

AVENIR SERIES 2023-2024

Trophée de l'Avenir	3 December 2023
Grand Prix de l'Avenir	24 March 2024
Festival de l'Avenir	29 & 30 June 2024

Rules and Regulations for Swimming Events

(version of 13 November 2023)

1. Rules & Conditions

The Avenir Series is a series of competitions for young swimmers and consist of three competition legs organized by the FLNS in co-operation with various swimming clubs. Each leg is held under the rules of World Aquatics and the FLNS ('FLNS Règlement' and 'Code de Natation').

Only swimmers who are members of a Luxembourg swimming club may participate under the condition that they have a valid license with the FLNS for the season 2023-2024.

A swimmer may only start for one club. Entries for boys born between 2011 and 2015 and girls born between 2012 and 2015 are accepted. Entries for younger and older swimmers are rejected.

2. Pool

The three legs of the Avenir Series take place in three different 25m pools across the country:

1. Trophée de l'Avenir in the pool of the Attert Lycée in Redange
2. Grand Prix de l'Avenir in the pool of the Lycée Technique in Ettelbruck
3. Festival de l'Avenir in the Aquasud Pool in Obercorn.

There is electronic timing by SWISS TIMING in each pool.

3. Event Schedule

See Annexe.

A detailed time schedule of the events (swimming & artistic swimming) and the medal ceremonies is communicated a few days before the start of each leg. FLNS reserves the right to amend the session times.

4. Heats and Finals

All events are direct finals except the 50m freestyle event scheduled at the Festival de l' Avenir on 29 & 30 June 2024.

The 6 fastest swimmers per age group in the 50 freestyle heats qualify for the 50m freestyle final.

Withdrawal from 50m freestyle final: for any finalist or reserve who does not wish to swim in the final, the responsible coach must complete a withdrawal form and submit it to the competition office at the latest 30 minutes after the results of the preliminary heats of the event are published. Failure to comply with this procedure results in a fine of € 50.

5. Prizes

In each of the three legs of the Avenir Series swimmers can score points on various events marked as RED and called hereafter as 'Avenir Event'.

Points are only awarded in an 'Avenir Event' to the first 10 swimmers as follows: 1st 20 points, 2nd 15 points, 3rd 12 points, 4th 10 points, 5th 8 points and 6th 5 points, 7th 4 points, 8th 3 points, 9th 2 points and 10th 1 point.

The total number of points collected by a swimmer across all his/her races in an 'Avenir event' across the three legs are included in the ranking for the Avenir Cup awarded at the end of the season. The 3 swimmers ranked 1st, 2nd and 3rd in each age group in the combined ranking of the three legs will be awarded the Avenir Cup at the Festival de l' Avenir on 30 June 2024.

In the case swimmers reach the same number of points, the individual places across the three legs will be considered. Should swimmers still be on the same place, World Aquatics points in the best event will be considered to confirm the ranking.

6. Entry fees and registration

Entries need to be done via LENEX file. The LENEX file will be available in due time on the FLNS website.

The entry fees are € 4 per individual and per relay entry.

There is no refund for absent swimmers, but a fine if no medical certificate is provided for absentees.

No replacements or additions are accepted after the respective entry deadlines.

Entry fees should be paid 3 business days before the competition day to the following bank account of the FLNS:

Bank: Compte Chèques Postaux Luxembourg (CCPL Luxembourg)

IBAN: LU79 1111 0239 0846 0000

BIC: CCPLLULL

Entries should be sent per email with the LENEX file to the FLNS office (flns@flns.lu) by the following deadlines:

- Trophée de l'Avenir 24 November 2023
- Grand Prix de l'Avenir 15 March 2024
- Festival de l'Avenir 21 June 2024

7. Officials

Each participating club is requested to bring officials as per the FLNS Officials split to guarantee that the competition can take place. For any missing official the club will be fined. All officials should register via the FLNS Officials App.

8. Good to know

- Entry forms, start and result lists are published on our homepage: www.flns.lu.
- Meals will be organised by the Organizing Club and can be ordered with them. Details will be sent to clubs in due time.

9. Liability

FLNS declines all liabilities for theft, accidents or any damage of any kind.



AVENIR SERIES 2023-2024							
	Age groups	Poussins 1	Poussins 2	Pupilles 1	Pupilles 2		
	Boys	2014-2015	2013	2012	2011		
	Girls	2015	2014	2013	2012		
TROPHEE DE L'AVENIR							
SUNDAY 3 December 2023 - Session 1: Swimming - Poussins							
Warm up for Session 1: 08h30 - 09h20							
Session 1 Swimming competition start time: 9h30							
1	50 breaststroke	girls	direct final	X	X	-	-
2	50 breaststroke	boys	direct final	X	X	-	-
3	50 backstroke	girls	direct final	X	X	-	-
4	50 backstroke	boys	direct final	X	X	-	-
5	50 freestyle	girls	direct final	X	X	-	-
6	50 freestyle	boys	direct final	X	X	-	-
7	4x50 freestyle	mixed	direct final	X	X	-	-
SUNDAY 3 December 2023 - Session 2: Artistic Swimming - Beginners & U12							
Warm up for Session 2 starts immediately after the end of Session 1 and lasts for 30 minutes							
Session 2 Artistic Swimming competition start time: 45 minutes after the end of Session 1							
Fig 1	Bent knee	Beginners					
Fig 2	Barracuda	U12					
Fig 3	Somersault back tuck split	Beginners					
Fig 4	Straight ballet legs	U12					
SUNDAY 3 December 2023 - Session 3: Swimming - Pupilles							
Warm up for Session 3 starts immediately after the end of Session 2 and last for 50 minutes							
Session 3 Swimming competition start time: 60 minutes after the end of Session 2							
8	100 individual medley	girls	direct final	-	-	X	X
9	100 individual medley	boys	direct final	-	-	X	X
10	100 breaststroke	girls	direct final	-	-	X	X
11	100 breaststroke	boys	direct final	-	-	X	X
12	100 backstroke	girls	direct final	-	-	X	X
13	100 backstroke	boys	direct final	-	-	X	X
14	50 butterfly	girls	direct final	-	-	X	X
15	50 butterfly	boys	direct final	-	-	X	X
16	100 freestyle	girls	direct final	-	-	X	X
17	100 freestyle	boys	direct final	-	-	X	X
18	4x50 freestyle	mixed	direct final	-	-	X	X
All events marked in RED are an 'Avenir Event' and count towards the ranking of the AVENIR trophy of the respective age group that will be awarded at the end of the Festival de l'Avenir on 30 June 2024.							

AVENIR SERIES 2023-2024							
	Age groups		Poussins 1	Poussins 2	Pupilles 1	Pupilles 2	
	Boys		2014-2015	2013	2012	2011	
	Girls		2015	2014	2013	2012	
GRAND PRIX DE L'AVENIR							
SUNDAY 24 MARCH 2024 - Session 1 - Poussins							
Warm up: TBD / Competition start time: TBD							
1	100 freestyle	boys	direct final	X	X	-	-
2	100 freestyle	girls	direct final	X	X	-	-
3	50 backstroke	boys	direct final	X	X	-	-
4	50 backstroke	girls	direct final	X	X	-	-
5	50 breaststroke	boys	direct final	X	X	-	-
6	50 breaststroke	girls	direct final	X	X	-	-
7	100 individual medley	boys	direct final	X	X	-	-
8	100 individual medley	girls	direct final	X	X	-	-
9	4x50 freestyle	mixed	direct final	X	X	-	-
SUNDAY 24 MARCH 2023 - Session 2 - Pupilles							
Warm up: TBD / Competition start time: TBD							
10	200 freestyle	boys	direct final	-	-	X	X
11	200 freestyle	girls	final	-	-	X	X
12	50 butterfly	boys	final	-	-	X	X
13	50 butterfly	girls	final	-	-	X	X
14	100 breaststroke	boys	final	-	-	X	X
15	100 breaststroke	girls	final	-	-	X	X
16	50 backstroke	boys	final	-	-	X	X
17	50 backstroke	girls	final	-	-	X	X
18	200 individual medley	men	direct final	-	-	X	X
19	200 individual medley	women	direct final	-	-	X	X
<p>All events marked in RED are an 'Avenir Event' and count towards the ranking of the AVENIR trophy of the respective age group that will be awarded at the end of the Festival de l'Avenir on 30 June 2024.</p> <p>There is a specific ranking set up at the 'Grand Prix de l'Avenir' to award the 3 best swimmers (per age group) of the day with the trophy of the 'Grand Prix de l'Avenir'. This ranking is based on the total number of points gained in 3 individual events with the 100 respectively the 200 Individual Medley being mandatory.</p>							

AVENIR SERIES 2023-2024							
	Age groups	Poussins 1	Poussins 2	Pupilles 1	Pupilles 2		
	Boys	2014-2015	2013	2012	2011		
	Girls	2015	2014	2013	2012		
FESTIVAL DE L'AVENIR							
SATURDAY 29 JUNE 2024 - Session 1 - Pupilles							
Warm up: TBD / Competition start time: TBD							
	400 individual medley	girls	direct final	-	-	-	X
	400 individual medley	boys	direct final	-	-	-	X
	200 individual medley	girls	direct final	-	-	X	-
	200 individual medley	boys	direct final	-	-	X	-
	50 freestyle	girls	heats	-	-	X	X
	50 freestyle	boys	heats	-	-	X	X
	100 breaststroke	girls	direct final	-	-	X	X
	100 breaststroke	boys	direct final	-	-	X	X
SUNDAY 30 JUNE 2024 - Session 2 - Poussins							
Warm up: TBD / Competition start time: TBD							
	50 freestyle	girls	heats	X	X	-	-
	50 freestyle	boys	heats	X	X	-	-
	100 backstroke	girls	direct final	X	X	-	-
	100 backstroke	boys	direct final	X	X	-	-
	50 butterfly	girls	direct final	X	X	-	-
	50 butterfly	boys	direct final	X	X	-	-
	100 individual medley	girls	direct final	X	-	-	-
	100 individual medley	boys	direct final	X	-	-	-
	200 individual medley	girls	direct final	-	X	-	-
	200 individual medley	boys	direct final	-	X	-	-
SUNDAY 30 JUNE 2024 - Session 3 - Pupilles							
Warm up: TBD / Competition start time: TBD							
	100 butterfly	girls	direct final	-	-	X	X
	100 butterfly	boys	direct final	-	-	X	X
	50 breaststroke	girls	direct final	-	-	X	X
	50 breaststroke	boys	direct final	-	-	X	X
	400 freestyle	girls	direct final	-	-	X	X
	400 freestyle	boys	direct final	-	-	X	X
	50 backstroke	girls	direct final	-	-	X	X
	50 backstroke	boys	direct final	-	-	X	X
	50 freestyle	girls	Final YOB	X	X	X	X
	50 freestyle	boys	Final YOB	X	X	X	X
All events marked in RED are an 'Avenir Event' and count towards the ranking of the AVENIR trophy of the respective age group that will be awarded at the end of the Festival de l'Avenir on 30 June 2024.							