open Belgian Championship 5, 3 & 1 km**
- **Swim jogging 4000m**

### Swim jogging 1000m

09:00 – 09:30 Registration at the secretariat. You will receive a numbered swimming cap that must be worn.

The secretariat is located at the finish between the “Noorweegse Kaai” and “Jules van Praetstraat”.

**!!! Not registered = no participation !!!**

Changing can be done in the tents next to the secretariat. There is one tent for the ladies and one for the gentlemen.

Please take your belongings to the start. Leave nothing behind.

At the start, you can hand over your clothes to the organization in the designated numbered plastic bag. You can collect this bag after the race in the tent next to the secretariat.

The organization is not responsible for any theft, breakage, ...

10:10 Gather at the **1000m** start

10:15 Call numbers and enter the water.

Each wave consists of 50 swimmers.

We start on time.

10:20 Start 1st wave

10:25 Start 2nd wave

10:30 Start 3rd wave

10:35 Start 4th wave

10:40 Start 5th wave

10:45 Start 6th wave

Arrival: check in at the hull of the boat 'De Lamme Goedzak'. The boat is lying across the Damse Vaart.

**NOTE:** make sure your number is visible. This way we can record your time accurately. The first arrival is expected between 10:45 and 11:00.

Leave the water immediately after arrival. Use the ladder that is at the edge in the water.

After swimming: proceed to the secretariat. Only upon showing your swim cap with number can you receive your souvenir. Do not forget to collect your belongings at the start

Results with times can only be consulted via [www.brugsezwemkring.be](http://www.brugsezwemkring.be) .

**Register before June 21, 2026 via this link.**

### Conditions of participation

- Price: €20 (entry fee, insurance, and souvenir after the swim jogging).
- Minimum age: 11 years.
- The organizer reserves the right to refuse registrations or to remove participants from the water prematurely.
- Participants swim at their own responsibility.
- The organizer is not responsible for accidents before, during and after the jogging.
- Each participant receives a T-shirt upon arrival.

### Paco race

11:00 – 12:00 Registration at the secretariat. You will receive a numbered swim cap that must be worn.

The secretariat is located at the finish line between “Noorweegse Kaai” and “Jules van Praetstraat”.

**!!! Not registered = no participation !!!**

Changing can be done in the tents directly opposite the finish. There is one tent for the women and one for the men.

Please take your belongings to the start. Leave nothing behind.

At the start, you can give your clothes to the organization in the designated numbered plastic bag. This bag can be collected after the race in the tent next to the secretariat.

The organization is not responsible for any theft, breakage, ...

12:30 Gather at the start location of the 250m (sign on the bank of the Damse Vaart)

12:50 Call-up of numbers and entering the water.

There is one wave consisting of 50 swimmers (ages 8-12) and guides.

We start on time.

13:00 Start Paco race

Arrival: tap the hull of the boat ‘De Lamme Goedzak’.

The boat lies across the Damse Vaart.

**NOTE:** make sure your number is visible. This allows us to record your time correctly.

The first arrival is expected between 13:10 and 13:15.

Leave the water immediately after arrival. Use the ladder located at the edge in the water.

After swimming: proceed to the secretariat. Only upon presentation of your numbered swim cap can you receive your souvenir. Do not forget to collect your belongings at the start.

Results with times can only be consulted via [www.brugsezwemkring.be](http://www.brugsezwemkring.be)

**Inschrijven vóór 21 juni 2026 via deze link.**

### **Participation conditions**

- Price: €10 (entry fee, insurance, and souvenir after the Paco race).
- Age: 8–12 years.
- The organizer reserves the right to refuse registrations or to remove participants from the water prematurely.
- Participants swim at their own responsibility. A supervisor is allowed provided their name is given at the child's registration and the supervisor is over 18 years old.
- The organizer is not responsible for accidents before, during, or after the Paco race.
- Each participant receives a souvenir upon arrival. 100th Swimming Crossing Damme-Bruges – Belgian Championship

Competition (affiliated with the Flemish Swimming Federation or Fédération Francophone Belge de Natation or federations recognized by European Aquatics and World Aquatics)

### **MORNING**

09:30 – 10:00 Registration at the secretariat. Present proof of payment.

**ATTENTION:** no proof of payment = no participation!

The secretariat is located at the finish between the Noorweegse Kaai and Jules van Praetstraat.

**!!! Not registered = no participation !!!**

Changing can be done in the tents next to the secretariat. There is a tent for ladies and one for men.

Please take your belongings with you to the start. Leave nothing behind.

At the start, you can hand over your clothes to the organization in the specially assigned numbered plastic bag. This bag can be picked up after the race in the tent next to the secretariat.

The organization is not responsible for any theft, breakage, ...

10:15 Formation of the race jury

Be present at the starting place at least 15 minutes before each start. Call numbers and enter the water 10 minutes before the start. We start on time!

- 11:00 Start **1000m BREASTSTROKE MEN Open\***
- 11:15 Start **1000m BREASTSTROKE WOMEN Open\***
- 11:30 Start **1000m FREESTYLE MEN Open\***
- 11:45 Start **1000m FREESTYLE WOMEN Open\***

Accompaniment with boats, kayaks, and divers. Instructions from the boats or divers must be followed immediately.

Arrival: touch the finish cloth hanging in front of the boat 'De Lamme Goedzak'.

The boat lies across the Damse Vaart.

**ATTENTION:** make sure your number is visible. This way we can record your time correctly.

The first arrival is expected around 11:15.

Leave the water immediately after arrival. To do this, use the steps located in the water at the edge.

After swimming: go to the secretariat if you have left items at the start.

There is a possibility to shower next to the tents where people can change.

Results with times can be consulted via LENEX and in the large tent.

Award ceremony: 1 hour after the arrival of the last swimmer in the Large tent on the fixed bridge in Bruges.

**Registration before June 15, 2026 only via LENEX.**

### **Conditions for participation**

- Price: €20 (entry fee and insurance).
- Present proof of payment before the start of the competition.
- Minimum age: 11 years.
- Participants swim at their own responsibility.
- The organizer is not responsible for accidents before, during, and after the swimming competition.
- Every participant who finishes the race receives a souvenir.

## **AFTERNOON**

11:30 – 14:00 Registration at the secretariat. Present proof of payment.

**ATTENTION:** no proof of payment = no participation!

The secretariat is located at the arrival between the Noorweegse Kaai and Jules van Praetstraat.

**!!! Not registered = no participation !!!**

You can change in the tents next to the secretariat. There is a tent for women and one for men.

Please take your belongings with you to the start. Do not leave anything behind.

At the start, you can give your clothes to the organization in the designated numbered plastic bag. You can pick up this bag after the race in the tent next to the secretariat.

The organization is not responsible for any theft, damage, ...

12:30 – 14:15 Bus transport: 12:30 first and 14:15 last bus ride to the start in Damme

\* Do not rub your body with ointment or oil before getting on the bus.

\* ATTENTION: bus only for participants and NOT for companions or family!

\* The bus can be taken at the fixed bridge over the Damme Vaart behind the large tent.

\* Do not wait for the last bus

13:00 Composition of the competition jury

Be present at the starting location at least 15' before each start. 10' before the start, call out numbers and enter the water. We start on time!

14:00 Start **5000m FREESTYLE MEN Open\***

14:15 Start **3000m BREASTSTROKE MEN Open\***

14:30 Start **5000m FREESTYLE WOMEN Open\***

14:45 Start **3000m BREASTSTROKE WOMEN Open\***

15:00 Start **3000m FREESTYLE MEN Open\***

15:15 Start **3000m FREESTYLE WOMEN Open\***

Guidance with boats, kayaks, and divers. Instructions from the boats or divers must be followed immediately.

Arrival: check in at the arrival banner hanging in front of the boat 'De Lamme Goedzak'.

The boat is positioned across the Damse Vaart.

**ATTENTION:** make sure your number is visible. This way we can record your time accurately.

First arrivals are expected around 14:20.

Leave the water immediately after arrival. Use the ladder located at the edge in the water.

After swimming: proceed to the secretariat if you have left items at the start.

There is the possibility to shower next to the tents where people can change.

Results with times can only be consulted via LENEX.

Award ceremony: 1 hour after the arrival of the last swimmer in the Large tent on the fixed bridge in Bruges.

**Registration before June 15, 2026, only via LENEX.**

**Participation conditions:**

- Price: €20.00 (entry fee and insurance).
- Present proof of payment before the start of the race.
- Minimum age: 11 years.
- Participants swim at their own risk.
- The organizer is not responsible for accidents before, during, and after the swimming competition.
- Every participant who completes the race receives a souvenir.

**Swim jogging 4000m**

**Recreational**

11:00 – 14:00 Register at the secretariat. You will receive a numbered swim cap there that must be worn + a transponder.

The secretariat is located near the finish between de Noorweegse Kaai and de Jules van Praetstraat.

**!!! Not registered = no participation !!!**

You can change in the tents directly opposite the finish. There is a tent for ladies and one for men.

Please take your belongings with you to the start. Do not leave anything behind.

At the start, you can give your clothes to the organization in the designated numbered plastic bag. You can pick up this bag after the race in the tent next to the secretariat.

The organization is not responsible for any theft, breakage, ...

12:30 – 14:15 Bus transport: 12:30 first and 14:15 last bus ride to the start in Damme

\* Do not rub your body with ointment or oil before getting on the bus.

\* WARNING: bus only for participants and NOT for companions or family!

\* Bus can be taken on the fixed bridge over the Damse Vaart behind the big tent.

\* Do not wait for the last bus

15:00	Gathering starting point of the 4000m (landing stage boat 'De Lamme Goedzak')
15:15	Call numbers and enter the water. Each wave consists of 50 swimmers. We start on time.
15:30	Start 1st wave
15:35	Start 2nd wave
15:40	Start 3rd wave
15:45	Start 4th wave
15:50	Start 5th wave
15:55	Start 6th wave
16:00	Start 7th wave
16:05	Start 8th wave
16:10	Start 9th wave
16:15	Start 10th wave
18:30	Award ceremony in the Large Tent on the bridge

**ATTENTION:** wetsuits may be used, swim fins NOT!

Accompaniment with boats, kayaks, and divers. Instructions from the boats or divers must be followed immediately.

Arrival: check in at the finish line with the arm where the transponder is. The finish line is hanging in front of the boat 'De Lamme Goedzak'.

The boat is lying across the Damse Vaart.

**NOTE:** make sure your number is visible. This way we can record your number/time correctly.

First arrival is expected around 15:45.

Leave the water immediately after arrival. Use the ladder that is at the edge in the water.

**ATTENTION:** if you do not arrive within a reasonable time (within 2 hours after the start), the organization may decide to have you taken out of the water.

After swimming: proceed to the secretariat. Only upon presenting your swim cap with number and handing in the transponder can you receive the souvenir. Do not forget to collect your belongings if left at the start.

For the first 10 in the Men's and Women's categories, there is an additional cash prize to be claimed during the award ceremony in the Large Tent on the bridge.

**NOTE:** lost transponder = €60.00 to be paid immediately.

There is the possibility to shower next to and directly opposite the finish.

Results with times can only be viewed via [www.brugsezwemkring.be](http://www.brugsezwemkring.be) .

**Register before June 21, 2026 via this link.**

### **Participation conditions**

- Price: €45 (entry fee, insurance, and souvenir after swim jogging).
- Minimum age: 12 years.
- The organizer reserves the right to refuse registrations or to remove participants from the water prematurely.
- Participants swim at their own risk.
- The organizer is not responsible for accidents before, during, and after the swim jogging.
- Each participant receives a T-shirt upon arrival.
- The first 10 men and women also receive an additional cash prize during the award ceremony.