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LUXEMBOURG
LET'S MAKE IT HAPPEN

OPEN LUXEMBOURG NATIONALS & MASTERS NATIONALS
12th – 13th July 2025
Competition Rules and Regulations

1. Rules & Conditions

The Open Luxembourg Nationals 2025 are organized by the Luxembourg Swimming Federation (FLNS) and will be conducted in accordance with World Aquatics Rules and the FLNS 'Code de Natation'. Participation is open to swimmers who are members of a Luxembourg swimming club or a club affiliated with a federation recognized by World Aquatics. Additionally, all Luxembourg-licensed swimmers must hold an active competitor and a valid Médico Sportif as of Tuesday, July 1, 2025.

Entries are accepted for boys born in 2012 or earlier and girls born in 2013 or earlier, provided they have achieved at least one qualifying time during the designated qualification period. Entries from younger swimmers will not be accepted.

The Masters competition is exclusively open to swimmers licensed with the FLNS.

2. Pool

The competition will be held at the 50m pool of the Aquatic Centre d'Coque in Luxembourg, located at 2, rue Léon Hengen, 1745 Luxembourg. The competition pool features 10 lanes with a depth of 2.2 meters and is equipped with electronic timing by SWISS TIMING, Omega starting blocks, backstroke ledges, and an electronic scoreboard. Additionally, a 25m training pool will be available throughout the event.

3. AGE CATEGORIES

The age categories of the Luxembourg Nationals are as follows:

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MEN		WOMEN	
Minimes	2011-2012	Minimes	2012-2013
Jeunes	2009-2010	Jeunes	2010-2011
Juniors	2007-2008	Juniors	2008-2009
Open	no age restriction	Open	no age restriction

Masters swimmers aged 25 years and older can participate in the Master events.

4. Event Schedule

Saturday, 12-Jul-25 (Session 1)			
8h00 - 9h15	Warm up		
9h30	Start of competition		
1	Men	50m Backstroke	Heats
2	Women	50m Backstroke	Heats
101	Masters - Mixed	50m Backstroke	Direct Final
3	Men	50m Butterfly	Heats
4	Women	50m Butterfly	Heats
102	Masters - Mixed	50m Butterfly	Direct Final
5	Men	100m Freestyle	Heats
6	Women	100m Freestyle	Heats
103	Masters - Mixed	100m Freestyle	Direct Final
7	Men	100m Breaststroke	Heats
8	Women	100m Breaststroke	Heats
104	Masters - Mixed	100m Breaststroke	Direct Final
9	Men	200m Backstroke	Direct Final
10	Women	200m Backstroke	Direct Final
105	Masters - Mixed	200m Backstroke	Direct Final
	Victory Ceremonies 9-10 & Masters 101-105		
11	Men	400m Individual Medley	Direct Final
12	Women	400m Individual Medley	Direct Final
106	Masters - Mixed	400m Individual Medley	Direct Final
13	Mixed	4x100m Freestyle	Direct Final
107	Masters - Mixed	800m Freestyle	Direct Final
	Victory Ceremonies 11-13 & Masters 106-107		

Saturday, 13-Jul-25 (Session 2)			
14h30 - 15h45	Warm up		
16h00	Start of competition		
F1	Men	50m Backstroke	Final
F2	Women	50m Backstroke	Final
F3	Men	50m Butterfly	Final
F4	Women	50m Butterfly	Final
	Victory Ceremonies F1-F4		
14	Men	400m Freestyle	Direct Final
15	Women	400m Freestyle	Direct Final
108	Masters - Mixed	400m Freestyle	Direct Final
F7	Men	100m Breaststroke	Final
F8	Women	100m Breaststroke	Final
F5	Men	100m Freestyle	Final
F6	Women	100m Freestyle	Final
	Victory Ceremonies 14-15, F5-F8 & Masters 108		
16	Men	200m Butterfly	Direct Final
17	Women	200m Butterfly	Direct Final
109	Masters - Mixed	200m Butterfly	Direct Final
18	Men	4x100m Medley	Direct Final
19	Women	4x100m Medley	Direct Final
	Victory Ceremonies 16-19 & Masters 109		

Sunday, 13-Jul-25 (Session 3)			
08h00 - 9h15	Warm up		
09h30	Start of competition		
20	Men	50m Freestyle	Heats
21	Women	50m Freestyle	Heats
110	Masters - Mixed	50m Freestyle	Direct Final
22	Men	50m Breaststroke	Heats
23	Women	50m Breaststroke	Heats
111	Masters - Mixed	50m Breaststroke	Direct Final
24	Men	100m Backstroke	Heats
25	Women	100m Backstroke	Heats
112	Masters - Mixed	100m Backstroke	Direct Final
26	Men	100m Butterfly	Heats
27	Women	100m Butterfly	Heats
113	Masters – Mixed	100m Butterfly	Direct Final
28	Men	200m Freestyle	Direct Final
29	Women	200m Freestyle	Direct Final
114	Masters – Mixed	200m Freestyle	Direct Final
	Victory Ceremonies 28-29 & Masters 110-114		
30	Mixed	4x100m Medley	Direct Final
31	Men	1500m Freestyle	Direct Final
115	Masters - Mixed	1500m Freestyle	Direct Final
	Victory Ceremonies 30-31 & Masters 115		

Sunday, 13-Jul-25 (Session 4)			
14h30 - 15h45	Warm up		
16h00	Start of competition		
F20	Men	50m Freestyle	Final
F21	Women	50m Freestyle	Final
F22	Men	50m Breaststroke	Final
F23	Women	50m Breaststroke	Final
	Victory Ceremonies F20-F23		
F24	Men	100m Backstroke	Final
F25	Women	100m Backstroke	Final
F26	Men	100m Butterfly	Final
F27	Women	100m Butterfly	Final
	Victory Ceremonies F24-F27		
32	Men	200m Breaststroke	Direct Finals
33	Women	200m Breaststroke	Direct Finals
116	Masters - Mixed	200m Breaststroke	Direct Final
34	Women	800m Freestyle	Direct Finals
35	Men	200m Individual Medley	Direct Finals
36	Women	200m Individual Medley	Direct Finals
117	Masters - Mixed	200m Individual Medley	Direct Final
	Victory Ceremonies 32-36 & Masters 116-117		
37	Men	4x100m Freestyle	Direct Finals
38	Women	4x100m Freestyle	Direct Finals
	Victory Ceremonies 37-38		

Heats and finals will be conducted using 10 lanes. A detailed time schedule will be released a few days prior to the start of the competition. FLNS reserves the right to adjust session times and the number of lanes used, depending on the number of entries received.

5. Finals (not applicable to Master events as these are Direct Finals)

In all 50m events, there will be A and B finals.

In all 100m events the ten fastest overall swimmers qualify for the finals. In the case of less than ten entries for an event, the swimmers proceed directly to the finals. All events of 200m and longer are direct 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.

6. Results and Prizes

For 50m events, only an 'Open' ranking will be published, based on the final results. For 100m and longer events, the rankings for the age groups 'Minimes', '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.

FLNS licensed swimmers:

In the 'Open' category, the highest-placed swimmer is awarded the title of 'National Champion' or 'Federal Champion' if they do not hold Luxembourg nationality. Medals or trophies are presented to the top three swimmers or relay teams. For Masters events, medals are awarded to the top three athletes in each event and age group.

Non-FLNS licensed swimmers:

Swimmers not affiliated with FLNS are eligible to receive medals in the OPEN category as well as in the age group categories 'Minimes', 'Jeunes', and 'Juniors' if they place 1st, 2nd, or 3rd.

The victory ceremonies are part of the competition and medals/cups are not given afterwards. If an athlete is not present at the victory ceremony, the club will also receive a fine of 15€.

Important note: Medals will only be awarded to swimmers who have achieved the entry times of the event (this applies to Open & Age Groups).

7. Entry Times ('Temps Limites') (not applicable to Masters)

Only swimmers who achieve the time standards set by the FLNS are awarded the title of 'Luxembourg Champion' or 'Federal Champion'.

If a swimmer records a time slower than the entry time for their respective age category, a penalty of €30 will be applied. In such cases, the swimmer will also not be allowed to compete in the final and will not be eligible to receive a medal or title.

For Masters events, no entry times are required, with the exception of the 1500m freestyle: the maximum allowed time is 24 minutes for men and 27 minutes for women.

8. Entry fees and registration

Entry Times for Luxembourg National Championchips 2025 (long course)								
Women Minimes 2012 - 2013	Women Jeunes 2010 - 2011	Women Juniors 2008 - 2009	Women Open	EVENT	Men Open	Men Juniors 2007 - 2008	Men Jeunes 2009 - 2010	Men Minimes 2011 - 2012
-	-	-	00:30,9	50m freestyle	00:27,5	-	-	-
01:20,4	01:15,5	01:10,6	01:07,6	100m freestyle	01:00,8	01:03,7	01:09,6	01:18,4
02:56,5	02:44,7	02:32,9	02:27,1	200m freestyle	02:13,3	02:21,2	02:36,9	02:51,6
06:07,6	05:48,0	05:28,4	05:13,7	400m freestyle	04:44,3	05:03,9	05:23,5	05:52,9
13:14,1	12:15,3	11:16,5	10:47,1	800m freestyle	-	-	-	-
-	-	-	-	1500m freestyle	18:08,2	19:36,5	21:04,7	22:32,9
-	-	-	00:36,3	50m backstroke	00:32,8	-	-	-
01:32,2	01:26,3	01:20,4	01:17,5	100m backstroke	01:09,6	01:12,5	01:18,4	01:26,3
03:22,0	03:08,2	02:54,5	02:46,7	200m backstroke	02:36,9	02:44,7	03:00,4	03:16,1
-	-	-	00:40,2	50m breaststroke	00:36,8	-	-	-
01:42,0	01:35,1	01:28,2	01:26,3	100m breaststroke	01:16,5	01:20,4	01:28,2	01:38,0
03:40,6	03:25,9	03:10,2	03:04,3	200m breaststroke	02:50,6	03:02,4	03:20,0	03:35,7
-	-	-	00:34,8	50m butterfly	00:30,9	-	-	-
01:33,1	01:26,3	01:20,4	01:17,5	100m butterfly	01:08,6	01:12,5	01:21,4	01:28,2
03:25,9	03:16,1	03:06,3	02:56,5	200m butterfly	02:36,9	02:46,7	03:03,3	03:21,0
03:23,9	03:10,2	02:56,5	02:46,7	200m IM	02:36,9	02:44,7	03:00,4	03:16,1
06:42,0	06:27,3	06:12,5	05:57,8	400m IM	05:33,3	05:48,0	06:02,7	06:22,4

All entries must be submitted using a LENEX file. Entry times for all events should be from 50m long course swims completed between July 1, 2024, and June 30, 2025.

The entry fees are € 6 per individual and € 12 for relay entries. There is no refund for absent swimmers. No replacements or additions are accepted after 1st July 2025.

Entry fees need to be paid by 9th July 2025 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 Tuesday, 1st July 2025 @ 12h00 per email with the LENEX file to the FLNS office (flns@flns.lu).

9. Officials

Each participating Luxembourgish club is required to provide officials to ensure the smooth running of the competition.

NEW: the list of officials must be submitted along with the LENEX file no later than Tuesday, 1st July 2025, via email to the FLNS office.

Additionally, all FLNS-licensed officials are requested to register through the FLNS Officials App.

10. Responsibilities

FLNS disclaims all responsibility for theft, accidents, or any form of damage.