

Flanders Swimming Cup 2026
Antwerpen, 20 - 22/3/2026
3 - 21. March 26
21/03/2026 - 9:30
Event 12
Women, 200m Medley
**Open
Startlist Prelim**
21/03/2026 - 9:30
A-limiet : 2:32.22 / B-limiet 17 +: 2:35.88 / EJK-Limieten : 2:18.14 / EK-Limieten : 2:13.35

YB				YB			
<u>Heat 1 of 5, 9:30</u>				<u>Heat 2 of 5, 9:33</u>			
1				1			
2				2 Sprangers Kato	08 MOZKA	BEL	2:33.50
3 Vermaut Celine	99 KZK	BEL	2:50.81	3 Loones Thuline	00 MEGA	BEL	2:32.68
4 De Backer Birgit	09 ZIOS	BEL	2:34.93	4 Westerneng Fenna	09 DZ&PC	NED	2:31.78
5 Bruinsma Liesette	00 HZ&PC	NED	2:47.37	5 Boven Axelle	10 SHARK	BEL	2:32.02
6				6 Van Avondt Lina	09 STA	BEL	2:33.35
7				7 Theuwis Rune	02 DMB	BEL	2:34.61
8				8			
<u>Heat 3 of 5, 9:36</u>				<u>Heat 4 of 5, 9:39</u>			
1 Van Gysel Maite	08 MEGA	BEL	2:28.32	1 Melotte Pia	10 DBT	BEL	2:28.16
2 Vertessen Fran	09 DBT	BEL	2:26.39	2 Vervloet Zoe	10 GZVN	BEL	2:24.31
3 Vachaudez Ella	09 ENLN	BEL	2:22.80	3 O'Brien Lucy	09 NCL	IRL	2:22.49
4 Verhalle Kirsten	04 PSV	NED	2:18.79	4 Delcommune Zinke	05 KAZS	BEL	2:16.00
5 Kidney Isabel	06 NCL	IRL	2:21.71	5 Boxum Fay	09 DZ&PC	NED	2:21.68
6 Lichtendonk Ismay	04 HZ&PC	NED	2:23.79	6 Brouwers Charlotte	11 DBT	BEL	2:23.61
7 Mulder Esmees	08 DZ&PC	NED	2:27.39	7 D'Haeseleer Fran	10 DMI	BEL	2:27.11
8 Broux Elise	05 GZVN	BEL	2:30.41	8 Adelman Clara Cenxi	10 LAQUA	BEL	2:29.79
<u>Heat 5 of 5, 9:42</u>							
1 Evens Noor	09 HZS	BEL	2:27.71				
2 Debecker Charlotte	08 DMI	BEL	2:23.96				
3 De Bont Sam	08 TSZ	BEL	2:21.96				
4 Vanotterdijk Roos	05 DMB	BEL	2:09.73				
5 Verdonck Fleur	06 ZN	BEL	2:19.08				
6 Metzmakers Lea	09 BRABO	BEL	2:23.31				
7 Schmolt Jolina	08 SSGS	GER	2:26.57				
8 Ciobanu Anastasia	09 DDAT	BEL	2:28.71				

Event 13
Men, 100m Freestyle
**Open
Startlist Prelim**
21/03/2026 - 9:46
A-limiet : 55.19 / B-limiet 17 +: 56.52 / EJK-Limieten : 50.51 / EK-Limieten : 48.74

YB				YB			
<u>Heat 1 of 12, 9:46</u>				<u>Heat 2 of 12, 9:47</u>			
1				1 Seghers Michiel	07 DDAT	BEL	56.03
2				2 Hauben Sander	07 HZS	BEL	56.02
3 Verelzen Robbe	02 KZK	BEL	56.45	3 Decupere Cedric	07 KZK	BEL	55.93
4 D'Heere Remi	09 ROSC	BEL	56.17	4 Simons Vic	08 ZKKB	BEL	55.87
5 Vanhoutte Warre	07 ROSC	BEL	56.28	5 Schram Thor	05 MEGA	BEL	55.91
6 Van de Gender Wout	08 STW	BEL	56.51	6 Van Hoof Daan	05 LAQUA	BEL	55.98
7				7 Provoost Dajo	08 ROSC	BEL	56.02
8				8 Opdenbergh Merlijn	09 BRABO	BEL	56.13
<u>Heat 3 of 12, 9:49</u>				<u>Heat 4 of 12, 9:50</u>			
1 Van Deursen Siebe	09 MEGA	BEL	55.81	1 Bahloula Nael	09 BRABO	BEL	55.61
2 Oris Tim	98 DMB	BEL	55.72	2 Haesendonckx Jarne	08 ZGEEL	BEL	55.56
3 Duflocq Seppe	06 ISWIM	BEL	55.69	3 Leroux Wout	04 MEGA	BEL	55.51
4 Slappendel Juan Cruz	09 ORCA	NED	55.65	4 Koehoorn Gijs	08 HZ&PC	NED	55.41
5 De Craemer Cas	08 ZB	BEL	55.68	5 Feys Jonah	09 KZK	BEL	55.48
6 Vandycke Lucas	07 ROSC	BEL	55.69	6 Vanthournout Xander	06 ZGEEL	BEL	55.54
7 Devriese Jonathan	08 BZK	BEL	55.75	7 Van Daele Daan	09 RSC	BEL	55.60
8 Caudron Xibe	08 ZNA	BEL	55.84	8 D'Hooge Liam	08 STA	BEL	55.65

**Flanders Swimming Cup 2026
Antwerpen, 20 - 22/3/2026**
Event 13, Men, 100m Freestyle, Prelim
Heat 5 of 12, 9:52

1	Christiaens Stijn	06	KZK	BEL	55.32
2	Broekstra Wytse	08	VIKINGS	NED	55.16
3	Szabo Peter	11	BRABO	HUN	55.11
4	Wattiaux Thomas	10	MHN	BEL	54.94
5	Van Tilburg Matthias	09	ZGEEL	BEL	54.98
6	Ravelingien Tibe	08	BRABO	BEL	55.14
7	Nijskens Karel	07	BRABO	BEL	55.28
8	Verbeek Sem	04	SHARK	BEL	55.37

Heat 6 of 12, 9:53

1	Dumitrache Tobias	03	ASP	ROU	54.80
2	Van Ballaer Viktor	08	ZGEEL	BEL	54.75
3	Baelen Tobe	10	DBT	BEL	54.62
4	De Bodt Daan	08	BRABO	BEL	54.44
5	Michoel Quinten	09	ZGEEL	BEL	54.45
6	Delie Vico	11	ISWIM	BEL	54.67
7	Grigoras Alexandru Nic	06	ASP	ROU	54.77
8	Verroken Gerben	08	ZIOS	BEL	54.82

Heat 7 of 12, 9:54

1	Issard Niek	07	DZ&PC	NED	54.17
2	Vangampelaere Milan	05	MEGA	BEL	53.97
3	Van Waelderen Thomas	05	WST	BEL	53.92
4	Mattheus Ibe	05	TRUST	BEL	53.79
5	Van den Hoorn Jelle	04	HZS	BEL	53.82
6	Bhija Tariq	10	KWZC	BEL	53.95
7	Scharrer Daniel	07	AUSTRIA	AUT	54.01
8	Vanderschrick Stephan	00	BZK	BEL	54.28

Heat 8 of 12, 9:56

1	Vangrootloon Jef	10	HZS	BEL	53.73
2	Stevens Stan	03	PSV	NED	53.65
3	Vervloet Ruwen	04	BRABO	BEL	53.54
4	de Mul Tom	05	MEGA	BEL	53.24
5	Kindt Levi	07	BRABO	BEL	53.40
6	Vanhamel Yonas	05	BRABO	BEL	53.58
7	De Swerdt Mathias	08	TRUST	BEL	53.72
8	Volders Arne	10	BRABO	BEL	53.76

Heat 9 of 12, 9:57

1	Spadea Tommaso	08	LAQUA	BEL	53.09
2	De Swerdt Niels	07	TRUST	BEL	52.89
3	Smink Michael	03	ALBION	NED	52.77
4	Van Egdome Wout	08	ZN	BEL	52.58
5	Stork Floris	03	DZ&PC	FRA	52.70
6	Ciommo Alessander	08	TRUST	BEL	52.87
7	Bracke Erno	05	BRABO	BEL	53.03
8	Saive Antoine	04	LGN	BEL	53.20

Heat 10 of 12, 9:59

1	Rathgeber Erik	06	SSGS	GER	52.45
2	O'Brien Denis	07	NCL	IRL	52.22
3	Baeye Leon	08	MEGA	BEL	51.07
4	Waerniers Bere	08	TZT	BEL	50.37
5	van Rooij Luuk	04	ZPC	NED	50.93
6	Magremanne Matteo	08	LGN	BEL	52.12
7	Bes Colin	05	DZ&PC	NED	52.28
8	Baumann Leo Ilias	08	SSGS	GER	52.57

Heat 11 of 12, 10:00

1	Van Wellen Joseph	08	HOZT	BEL	52.35
2	Simion Matei	03	ASP	ROU	52.22
3	Abdoli Samyar	02	SSGS	IRI	51.00
4	Van Hooydonck Vincent	07	BRABO	BEL	49.90
5	Rynn Cormac	05	NCL	IRL	50.69
6	Alves Torres Paul	03	CNB	FRA	51.43
7	Goenawan B.	05	SSGS	GER	52.23
8	Mees Ruben	06	SCZ	BEL	52.53

Heat 12 of 12, 10:01

1	Druant Andreas	06	ZB	BEL	52.33
2	Claerhout Bas	08	TZT	BEL	52.15
3	Lammens Seppe	07	BRABO	BEL	50.94
4	Raje Michael	06	SSGS	GER	49.82
5	Gurdenli Emre	00	ALBION	TUR	50.45
6	Mabbe Elian	04	UZKZ	BEL	51.14
7	Van Hoey Billiet A.	09	STW	BEL	52.23
8	Mees Brent	03	SCZ	BEL	52.46

Event 14
21/03/2026 - 10:03
Women, 100m Breaststroke
**Open
Startlist Prelim**

A-limiet : 1:20.77 / B-limiet 17+ : 1:23.69 / EJK-Limieten : 1:10.07 / EK-Limieten : 1:07.15

YB
Heat 1 of 5, 10:03

1	Bruinsma Liesette	00	HZ&PC	NED	1:28.14
2	Talboom Lies	09	BRABO	BEL	1:22.96
3	Uytterhoeven Flo	10	ZCT	BEL	1:20.76
4	Streep Flo	09	BRABO	BEL	1:20.11
5	Eeckhout Fleur	08	ZB	BEL	1:20.15
6	Vanhees Ella	09	DBT	BEL	1:22.60
7	Van Laecke Lotte	06	MEGA	BEL	1:23.17
8	Vermaut Celine	99	KZK	BEL	1:31.81

YB
Heat 2 of 5, 10:05

12	BRABO	BEL	1:19.63
09	TRUST	BEL	1:19.08
07	BRABO	BEL	1:18.63
08	ZGEEL	BEL	1:17.98
05	ZS	BEL	1:18.09
10	ZCT	BEL	1:19.05
10	DDAT	BEL	1:19.41
09	ZCK	BEL	1:19.84

**Flanders Swimming Cup 2026
Antwerpen, 20 - 22/3/2026**
Event 14, Women, 100m Breaststroke, Prelim
Heat 3 of 5, 10:07

1	Vervloet Zoe	10	GZVN	BEL	1:16.56
2	Vertessen Fran	09	DBT	BEL	1:14.94
3	Verstrepen Siel	03	DBT	BEL	1:11.21
4	Schouten Tes	00	VZF	NED	1:08.19
5	Connery Niamh	08	NCL	IRL	1:10.12
6	Luyten Julie	11	AZK	BEL	1:14.03
7	Caes Oone	07	ZCT	BEL	1:15.51
8	Struyf Lieselot	04	HZA	BEL	1:17.05

Heat 4 of 5, 10:09

1	Donin Manon	08	ZIOS	BEL	1:15.69
2	Raemdonck B.	05	MEGA	BEL	1:14.79
3	Gobert Lies	05	MEGA	BEL	1:11.02
4	Gaspard Florine	01	CNB	BEL	1:06.89
5	Zsebok Laura	06	HUN	HUN	1:09.93
6	Brouwers Charlotte	11	DBT	BEL	1:13.89
7	Evens Noor	09	HZS	BEL	1:15.49
8	Mulder Esmee	08	DZ&PC	NED	1:17.00

Heat 5 of 5, 10:11

1	Lepage Amelie	10	BRABO	BEL	1:15.60
2	Willekus Joy	06	PSV	NED	1:14.23
3	Doyle Eimear	01	UL	IRL	1:10.36
4	Fangli Henrietta	01	HUN	ROU	1:06.87
5	Gkovari Konstadina A.	07	GREECE	GRE	1:09.69
6	D'Hooghe Katia	07	BRABO	BEL	1:12.35
7	Debecker Charlotte	08	DMI	BEL	1:15.12
8	Boven Axelle	10	SHARK	BEL	1:16.72

Event 15
Men, 200m Butterfly
Open
21/03/2026 - 10:13
Startlist Prelim

A-limiet : 2:24.65 / EJK-Limieten : 2:02.16 / EK-Limieten : 1:57.32

YB
Heat 1 of 4, 10:13

1					
2					
3	Van Den Bosch Frederic	08	RSCM	BEL	2:23.76
4	Boodts Gerben	07	TSZ	BEL	2:22.98
5	Verheyden Vinz	09	FIRST	BEL	2:22.98
6					
7					
8					

YB
Heat 2 of 4, 10:16

1	Claeskens Milan	06	DBT	BEL	2:18.96
2	Vansieleghe Killian	05	ROSC	BEL	2:14.41
3	Vermaut Arthur	06	LAQUA	BEL	2:09.53
4	Fritzke Lukas	06	SSGS	GER	2:04.83
5	Laureyssens Lukas	08	ZS	BEL	2:07.70
6	Bhija Tariq	10	KWZC	BEL	2:12.04
7	Leirs Bavo	06	HZA	BEL	2:14.81
8	Housen Korneel	09	TZT	BEL	2:21.11

Heat 3 of 4, 10:19

1	Pirlet Wout	08	TZT	BEL	2:18.84
2	Bulman Lars	06	ALBION	NED	2:13.95
3	De Meyer Niels	02	BRABO	BEL	2:08.27
4	Cristian Lapadat	04	ASP	ROU	2:04.37
5	Klink Sven	05	SWOL	NED	2:06.48
6	Druwel Mauro	08	TIME	BEL	2:11.99
7	Schram Thor	05	MEGA	BEL	2:14.80
8	Roosen Lukas	10	PZC	BEL	2:21.03

Heat 4 of 4, 10:22

1	Szabo Peter	11	BRABO	HUN	2:17.05
2	Lissens Tuur	10	LAQUA	BEL	2:13.40
3	Dufond Nathan	08	ENLN	BEL	2:08.12
4	Mihalache Vlad Stefan	06	CSA	ROU	2:01.19
5	Barrett Alex	07	NCL	IRL	2:05.85
6	Horovyi Mykyta	07	ZOLA	UKR	2:11.94
7	Devos Rhune	09	ROSC	BEL	2:14.75
8	Pomsel Lucca	07	SSGS	GER	2:20.88

Event 16
Women, 50m Butterfly
Open
21/03/2026 - 10:25
Startlist Prelim

A-limiet : 30.66 / B-limiet 17 +: 31.49 / EJK-Limieten : 27.34 / EK-Limieten : 26.41

YB
Heat 1 of 7, 10:25

1					
2					
3	Van Laarhoven Alessia	08	BRABO	BEL	31.42
4	Caes Oone	07	ZCT	BEL	31.28
5	Michielsens Jinthe	08	AZK	BEL	31.41
6					
7					
8					

YB
Heat 2 of 7, 10:26

1	Vanderschrick Laura	02	BZK	BEL	31.19
2	Vanderbeke Hasse	08	AST	BEL	30.90
3	Loones Thuline	00	MEGA	BEL	30.71
4	Migom Lobke	08	ZB	BEL	30.62
5	Lepage Amelie	10	BRABO	BEL	30.64
6	Christiaens Jutta	08	KZK	BEL	30.74
7	Van Osta Nomi	05	ZS	BEL	31.17
8	Dries Sien	07	ZGEEL	BEL	31.20

**Flanders Swimming Cup 2026
Antwerpen, 20 - 22/3/2026**
Event 16, Women, 50m Butterfly, Prelim
Heat 3 of 7, 10:27

1	De Backer Birgit	09	ZIOS	BEL	30.60
2	Lammens Louise	08	TZT	BEL	30.53
3	Tyvaert Manon	08	ISWIM	BEL	30.48
4	Bhija Noor	08	KWZC	BEL	30.27
5	Van Avondt Lina	09	STA	BEL	30.36
6	Luyten Julie	11	AZK	BEL	30.50
7	Jacobs Lotte	09	ZVL	BEL	30.56
8	Claeys Ditte	10	ROSC	BEL	30.60

Heat 4 of 7, 10:28

1	Linskens Elloise	11	TZT	BEL	30.14
2	De Decker Febe	10	MEGA	BEL	30.11
3	Van Bunder Amy	10	TSZ	BEL	29.84
4	Beijnsberger Mare	10	RSC	BEL	29.63
5	Broeckaert Noa	09	BRABO	BEL	29.80
6	Genbrugge Elea	10	BRABO	BEL	29.87
7	Frederix Maya	09	DBT	BEL	30.14
8	Eeckhout Fleur	08	ZB	BEL	30.14

Heat 5 of 7, 10:29

1	Broeckaert Noor	07	BRABO	BEL	29.22
2	De Bruycker Chloe	11	TZT	BEL	28.96
3	Hoste Celeste	07	MEGA	BEL	28.58
4	Bussels Fleur	08	DMB	BEL	27.64
5	Korthuis Sara	06	DZ&PC	NED	27.82
6	Van Brabandt Juliette	09	MEGA	BEL	28.73
7	Vandevenne Liah	11	DBT	BEL	29.11
8	Hannoteau Isalyne	09	ENLN	BEL	29.49

Heat 6 of 7, 10:30

1	Wouters Briana	06	KAZS	BEL	29.15
2	Dalemans Lyn	09	ZCK	BEL	28.90
3	Mattheeuws Lie	05	MEGA	BEL	28.28
4	Varga Dominika	01	DSC	HUN	27.25
5	O'Brien Lucy	09	NCL	IRL	27.74
6	Desmet Lieze	10	TZT	BEL	28.70
7	Rombout Lisa	01	HZA	BEL	29.08
8	Van den Wyngaert E.	09	BRABO	BEL	29.45

Heat 7 of 7, 10:31

1	Bajot Clemence	11	LGN	BEL	29.14
2	Van Den Bosch Maxine	06	RSCM	BEL	28.81
3	Durez Laure	06	ENLN	BEL	28.18
4	Henique Melanie	92	CNM	FRA	25.97
5	Kidney Isabel	06	NCL	IRL	27.67
6	Ciobanu Anastasia	09	DDAT	BEL	28.66
7	Lammens Mary	11	TZT	BEL	28.97
8	Maerevoet Marie	04	BRABO	BEL	29.29

**Event 17
21/03/2026 - 10:32**
Men, 50m Breaststroke
**Open
Startlist Prelim**

A-limiet : 32.07 / B-limiet 17 +: 33.67 / EJK-Limieten : 28.45 / EK-Limieten : 27.44

YB

Heat 1 of 9, 10:32

1	Rosiers Nicolas	07	MEGA	BEL	33.60
2	Daemen Tuur	08	DMB	BEL	33.48
3	Ladewig Seth	09	ZOLA	BEL	33.43
4	Verheyden Vinz	09	FIRST	BEL	33.23
5	Dries Klaas	07	ZGEEL	BEL	33.37
6	Dekyvere Mathias	09	ZNA	BEL	33.47
7	Devriese Jonathan	08	BZK	BEL	33.55
8	Slaets Caz	09	ZVL	BEL	33.61

Heat 3 of 9, 10:35

1	Leirs Bavo	06	HZA	BEL	32.24
2	Vanthournout Xander	06	ZGEEL	BEL	32.07
3	Mattheus Ibe	05	TRUST	BEL	31.94
4	Francois Wout	07	TZT	BEL	31.86
5	Jorissen Rube	08	DBT	BEL	31.92
6	de Mul Tom	05	MEGA	BEL	31.98
7	Verroken Gerben	08	ZIOS	BEL	32.07
8	Cornelissen Lars	08	ALZV	BEL	32.37

YB

Heat 2 of 9, 10:34

1	Vanoppen Mathias	09	HZS	BEL	33.04
2	Christiaens Stijn	06	KZK	BEL	32.95
3	Moermans Tijmen	08	ZDKB	BEL	32.55
4	Vandorpe Dante	08	RSC	BEL	32.48
5	Meert Vince	09	STZ	BEL	32.51
6	De Peyper Noah	08	ZIOS	BEL	32.81
7	Vangampelaere Milan	05	MEGA	BEL	32.96
8	Swennen Lars	09	ZDKB	BEL	33.08

Heat 4 of 9, 10:36

1	Van Hoof Daan	05	LAQUA	BEL	31.82
2	Maenhout Arjen	07	UZKZ	BEL	31.67
3	Metten Vince	10	DMB	BEL	31.50
4	Van Ballaer Viktor	08	ZGEEL	BEL	31.39
5	Robberechts Robbe	07	ALZV	BEL	31.44
6	Oris Tim	98	DMB	BEL	31.55
7	Verhulst Lennert	07	AZL	BEL	31.77
8	Duflocq Seppe	06	ISWIM	BEL	31.86

**Flanders Swimming Cup 2026
Antwerpen, 20 - 22/3/2026**
Event 17, Men, 50m Breaststroke, Prelim
Heat 5 of 9, 10:37

1	Wattiaux Thomas	10	MHN	BEL	31.29
2	De Smaele Keyon	08	FIRST	BEL	31.14
3	McLean Brett	86	MEGA	BEL	31.08
4	de Bruijn Emiel	07	DZ&PC	NED	31.06
5	Decupere Cedric	07	KZK	BEL	31.08
6	Vanhoutte Warre	07	ROSC	BEL	31.10
7	Verelzen Robbe	02	KZK	BEL	31.16
8	De Bodt Daan	08	BRABO	BEL	31.34

Heat 6 of 9, 10:38

1	Claerhout Bas	08	TZT	BEL	30.89
2	Holland Matthew	98	WLVM	GBR	30.75
3	Soens Elias	06	DMB	BEL	30.68
4	Van Wellen Joseph	08	HOZT	BEL	30.39
5	Desmet Milan	03	KWZC	BEL	30.64
6	Ducarme Mathis	09	MHN	BEL	30.69
7	Kolichev Igor	88	AST	BEL	30.86
8	Hoes Tom Alexander	10	MHN	BEL	30.96

Heat 7 of 9, 10:39

1	Vervloet Ruwen	04	BRABO	BEL	29.87
2	Broekstra Wytse	08	VIKINGS	NED	29.28
3	Rutkowski Franciszek	06	PSV	POL	28.87
4	Volontir Danis	07	COB	ROU	27.93
5	De Schryver Noah	01	ZNA	BEL	28.63
6	Huyghelier Loek	04	TZT	BEL	29.01
7	van Groenigen Karsten	08	STZ	BEL	29.70
8	Metzemakers Noa	06	BRABO	FRA	30.24

Heat 8 of 9, 10:40

1	Cleymans Karsten	02	STZ	BEL	29.78
2	Matei Vlad Alexandru	06	ASP	ROU	29.25
3	Bulman Rick	01	ALBION	NED	28.87
4	Bayer Valentin	99	AUSTRIA	AUT	27.13
5	Baeten Lukas	07	LAQUA	BEL	28.36
6	Vranken Bartel	07	DMB	BEL	29.00
7	Mabbe Elian	04	UZKZ	BEL	29.45
8	Vandendorpe Emile	04	UZKZ	BEL	30.10

Heat 9 of 9, 10:41

1	de Roij van Zuidewijn J.	00	ALBION	NED	29.74
2	Deprez Lukas	06	TRUST	BEL	29.15
3	Harvey Senan	06	NCL	IRL	28.71
4	Corbeau Caspar	01	VZF	NED	26.94
5	Abdoli Samyar	02	SSGS	IRI	28.14
6	Mennen Ruben	07	BRABO	BEL	28.93
7	Cleymans Torben	08	STZ	BEL	29.44
8	Callewaert Niels	00	BRABO	BEL	30.05

Event 18
Women, 200m Backstroke
Open
21/03/2026 - 10:42
Startlist Prelim
A-limiet : 2:31.89 / B-limiet 17+ : 2:35.60 / EJK-Limieten : 2:15.87 / EK-Limieten : 2:13.00
YB
Heat 1 of 4, 10:42

1					
2					
3	Renette Lena	09	DBT	BEL	2:35.56
4	Vangampelaere Laura	08	MEGA	BEL	2:31.84
5	Weytjens Amber	08	DMB	BEL	2:35.14
6					
7					
8					

Heat 3 of 4, 10:49

1	Geens Amelie	09	ZCK	BEL	2:30.82
2	Dalemans Lyn	09	ZCK	BEL	2:25.96
3	Melotte Pia	10	DBT	BEL	2:22.65
4	Godden Maria	02	NCL	IRL	2:16.21
5	Groener Yke	05	PSV	NED	2:20.17
6	van der Kamp M.	05	HZ&PC	NED	2:24.26
7	Migom Lobke	08	ZB	BEL	2:29.58
8	Vanderschrick Laura	02	BZK	BEL	2:31.65

YB
Heat 2 of 4, 10:46

1	Sprangers Kato	08	MOZKA	BEL	2:31.04
2	Vandevenne Liah	11	DBT	BEL	2:26.81
3	Vachaudez Ella	09	ENLN	BEL	2:23.37
4	Rooney Cora	05	NCL	IRL	2:17.59
5	Boxum Fay	09	DZ&PC	NED	2:20.60
6	Heijl Olivia	07	BRABO	BEL	2:24.55
7	Temmerman Elynne	10	BRABO	BEL	2:30.26
8	Verluyten Leni	10	TSZ	BEL	2:31.72

Heat 4 of 4, 10:53

1	Depaepe Elize	11	ROSC	BEL	2:30.63
2	Beijnsberger Mare	10	RSC	BEL	2:25.91
3	Lichtendonk Ismay	04	HZ&PC	NED	2:21.62
4	Zeren Zulai	95	ALBION	TUR	2:12.48
5	van Etten Laura	08	HZ&PC	NED	2:19.90
6	Nazaruk Nicole	09	STZ	BEL	2:23.52
7	Huens Noor	09	MEGA	BEL	2:27.21
8	Roffel Maud	07	DZ&PC	NED	2:31.32

**Flanders Swimming Cup 2026
Antwerpen, 20 - 22/3/2026**
**Event 19
21/03/2026 - 10:56**
Men, 50m Backstroke
**Open
Startlist Prelim**

A-limiet : 29.94 / B-limiet 17 +: 31.14 / EJK-Limieten : 26.00 / EK-Limieten : 25.14

YB				YB			
<u>Heat 1 of 9, 10:56</u>				<u>Heat 2 of 9, 10:58</u>			
1				1 Lafaut Leon	08 MEGA	BEL	30.66
2				2 Maenhout Arjen	07 UZKZ	BEL	30.56
3 Doomen Marnix	09 ZVL	BEL	30.75	3 Leroux Wout	04 MEGA	BEL	30.46
4 Seghers Michiel	07 DDAT	BEL	30.69	4 Hufkens Iben	07 ZGEEL	BEL	30.32
5 Mathieu Jack	07 ZS	BEL	30.70	5 Ciommo Alessander	08 TRUST	BEL	30.41
6 Verheyden Vinz	09 FIRST	BEL	30.91	6 De Maesschalck Yarne	08 ALZV	BEL	30.55
7				7 Devos Rhune	09 ROSC	BEL	30.56
8				8 Christiaens Stijn	06 KZK	BEL	30.67
<u>Heat 3 of 9, 10:59</u>				<u>Heat 4 of 9, 11:01</u>			
1 Dehaene Jule	09 ISWIM	BEL	30.30	1 Koehoorn Gijs	08 HZ&PC	NED	29.84
2 Claey's Oscar	04 MEGA	BEL	30.25	2 Simons Vic	08 ZDKB	BEL	29.83
3 Decaluwe Georges	09 ZCT	BEL	30.19	3 Haesendonckx Jarne	08 ZGEEL	BEL	29.76
4 Sluyts Tibe	11 WST	BEL	29.87	4 Vangrootloon Jef	10 HZS	BEL	29.61
5 Van de Gender Wout	08 STW	BEL	30.05	5 Kindt Liam	10 TZT	BEL	29.74
6 Feys Jonah	09 KZK	BEL	30.25	6 Bahloula Nael	09 BRABO	BEL	29.77
7 Vanderhaeghe Antwan	09 ISWIM	BEL	30.30	7 Volckaert Matthias	08 ZIOS	BEL	29.84
8 Waelpu't Thomas	09 TSZ	BEL	30.30	8 Robberechts Robbe	07 ALZV	BEL	29.87
<u>Heat 5 of 9, 11:02</u>				<u>Heat 6 of 9, 11:04</u>			
1 Pattyn Lowie	10 TIME	BEL	29.48	1 Boodts Gerben	07 TSZ	BEL	29.15
2 Dries Klaas	07 ZGEEL	BEL	29.34	2 Goris Ruben	09 BRABO	BEL	29.13
3 Michiels Sibe	10 TSZ	BEL	29.22	3 De Swerd't Niels	07 TRUST	BEL	28.90
4 Vanduycke Lucas	07 ROSC	BEL	29.21	4 Van Deursen Siebe	09 MEGA	BEL	28.66
5 Provoost Matice	08 ROSC	BEL	29.22	5 Raes Dries	07 KAZS	BEL	28.86
6 De Swerd't Mathias	08 TRUST	BEL	29.24	6 Verbeek Sem	04 SHARK	BEL	29.05
7 Vanderschrick Stephan	00 BZK	BEL	29.36	7 Nolle't Robbe	06 BRABO	BEL	29.14
8 Vansteen'kiste Victor	12 TIME	BEL	29.56	8 Van Waelder'eren Thomas	05 WST	BEL	29.17
<u>Heat 7 of 9, 11:05</u>				<u>Heat 8 of 9, 11:07</u>			
1 Van Tilburg Matthias	09 ZGEEL	BEL	28.49	1 Van Egd'om Wout	08 ZN	BEL	28.30
2 Volders Arne	10 BRABO	BEL	27.77	2 Issard Niek	07 DZ&PC	NED	27.62
3 Irwin Nedd'ie	03 NCL	IRL	27.19	3 Lavdan'iti Zhulian Xhoi	03 BRABO	ALB	27.00
4 Berges Jens	01 HZA	BEL	26.23	4 Alves Torres Paul	03 CNB	FRA	25.87
5 Van Wellen Joseph	08 HOZT	BEL	26.87	5 Thieb'aud Noah	08 STZ	BEL	26.74
6 Emig Elias	08 AUSTRIA	AUT	27.57	6 de Mul Tom	05 MEGA	BEL	27.49
7 De Craemer Cas	08 ZB	BEL	27.98	7 Vansie'leghem Killian	05 ROSC	BEL	27.81
8 Bes Colin	05 DZ&PC	NED	28.62	8 Vanhamel Yonas	05 BRABO	BEL	28.60
<u>Heat 9 of 9, 11:08</u>							
1 Thonon Matisse	11 TZT	BEL	28.22				
2 Smink Michael	03 ALBION	NED	27.57				
3 Van Hoey Billiet A.	09 STW	BEL	26.88				
4 Verreth Noah	05 MEGA	BEL	25.36				
5 Minnaert Lars	05 PSV	NED	26.46				
6 Scharrer Daniel	07 AUSTRIA	AUT	27.36				
7 Cousins Emmet	06 NCL	IRL	27.80				
8 Druant Andreas	06 ZB	BEL	28.50				

Flanders Swimming Cup 2026
Antwerpen, 20 - 22/3/2026
Event 20
21/03/2026 - 11:10
Women, 100m Freestyle
Open
Startlist Prelim

A-limiet : 1:01.48 / B-limiet 17 +: 1:02.97 / EJK-Limieten : 56.32 / EK-Limieten : 54.60

YB				YB					
Heat 1 of 8, 11:10				Heat 2 of 8, 11:11					
1	Talboom Lies	09 BRABO	BEL	1:02.88	1	Vanderschrick Laura	02 BZK	BEL	1:01.88
2	Donin Manon	08 ZIOS	BEL	1:02.69	2	D'Hooghe Katia	07 BRABO	BEL	1:01.67
3	Dries Sien	07 ZGEEL	BEL	1:02.58	3	Jacobs Ella	05 LZV	BEL	1:01.37
4	Streep Flo	09 BRABO	BEL	1:02.34	4	Broux Elise	05 GZVN	BEL	1:01.30
5	Christiaens Annabel	06 KZK	BEL	1:02.52	5	Van Den Bosch Maxine	06 RSCM	BEL	1:01.33
6	Raemdonck B.	05 MEGA	BEL	1:02.68	6	Ooms Sari	07 ZGEEL	BEL	1:01.63
7	Renette Lena	09 DBT	BEL	1:02.78	7	Mertens Helena	09 SHARK	BEL	1:01.70
8	Bruinsma Liesette	00 HZ&PC	NED	1:05.17	8	Bhija Noor	08 KWZC	BEL	1:02.04
Heat 3 of 8, 11:13				Heat 4 of 8, 11:14					
1	Caris Marthe	10 KWZC	BEL	1:01.25	1	De Decker Febe	10 MEGA	BEL	1:00.55
2	Maerevoet Marie	04 BRABO	BEL	1:01.01	2	Claeys Ditte	10 ROSC	BEL	1:00.42
3	Eelbode Emelie	12 ZNA	BEL	1:00.89	3	Hannoteau Isalyne	09 ENLN	BEL	1:00.39
4	Vanhees Ella	09 DBT	BEL	1:00.80	4	Christiaens Jutta	08 KZK	BEL	59.92
5	Beijnsberger Mare	10 RSC	BEL	1:00.81	5	Schmolt Jolina	08 SSGS	GER	1:00.18
6	Fatih Aya	07 BRABO	BEL	1:00.94	6	De Backer Birgit	09 ZIOS	BEL	1:00.41
7	Broeckart Noa	09 BRABO	BEL	1:01.23	7	Debecker Charlotte	08 DMI	BEL	1:00.50
8	Frederix Maya	09 DBT	BEL	1:01.27	8	Iannino Valentina	12 STZ	BEL	1:00.63
Heat 5 of 8, 11:16				Heat 6 of 8, 11:17					
1	De Bruycker Chloe	11 TZT	BEL	59.66	1	van Etten Laura	08 HZ&PC	NED	58.93
2	Bolt Hedwig	06 HZ&PC	NED	59.59	2	Zsebok Laura	06 HUN	HUN	57.83
3	Hoste Celeste	07 MEGA	BEL	59.54	3	Dumont Sarah	07 NOC	BEL	56.97
4	Van Gysel Maite	08 MEGA	BEL	59.40	4	Senanszky Petra	94 HUN	HUN	55.26
5	Desmet Lieze	10 TZT	BEL	59.53	5	Durez Laure	06 ENLN	BEL	56.69
6	Van Avondt Lina	09 STA	BEL	59.57	6	Korthuis Sara	06 DZ&PC	NED	57.33
7	Bajot Clemence	11 LGN	BEL	59.60	7	Broeckart Noor	07 BRABO	BEL	58.36
8	Westerneng Fenna	09 DZ&PC	NED	59.67	8	Adelmann Clara Cenxi	10 LAQUA	BEL	59.34
Heat 7 of 8, 11:19				Heat 8 of 8, 11:20					
1	Van Brabandt Juliette	09 MEGA	BEL	58.76	1	Mattheeuws Lie	05 MEGA	BEL	58.45
2	Metzemakers Lea	09 BRABO	BEL	57.82	2	Wouters Briana	06 KAZS	BEL	57.70
3	Bussels Fleur	08 DMB	BEL	56.85	3	Verhalle Kirsten	04 PSV	NED	56.75
4	Gaspard Florine	01 CNB	BEL	53.71	4	Vanotterdijk Roos	05 DMB	BEL	53.62
5	Michiels Nore	08 TSZ	BEL	56.49	5	van Kalmthout Yara	02 PSV	NED	56.02
6	Delcommune Zinke	05 KAZS	BEL	57.30	6	Ravelingien Lana	03 BRABO	BEL	57.26
7	Van den Wyngaert E.	09 BRABO	BEL	58.24	7	D'Haeseleer Fran	10 DMI	BEL	58.20
8	Lammens Mary	11 TZT	BEL	59.27	8	Dalemans Lyn	09 ZCK	BEL	59.03

Event 21
21/03/2026 - 11:22
Men, 400m Medley
Open
Startlist Prelim

A-limiet : 4:53.61 / B-limiet 17 +: 5:03.17 / EJK-Limieten : 4:25.64 / EK-Limieten : 4:19.70

YB				YB					
Heat 1 of 3, 11:22				Heat 2 of 3, 11:28					
1	Tolsma Storm	06 DZ&PC	NED	4:53.17	1	Vermaut Arthur	06 LAQUA	BEL	4:42.02
2	Van Daele Daan	09 RSC	BEL	4:50.10	2	Lecocq Justin	08 LGN	BEL	4:36.71
3	Vos Sem	10 SCR	BEL	4:49.17	3	Buttarelli Claudio	09 SCR	BEL	4:28.10
4	Holland Matthew	98 WLVM	GBR	4:44.73	4	Sofikitis Vasileios	04 GREECE	GRE	4:18.81
5	Van den Hoorn Jelle	04 HZS	BEL	4:46.30	5	Laviolette Simon	08 SCR	BEL	4:22.81
6	Delie Vico	11 ISWIM	BEL	4:49.97	6	Klink Sven	05 SWOL	NED	4:32.38
7	Francois Wout	07 TZT	BEL	4:51.90	7	D'espallier Daan	09 BRABO	BEL	4:41.50
8	Hauben Sander	07 HZS	BEL	4:59.34	8	Metzemakers Noa	06 BRABO	FRA	4:42.20

**Flanders Swimming Cup 2026
Antwerpen, 20 - 22/3/2026**
Event 21, Men, 400m Medley, Prelim
Heat 3 of 3, 11:33

1	De Meyer Niels	02	BRABO	BEL	4:42.00
2	Ortfeld Levin	05	SSGS	GER	4:32.43
3	Vlahogiannakos P.	02	GREECE	GRE	4:22.99
4	Zemansky Noah	06	AUSTRIA	AUT	4:18.76
5	Magold Carl Morris	04	SSGS	GER	4:22.55
6	Fritzke Lukas	06	SSGS	GER	4:30.04
7	Wiersma Tieme	07	DZ&PC	NED	4:40.35
8	Baumann Leo Ilias	08	SSGS	GER	4:42.15

Event 22
Women, 800m Freestyle
**Open
Startlist**
21/03/2026 - 11:39
EJK-Limieten : 8:53.12 / EK-Limieten : 8:40.71
YB
YB
Heat 1 of 2, 11:39

1					
2					
3	Mertens Helena	09	SHARK	BEL	9:37.39
4	Jorissen Janne	11	LGN	BEL	9:19.28
5	Decraene Satheen	09	AQUABLA	BEL	9:20.36
6					
7					
8					

Heat 2 scheduled in session 4 at 19:02
Event 23
Men, 800m Freestyle
**Open
Startlist**
21/03/2026 - 11:49
EJK-Limieten : 8:11.80 / EK-Limieten : 7:51.08
YB
YB
Heat 1 of 2, 11:49

1					
2					
3	Theuwis Tijl	10	ZDKB	BEL	9:51.89
4	Van Daele Daan	09	RSC	BEL	9:18.01
5	Persoons Emiel	08	ZIOS	BEL	9:37.51
6	Van Den Bremt Mathias	11	AZL	BEL	9:58.77
7					
8					

Heat 2 scheduled in session 4 at 19:16

Flanders Swimming Cup 2026
Antwerpen, 20 - 22/3/2026

4 - 21. March 26

21/03/2026 - 17:30

Event 12

Women, 200m Medley

Open

21/03/2026 - 17:30

Startlist Finals

A-limiet : 2:32.22 / B-limiet 17 +: 2:35.88 / EJK-Limieten : 2:18.14 / EK-Limieten : 2:13.35

YB

YB

Final A

Final B

1
2
3
4
5
6
7
8

1
2
3
4
5
6
7
8

Event 13

Men, 100m Freestyle

Open

21/03/2026 - 17:41

Startlist Finals

A-limiet : 55.19 / B-limiet 17 +: 56.52 / EJK-Limieten : 50.51 / EK-Limieten : 48.74

YB

YB

Final A

Final B

1
2
3
4
5
6
7
8

1
2
3
4
5
6
7
8

Event 14

Women, 100m Breaststroke

Open

21/03/2026 - 17:49

Startlist Finals

A-limiet : 1:20.77 / B-limiet 17 +: 1:23.69 / EJK-Limieten : 1:10.07 / EK-Limieten : 1:07.15

YB

YB

Final A

Final B

1
2
3
4
5
6
7
8

1
2
3
4
5
6
7
8

Flanders Swimming Cup 2026
Antwerpen, 20 - 22/3/2026

Event 15
21/03/2026 - 17:57

Men, 200m Butterfly

Open
Startlist Finals

A-limiet : 2:24.65 / EJK-Limieten : 2:02.16 / EK-Limieten : 1:57.32

	YB		YB
<u>Final A</u>		<u>Final B</u>	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	

Event 16
21/03/2026 - 18:09

Women, 50m Butterfly

Open
Startlist Finals

A-limiet : 30.66 / B-limiet 17 +: 31.49 / EJK-Limieten : 27.34 / EK-Limieten : 26.41

	YB		YB
<u>Final A</u>		<u>Final B</u>	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	

Event 17
21/03/2026 - 18:15

Men, 50m Breaststroke

Open
Startlist Finals

A-limiet : 32.07 / B-limiet 17 +: 33.67 / EJK-Limieten : 28.45 / EK-Limieten : 27.44

	YB		YB
<u>Final A</u>		<u>Final B</u>	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	

Flanders Swimming Cup 2026
Antwerpen, 20 - 22/3/2026

Event 18
21/03/2026 - 18:24

Women, 200m Backstroke

Open
Startlist Finals

A-limiet : 2:31.89 / B-limiet 17 +: 2:35.60 / EJK-Limieten : 2:15.87 / EK-Limieten : 2:13.00

	YB		YB
<u>Final A</u>		<u>Final B</u>	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	

Event 19
21/03/2026 - 18:36

Men, 50m Backstroke

Open
Startlist Finals

A-limiet : 29.94 / B-limiet 17 +: 31.14 / EJK-Limieten : 26.00 / EK-Limieten : 25.14

	YB		YB
<u>Final A</u>		<u>Final B</u>	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	

Event 20
21/03/2026 - 18:45

Women, 100m Freestyle

Open
Startlist Finals

A-limiet : 1:01.48 / B-limiet 17 +: 1:02.97 / EJK-Limieten : 56.32 / EK-Limieten : 54.60

	YB		YB
<u>Final A</u>		<u>Final B</u>	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	

**Flanders Swimming Cup 2026
Antwerpen, 20 - 22/3/2026**
**Event 21
21/03/2026 - 18:54**
Men, 400m Medley
**Open
Startlist Finals**

A-limiet : 4:53.61 / B-limiet 17 +: 5:03.17 / EJK-Limieten : 4:25.64 / EK-Limieten : 4:19.70

	YB		YB
<u>Final A</u>		<u>Final B</u>	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	

**Event 22
21/03/2026 - 19:02**
Women, 800m Freestyle
**Open
Startlist**

EJK-Limieten : 8:53.12 / EK-Limieten : 8:40.71

	YB		YB
<u>Heat 2 of 2, 18:51</u>			
1 Paques Typhanie	09 LGN	BEL	9:16.65
2 Vermeylen Jolien	94 KAZS	BEL	9:12.26
3 Bolt Hedwig	06 HZ&PC	NED	8:49.63
4 Dumont Sarah	07 NOC	BEL	8:39.75
5 van der Kamp M.	05 HZ&PC	NED	8:42.41
6 Vanderlinden Siri	09 LAQUA	BEL	8:54.78
7 Paques Celya	09 LGN	BEL	9:12.53
8			

**Event 23
21/03/2026 - 19:16**
Men, 800m Freestyle
**Open
Startlist**

EJK-Limieten : 8:11.80 / EK-Limieten : 7:51.08

	YB		YB
<u>Heat 2 of 2, 19:04</u>			
1 Tanis Jorian	99 ALBION	NED	9:09.18
2 Kockx Henri	06 MEGA	BEL	8:45.92
3 Desmet Leendert	06 TZT	BEL	8:36.62
4 Lovens Florentin	06 LGN	BEL	8:15.89
5 Wiersma Tieme	07 DZ&PC	NED	8:24.22
6 Lambert Noah	10 LGN	BEL	8:41.18
7 Housen Korneel	09 TZT	BEL	8:50.69
8 Rydant Hannes	93 MEGA	BEL	9:16.43

19:30 Medailles finale wedstrijden 17-18 jaar & 19+ Zwemfed