

CHAMPIONNAT D'HIVER & CRITERIUM DES JEUNES 25th – 26th November 2023

Rules and Regulations - Swimming

1. Rules & Conditions

The 'Championnat d'Hiver' & 'Critérium des Jeunes' are organized by Luxembourg Swimming Federation (FLNS) in co-operation with the swimming club 'Schwammclub Déifferdang' and are held under the rules of World Aquatics and the FLNS ('FLNS Règlement' and 'Code de Natation'). 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 2011 & older, and girls born 2012 & older are accepted. Entries for younger swimmers are rejected.

2. Pool


The competition takes place at the 25m pool AQUASUD in Obercorn. The address is 1, rue Jeannot Kremer, 4671 Obercorn.

The competition pool has 6 lanes. There is electronic timing by SWISS TIMING, and the pool has Omega starting blocks, backstroke ledges and an electronic scoreboard. A training pool is available during the meeting for warm up and swim down.

3. Event Schedule and Entry Times ('Temps Limites')

In the case a swimmer is slower than the entry time of the respective age category, there will be a penalty of 6€ and the swimmer will not be allowed to swim in the final and is not entitled to receive a medal or a title.

Heats and finals are swum on 6 lanes. A detailed time schedule is communicated a few days before the start of the competition. FLNS reserves the right to amend the session times.

CHAMPIONNATS NATIONAUX ET CRITERIUM DES JEUNES D'HIVER 2023							
		<i>minimum time standards</i>					
			Open	Juniors	Jeunes	Pupilles	
		men	all age groups	2006/07	2008/09	2010/11	
	women	all age groups	2007/08	2009/10	2011/12		
SATURDAY 25 November 2023 - Session 1							
Warm up: 08h00 - 09h15 / Competition start time: 09h30							
1	200 individual medley	men	direct final	02:40.00	02:48.00	03:04.00	03:20.00
2	200 individual medley	women	direct final	02:50.00	03:00.00	03:14.00	03:28.00
3	50 freestyle	men	heats	00:28.00			
4	50 freestyle	women	heats	00:31.50			
5	50 breaststroke	men	heats	00:37.50			
6	50 breaststroke	women	heats	00:41.00			
Victory ceremonies events 1 & 2							
7	100 backstroke	men	direct final	01:11.00	01:14.00	01:20.00	01:28.00
8	100 backstroke	women	direct final	01:19.00	01:22.00	01:28.00	01:34.00
9	100 butterfly	men	direct final	01:10.00	01:14.00	01:23.00	01:30.00
10	100 butterfly	women	direct final	01:19.00	01:22.00	01:28.00	01:35.00
Victory ceremonies events 7 - 10							
11	400 freestyle	men	direct final	04:50.00	05:10.00	05:30.00	06:00.00
12	400 freestyle	women	direct final	05:20.00	05:35.00	05:55.00	06:15.00
13	4x50 freestyle	mixed	direct final				
Victory ceremonies events 11 - 13							
SATURDAY 25 November 2023 - Session 2							
Warm up: 14h30 - 15h45 / Competition start time: 16h00							
103	50 freestyle	men	A & B finals				
104	50 freestyle	women	A & B finals				
Victory ceremonies events 103 & 104							
105	50 breaststroke	men	A & B finals				
106	50 breaststroke	women	A & B finals				
Victory ceremonies events 105 & 106							
14	100 individual medley	men	direct final	01:12.00	01:15.00	01:20.00	01:28.00
15	100 individual medley	women	direct final	01:19.00	01:22.00	01:28.00	01:34.00
16	200 freestyle	men	direct final	02:16.00	02:24.00	02:40.00	02:55.00
17	200 freestyle	women	direct final	02:30.00	02:36.00	02:48.00	03:00.00
18	200 breaststroke	men	direct final	02:54.00	03:06.00	03:24.00	03:40.00
19	200 breaststroke	women	direct final	03:08.00	03:14.00	03:30.00	03:45.00
Victory ceremonies events 14 - 19							
20	4x100 freestyle	men	direct final				
21	4x100 freestyle	women	direct final				
Victory ceremonies events 20 & 21							

SUNDAY 26 November 2023 - Session 3							
Warm up: 08h00 - 09h15 / Competition start time: 09h30							
22	1500 freestyle	men	direct final	18:30.00	20:00.00	21:30.00	23:00.00
23	50 butterfly	women	heats	00:35.50			
24	50 butterfly	men	heats	00:31.50			
25	50 backstroke	women	heats	00:37.00			
26	50 backstroke	men	heats	00:33.50			
27	800 freestyle	women	direct final	11:00.00	11:30.00	12:30.00	13:30.00
Victory ceremonies events 22 & 27							
28	200 butterfly	women	direct final	03:00.00	03:10.00	03:20.00	03:30.00
29	200 butterfly	men	direct final	02:40.00	02:50.00	03:07.00	03:25.00
30	200 backstroke	women	direct final	02:50.00	02:58.00	03:12.00	03:26.00
31	200 backstroke	men	direct final	02:40.00	02:48.00	03:04.00	03:20.00
Victory ceremonies events 28 - 31							
32	4x100 medley	women	direct final				
33	4x100 medley	men	direct final				
Victory ceremonies events 32 & 33							
SUNDAY 26 November 2023 - Artistic Swimming							
Warm up: 12h30 - 13h00 / Competition start time: 13h15							
Fig 144 - Rio Straight Leg					Youth	DD: 3.1	
Mixed Duet Required Element: 1B - Rocket Split Twirl					Junior	DD: 2.5	
Fig 421 - Walkover Back Closing 360°					Youth	DD: 2.4	
Mixed Duet Required Element: 2B - Front Pike – Vertical 180° Rotation – 1/2 Twist to Bent Knee - Continuous Spin 720°					Junior	DD: 2.2	
Victory ceremonies Artistic Swimming							
SUNDAY 26 November 2023 - Session 4							
Warm up: 14h30 - 15h45 / Competition start time: 16h00							
Special Olympics events between 15h45 - 15h55 (1 heat 50 freestyle & 1 heat 100 freestyle)							
200	50 freestyle	mixed	Special Olympics				
201	100 freestyle	mixed	Special Olympics				
123	50 butterfly	women	A & B finals				
124	50 butterfly	men	A & B finals				
Victory ceremonies events 123 & 124							
125	50 backstroke	women	A & B finals				
126	50 backstroke	men	A & B finals				
Victory ceremonies events 125 & 126							
203	4x50 freestyle	mixed	Special Olympics				
34	100 breaststroke	women	direct final	01:28.00	01:30.00	01:37.00	01:44.00
35	100 breaststroke	men	direct final	01:18.00	01:22.00	01:30.00	01:40.00
36	400 individual medley	women	direct final	06:05.00	06:20.00	06:35.00	06:50.00
37	400 individual medley	men	direct final	05:40.00	05:55.00	06:10.00	06:30.00
38	100 freestyle	women	direct final	01:09.00	01:12.00	01:17.00	01:22.00
39	100 freestyle	men	direct final	01:02.00	01:05.00	01:11.00	01:20.00
Victory ceremonies events 34 -39							
40	4x50 medley	mixed	direct final				
Victory ceremony event 40							

4. Finals

Classification is 'Open' independent of the age of the swimmers.

In all 50m the 6 fastest overall swimmers will qualify for the A final and the next 6 ranked swimmers will qualify for the B final. All events of 100m and longer are direct finals.

For 50m events there is only an 'Open' ranking based on the results from the finals.

For 100m and longer events, the rankings for the age groups 'Pupilles', 'Jeunes' and 'Juniors' are based on the results from the heats. The rankings for the 'Open' category are based on the results from the finals.

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 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

The winner receives the title 'Luxembourg Short Course Champion' or 'Short Federal Short Course Champion'. The first three swimmers/teams in each individual and in each relay event receive medals. The victory ceremonies are part of the competition and medals are not given afterwards.

TIME STANDARDS (TEMPS LIMITES) (TL)

Only swimmers who achieve the time standards set by the FLNS are awarded the title of 'Short Course Luxembourg Champion' or 'Short Course Federal Champion', receive medals and figure in the Championship ranking.

6. Entry fees and registration

Entries need to be done via LENEX file. Entry times shall be 25m pool times and shall be swum within the period 1st October 2022 – 17th November 2023. A swimmer can be entered with NT (no time).

The entry fees are 6 € per individual and 12 € per relay entry. There is no refund for absent swimmers. No replacements or additions are accepted after 17th November 2023.

Entry fees have to be paid by 23rd November 2023 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 no later than Friday, 17th November 2023 per email with the LENEX file to the FLNS office (flns@flns.lu).

7. Officials

The referees and starters of the competition are all listed on the FINA lists. Each participating team is requested to bring officials to guarantee that the competition can take place. All Luxembourg 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.

9. Responsibilities

FLNS denies all responsibility for theft, accidents, or any damage of any kind.

