



GROTE PRIJS STAD KORTRIJK SPURS 2026

GRAND PRIX CITY OF KORTRIJK SPURS 2026

**CASH PRIZES WORTH € 2 280,00!
ELECTRONIC TIME RECORDING!
BACKSTROKE DEVICES!
WAVE KILLING LANES!
LIVE STREAMING!**

GENERAL INFORMATION AND RULES OF COMPETITION

**(in the event of a dispute, only the Dutch version
of the program and the rules are valid)**

1. The "Grand Prix City of Kortrijk 2026" is a competition on invitation organized by the Royal Kortrijk Swimming Club KZK Spurs, further referred to as "the organizer".
2. The competition takes place in the swimming pool Lago Kortrijk Weide, Nelson Mandelaplein 19, 8500 Kortrijk on Saturday 2nd and Sunday 3th of Mai 2026. There is sufficient parking space in the immediate vicinity of the swimming pool. For all information about parking your car, please consult the website www.kzk.be/GPSK_Spurs.
3. The swimming pool is 50 meters long and 2 meters deep. It has 8 swimming lanes.
4. Time is recorded electronically via Alge Time Meet. Backstroke devices are available.
5. The competition is conducted according to the regulations the World Aquatics, the RBSF (Royal Belgian Swimming Federation) and the Zwemfed (Flemish Swimming Federation).
6. All competitions are open to swimmers aged 11 and older, with the exception of 6 competitions reserved for swimmers aged 9 and 10. In addition to swimming clubs, associations of multiple clubs as well as national teams will be admitted too.
7. The program consists of races without finals (heats) and races of which the final is swum in the afternoon. The 100-meter races are swum with preliminaries in the morning and afternoon and finals in the late afternoon. The other races only have heats, both in the morning and in the afternoon. Relay races close the finals in the afternoon. More detailed information on the program is included below. All preliminary races and races without finals are composed based on official times. The 8 fastest swimmers per age category of a given competition compete in the finals. If for the 8th place two swimmers have achieved an equal time, a swim-off can decide who will be allocated the 8th place.

On Sunday evening, after the official session, an extra race out-of-competition will be added: a 50-metre freestyle 'knock-out' race, for both women and men. The fastest eight male and the fastest eight female swimmers will qualify for these knock-out races during races 6 and 7 (50-metre freestyle).

The course of these knockout races is as follows: 8 swimmers take place on their starting blocks, a ship's bell rings, +/- 15 seconds later the starting signal is given.



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The 6 fastest swimmers qualify for the next round of this race, which will take place +/- 3 minutes after the first race. The swimmers continue to swim in their original lane. They thus take place again on their starting block, the ship's bell rings again and the start of this round is again done by ringing the ship's bell and giving the start after +/- 15 seconds.

The 4 fastest swimmers qualify for the next round of this race, which will take place +/- 3 minutes after the first race. The swimmers continue to swim in their original lane. They thus take place again on their starting block, the ship's bell rings again and the start of this round is again done by ringing the ship's bell and giving the start after +/- 15 seconds.

The 2 fastest swimmers qualify for the ultimate round, in the same way as described for the previous round.

The starting signal is given without the warning 'take your marks'! The fastest swimmer is the winner of this knock-out race and receives a cash prize worth €100. The ladies' and men's races alternate: the ladies start their knockout race with eight participants, after a few moments the men start their knockout race with eight participants. Then the ladies start again with six participants, after which the men start with six participants. Then the ladies start again with four participants, after which the men start with four participants. The ladies then start the ultimate race with 2 participants, after which the men start with 2 participants. For the knock-out races, all regulations as mentioned under point 5 of these regulations apply. As these knock-out races are not included in the swimming regulations of the Flemish Swimming Federation, they fall outside the official competition and will also not be resumed on the preliminary program. Under no circumstances will the time swum be considered an official time.

8. The swimmers are divided into the following age categories: ages 9-10/ ages 11-12/ ages 13-14/ ages 15-16/ ages 17 and older.
9. For all races in the preliminaries and the heats 3 medals (1 x gold, 1 x silver and 1 x bronze) are provided for the 3 fastest swimmers per age category. The organiser will announce on site how the medal ceremony will proceed.

For the 6 races reserved for the 9 and 10 year old swimmers, 3 medals (1 x gold, 1 x silver and 1 x bronze) are provided per year of birth, as well for the boys as the girls.

For the finals (100-meter races) prize money will be distributed to the 3 fastest swimmers of the finals per age category, as well as to the winning team of each relay race.

The distribution of that prize money is as follows:

- Ages 11-12, 13-14, 15-16: 1st place €20 - 2nd place €15 - 3rd place €10. In case of equal places, each swimmer will receive the cash prize for that place.
- Ages 17 and older: 1st place €35 - 2nd place €25 - 3rd place €15. In case of equal places, each swimmer will receive the cash prize for that place.
- Each winning relay team receives €50 (no medals). In case of a tie, the cash prize will be shared equally between the winners.
- The winner of the knockout race will receive €100,00 (no medals). In case of equal places, each winner will receive the cash prize of this race.

10. Withdrawal from a final: if a swimmer does not wish to participate in a final for which they have qualified, the delegate of their club must notify the secretariat of the jury no later than 30 minutes after the end of the heat of the concerning race in which that swimmer competed, using a special form available at the secretariat. Reserves should also sign off if necessary. Despite selection, not showing up in the final without cancellation will automatically result in the billing of a €50,00 fine. The knock-out race must also be signed out, under the same conditions.



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11. The one-start rule applies, except for the 6 races of 9-10-year olds.
12. When registering their swimmers, participating clubs must provide for each part of the day (morning and afternoon) the names of their trainers as well as the names and license numbers of their club delegate and officials. The required number of officials is based on the number of swimmers registered by the club for each part of the day: 1 official from 3 swimmers and more, 2 officials from 10 swimmers and more, 3 officials from 20 swimmers and more, 4 officials from 30 swimmers and more, 5 officials from 40 swimmers and more, etc. (see also Part II, 3.1 of the "WORLD AQUATICS Zwemfed Sports Regulations Swimming version 9_2025"). Officials who work a full day are offered a free meal during lunch break.
13. Pre-registration is mandatory! Participation must be confirmed by Friday 27th February 2026 at the latest, with an estimate of the number of swimmers taking part.
In order to ensure that the competition stays within the permitted time limit, we ask all clubs to designate, as bonus events, those races that may be dropped first for any swimmer competing in more than four races over the weekend. The bonus event(s) are therefore designated from the swimmer's fifth race onwards.
Clubs that do not specify bonus events for swimmers competing in more than four events implicitly authorize the organizer to choose which events may be cancelled first.
The cancellations will be made according to a pro-rata system based on the number of entries. If the permitted duration is exceeded, the clubs with the highest number of entries will therefore also have to 'give up' the largest number of bonus events. Furthermore, the cancellations will be spread as evenly as possible across the swimmers of each club.

Furthermore, if the permitted time limit is still exceeded after the bonus races have been removed, the organizer has the right to limit the number of heats in the 400-metre races (both freestyle and medley). In that case, clubs will be asked to withdraw some of their 400-metre entries, again on a pro rata basis according to the total number of entries from the clubs. For swimmers whose 400-metre event – whether freestyle or medley – is cancelled, the club may propose another event as a replacement, preferably one from the same session. If possible, this event will then be added for the swimmers concerned.
The swimmers' clubs will be notified no later than 9am on 22nd April 2026.
14. The deadline for registration is **Saturday 18th of April 2026.**
In case of an excess of entries at the registration deadline, even after having implemented the measure mentioned under point 13 of these rules (expected excess of the regulation maximum permitted competition duration of 4h per half-day), the organizing club will refuse the last registered clubs for participation. In the event of any refusals, the clubs concerned will be notified no later than 9am on 22nd April 2026.
15. Registration is only possible through the Lenex registration system. Participating clubs must send the lenex with the names of all participants to Luc Feys via e-mail (sportsecretariaat@kzk.be). Other forms of registration are only possible in exceptional cases and after consultation with and approval of Luc Feys. If no confirmation of registration is received, please contact Luc Feys (+32 495/90 54 33) **before** the end of the inscription period.
16. The times with which swimmers register must be real race times swum between 1st of January 2025 and 18th of April 2026. In the absence of an official time, swimmers are registered "without time".



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17. All swimmers must report to the call room at least 10 minutes before their race, as mentioned in the official program.
18. All swimmers are included in the results.
19. Upon registration, the swimmer agrees that during the Grand Prix City of Kortrijk Spurs 2026 images and/or film footage may be collected by the organizer, in whatever way. If a swimmer does not want this, they must notify the organizer explicitly by means of an official letter.
20. Upon registration, the swimmer agrees that these images and this footage may be used freely by the organizer for future competitions and publicity purposes. If a swimmer does not want this, they must notify the organizer explicitly by means of an official letter.
21. Upon registration, the swimmer agrees that 'non-targeted' images and film footage may be collected and published.
22. The organizer cannot be held responsible for violations of portrait rights committed by third parties.
23. The number of trainers admitted to the competition free of charge depends on the number of registered swimmers (see Part II, 6.1 & 6.2 of the "WORLD AQUATICS Zwemfed Sports Regulations Swimming version 9_2025"). One official club delegate also has free access at all times.
24. Each swimmer must collect their medal and/or prize money personally on the podium. Medals or prize money cannot be handed to other swimmers, coaches or delegates. Medals or prize money not collected during the official ceremony remain the property of the organizer.

Should the organizer decide not to award the medals, but to place them in an envelope per club and per competition day and hand them over to the delegate, the obligation described above for collecting the medals will of course lapse. That decision will be communicated to the clubs on the first competition day.

25. The entry fee is € 7,00 per registered individual race (preliminaries and heats) and € 12,00 per registered relay team. The entry fee must be paid via wire transfer to account number BE81 9791 7121 6624 of KZK vzw, stating "club name + number of swimmers + amount to be paid". Payment must be made by Friday 24th of April 2026 at the latest. Foreign clubs may pay the entry fee at the venue, but no later than half an hour before the start of the competition weekend. In case of absence, entry fees cannot be refunded. No entry fee is required for finals; knockout matches are also free.
26. Each club will receive a confirmation of its registration. Upon arrival at the swimming pool an envelope will be ready for each club with one program on paper. The envelope will also contain the racing rules and the necessary admission wristbands for the delegate and the trainer(s). Only persons wearing an official event wristband will be admitted to the swimming pool area.
27. Disputes concerning these rules and regulations or their implementation may be raised with the organizer and/or the president of the competition jury. The final decision on the handling of the dispute is binding for all participating clubs. No appeal is possible against this decision.
28. Catering: all information concerning catering, such as reservations of meals, can be found on the website www.kzk.be/GPSK_Spurs.



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29. Hotels: all information concerning hotel reservations can be found on the website [www.kzk.be/GPSK Spurs](http://www.kzk.be/GPSK_Spurs).
30. The organizer bears no responsibility in case of theft, accident or any other event.
31. The use of the dressing rooms is limited. For this reason, the organizer will provide an area just outside the swimming pool, in the adjacent event venue "the Level" of Howest or in the building of "CVO Miras". There, swimmers can rest between races. Chairs or cots may be placed in this area; eating is also allowed there. The road to the swimming pool will be clearly marked.
32. No chairs or cots are allowed in the swimming pool. It is also forbidden to eat in the pool. The organizer asks all swimmers and club officials to wear appropriate footwear (sliders or flip-flops) and appropriate clothing in the pool.
33. All spectators may take their seats in the stands. Entrance fees are: € 10,00 for half a day; € 15,00 for one full day; € 25,00 for the whole weekend. Kids until the age of 12 have free access. The programmes are only available in digital form! The lounge in the cafeteria is open to guests of the organiser and to spectators with a valid proof of payment (band), access to the lounge will be decided on the spot. Swimmers do not have access to the stands and the lounge.

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PROGRAM

Saturday 2nd of Mai 2026 – AM (Warming up from 07:30 until 08:20 – start at 08:30)

| Race No. | Type | Distance | Stroke | Gender | Ages |
|----------|--------------|--|------------|--------|------------------------------------|
| 1. | Prelim. | 100m | breast | female | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| 2. | Prelim. | 100m | breast | male | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| 3. | Heats | 400m | freestyle | all | 9 / 10 * |
| 4. | Heats | 400m | medley | female | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| 5. | Heats | 400m | medley | male | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| 6. | Heats | 50m | freestyle | female | 11 + (open) |
| 7. | Heats | 50m | freestyle | male | 11 + (open) |
| | Break | 20 min. Break and warming up swimming | | | |
| 8. | Heats | 200m | backstroke | female | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| 9. | Heats | 200m | backstroke | male | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| 10. | Heats | 200m | freestyle | female | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| 11. | Heats | 200m | freestyle | male | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| | Break | Medal ceremony for races 3 until 11 | | | |

* maximum 4 series!

Saturday 2nd of Mai 2026 – PM (Warming up from 13:00 until 13:55 – start at 14:00)
 Finals (start half an hour after the last match of the series)

| Race No. | Type | Distance | Stroke | Gender | Ages |
|----------|--------------|--|------------|--------|------------------------------------|
| 12. | Prelim. | 100m | butterfly | female | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| 13. | Prelim. | 100m | butterfly | male | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| 14. | Heats | 100m | butterfly | all | 9 / 10 |
| 15. | Heats | 50m | backstroke | female | 11 + (open) |
| 16. | Heats | 50m | backstroke | male | 11 + (open) |
| 17. | Heats | 100m | freestyle | all | 9 / 10 |
| 18. | Heats | 200m | medley | female | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| | Break | 30 min. break and warming up swimming finals – medal ceremony for races 14 tem 18 | | | |
| 19. | Finals | 100m | breast | female | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| 20. | Finals | 100m | breast | male | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| 21. | Finals | 100m | butterfly | female | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| 22. | Finals | 100m | butterfly | male | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| 23. | Heats | 4 x 50m | medley | mixed | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| | | End of day 1 – award ceremony finals | | | |



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Sunday 3th of Mai 2026 – AM (Warming up from 07:30 until 08:20 – Start at 08:30)

| Race No. | Type | Distance | Stroke | Gender | Ages |
|----------|--------------|--|-----------|--------|--------------------------------------|
| 24. | Prelim. | 100m | freestyle | female | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| 25. | Prelim. | 100m | freestyle | male | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| 26. | Heats | 200m | medley | all | 9 / 10 / 9 / 10 |
| 27. | Heats | 400m | freestyle | female | 11 - 12 / 13 - 14 / 15 - 16 / 17 +** |
| 28. | Heats | 400m | freestyle | male | 11 - 12 / 13 - 14 / 15 - 16 / 17 +** |
| 29. | Heats | 50m | butterfly | female | 11 + |
| 30. | Heats | 50m | butterfly | male | 11 + |
| | Break | 20 min. Break and warming up swimming | | | |
| 31. | Heats | 200m | breast | female | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| 32. | Heats | 200m | breast | male | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| 33. | Heats | 200m | butterfly | female | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| 34. | Heats | 200m | butterfly | male | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| | Break | Medal ceremony for races 26 until 34 | | | |

** maximum 6 series

Sunday 3th of Mai 2026 – PM (Warming up from 13:00 until 13:55 – start at 14:00)
 Finals (start half an hour after the last match of the series)

| Race No. | Type | Distance | Stroke | Gender | Ages |
|----------|-----------------|--|------------|-----------------|------------------------------------|
| 35. | Prelim. | 100m | backstroke | female | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| 36. | Prelim. | 100m | backstroke | male | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| 37. | Heats | 100m | breast | all | 9 / 10 / 9 / 10 |
| 38. | Heats | 50m | breast | female | 11 + |
| 39. | Heats | 50m | breast | male | 11 + |
| 40. | Heats | 100m | backstroke | all | 9 / 10 / 9 / 10 |
| 41. | Heats | 200m | medley | male | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| | Break | 30 min. Break and warming up swimming finals – medal ceremony for races 37 until 41 | | | |
| 42. | Finals | 100m | freestyle | female | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| 43. | Finals | 100m | freestyle | male | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| 44. | Finals | 100m | backstroke | female | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| 45. | Finals | 100m | backstroke | male | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| 46. | Heats | 4 x 50m | freestyle | mixed | 11 - 12 / 13 - 14 / 15 - 16 / 17 + |
| Extra | Knock-out-races | 50m | Freestyle | female/ male | OPEN (11+) |
| | | End of day 2 – award ceremony finals | | | |

Kind and sportly regards,
 KZK Spurs vzw