



LUX CHRISTMAS

— CUP —
13 & 14 DEC 25



Program

Warm up : 8h00 - Meeting jury 08h30 - Start of session 9h00

Saturday 13 December 2025

1- 400m Individual Medley men

2- 400m Freestyle women

3- 100m Backstroke men

4- 100m Backstroke women

Break

5- 200m breastroke men

6- 200m breastroke women

7- 50m Butterfly men

8- 50m Butterfly women

Lunch Break

9- 50m Backstroke men

10- 50m Backstroke women

11- 200 Individual Medley women

Break

12- 100m Butterfly men

13- 100m Butterfly women

14- 200m Freestyle men

15- 200m Freestyle women

16- Relay 4x100m Freestyle MIXED



Sunday 14 December 2025

17- 400m Individual Medley women

18- 400m Freestyle men

19- 100m Breastroke women

20- 100m Breastroke men

Break

21- 200m Butterfly women

22- 200m Butterfly men

23- 50m Freestyle women

24- 50m Freestyle men

Lunch Break

25- 50m Breastroke women

26- 50m Breastroke men

27- 200 Individual Medley men

Break

28- 200m Backstroke women

29- 200m Backstroke men

30- 100m Freestyle women

31- 100m Freestyle men

32- Relay 4x100m Medley MIXED





Conditions



1.Introduction

The Lux Christmas Cup is an international long course competition organised by the Cercle de Natation Wiltz (CNW) and will be held under the rules of World Aquatics (AQUA) and the Fédération Luxembourgeoise de Natation et Sauvetage (FLNS).

Each club is requested to bring officials to ensure that the competition can take place. Luxembourg licenced officials should register via the officials APP. Clubs from abroad should communicate the name of their officials and their qualification to the organizer via Lenex.



2. Pool

The competition takes place at the swimming pool of Campus Geesseknäppchen, 31, boulevard Pierre Dupong, L-1430 Luxembourg. The competition pool has 50m and 10 lanes.

SWISS TIMMING electronic timekeeping will be used.

A 25m warm up pool is available throughout the competition.

3. Age categories

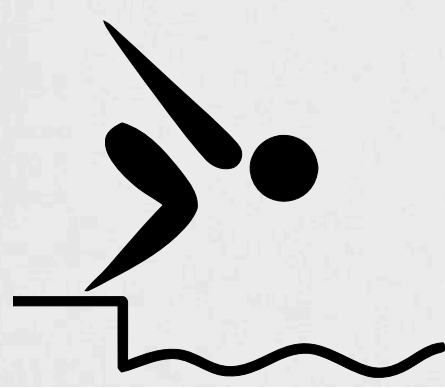
Category 5 will be opened to less than 10 years old only for races : 7, 8, 9, 10, 23, 24, 25 and 26.



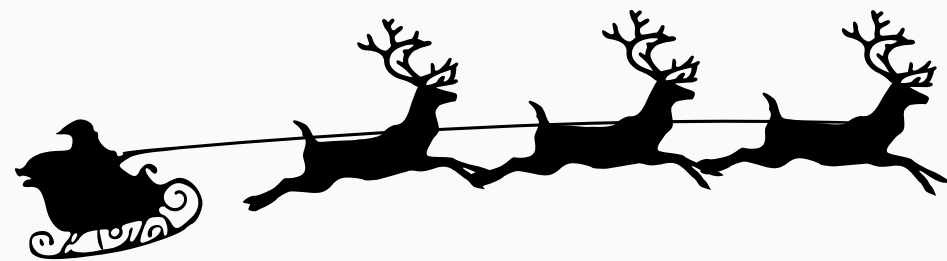
CATEGORIES	
Cat 1	17y & +
Cat 2	15y & 16y
Cat 3	13y & 14y
Cat 4	11y & 12y
Cat 5	10y & -

4. Prizes

Medals will be awarded to the first three swimmers in each race and age group.



5. Registration



- Any swimmer having FLNS license or member of an AQUA affiliated team may participate.
- Entries should be submitted via "LENEX" file.
- A swimmer can enter a maximum of 2 events per session, 4 events per day and 8 events in total during the weekend.
- All entries must be sent via email to competition@cnw.lu.
Entry deadline: December 4th 2025.
- The entry-fees are 7 € per race
- Entry fee must be transferred to the account of CNW by Wednesday 10 December 2025.
IBAN BBCE LULL LU70 0019 5955 8432 5000
Mention « Lux Christmas Cup 2025 » in your payment.
- The entry fees will not be refunded in case of absence or withdrawal.
- The organiser may alter the programme or restrict the number of entries if necessary. (if more than 2000 starts).
- Please note that the programs will not be printed.

6. Withdrawals

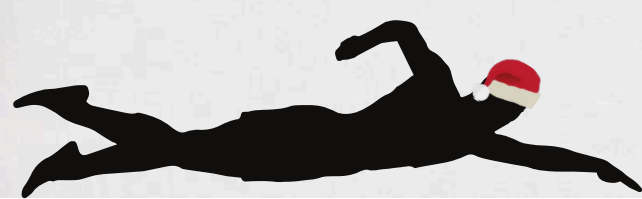


All withdrawals must be communicated by email latest on Friday December 12th 10:00AM.

7. Responsibility

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

The competition will be covered by photographers and cameras. By registering you allow the organizer to cover the event and publish material on their website, YouTube and/or other social medias.



Order your lunch with this QR code ➡



8. Meals

Lunch is proposed in the competition venue at the price of €15 :

- Pasta trio prepared by Italian restaurant Mani d'Oro, dessert, water

Please order your lunch before December 4th 2025.

<https://forms.gle/MWfgS1j6CHi2RhTn8>

A selection of drinks, cakes and sandwiches will be sold throughout the weekend.

With their support ...



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wiltz
Capitale des Ardennes



Hôtel-Restaurant
Pommerloch

