

# EUROPEAN SWIMMING TRIALS

# COMPETITION PACK

2-5 JULY 2026



EINDHOVEN



knzb



BRABANT  
SPORT

# INTRODUCTION

The Royal Dutch Swimming Federation (KNZB) is pleased to present the competition pack for the European Swimming Trials. This event provides athletes with the opportunity to compete in a high-level long course competition at the Pieter van den Hoogenband Swimming Stadium.

The competition is open to national and international teams and athletes and will be organised in accordance with the applicable World Aquatics and European Aquatics regulations.

On behalf of the City of Eindhoven and the Province of North Brabant, the KNZB is honoured to welcome all participating teams to Eindhoven, internationally recognised as one of Europe's leading swimming cities.

The European Swimming Trials will take place from 2 to 5 July at the National Swimming Centre De Tongelreep. The venue features a 10-lane 50m competition pool and a 4-lane 50m warm-up pool. The event will be conducted in a fully branded championship environment, providing optimal competition conditions for athletes and an engaging setting for spectators.

The European Swimming Trials is an approved qualification event for both European Aquatics and World Para Swimming. For Dutch athletes, this competition will serve as the official qualification opportunity for the European Aquatics Championships 2026 in Paris.

The Royal Dutch Swimming Federation looks forward to welcoming all delegations to the Netherlands and wishes all participants a successful competition.

Royal Dutch Swimming Federation (KNZB)

<b>Revision</b>	<b>Changes</b>	<b>Date</b>
<b>1.0</b>	Initial version of the document	20-03-2026
<b>1.1</b>	Fixed Para Qualification times	24-03-2026
<b>1.2</b>	Fixed B/C finales program of day 2	25-03-2026
<b>1.3</b>	Changed Paralympic qualifying criteria	03-04-2026
<b>1.4</b>	Update on Appendix A	10-04-2026

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# SCHEDULE

## THURSDAY

02-07-2026

Heats - 9 AM

50	Fly	Men
50	Fly	Women
50	Breast	Men
400	Free	Women
400	Free	Men
100	Back	Women
200	Back	Men
200	IM	Women

## FRIDAY

03-07-2026

Heats - 9 AM

200	Free	Women
200	Free	Men
50	Back	Women
100	Back	Men
100	Breast	Women
200	IM	Men
200	Fly	Women
800	Free	Men
1500	Free	Women

## SATURDAY

04-07-2026

Heats - 9 AM

200	Breast	Men
200	Breast	Women
50	Back	Men
100	Free	Women
100	Free	Men
400	IM	Women
200	Fly	Men
150	IM	Women
150	IM	Men
1500	Free	Men

## SUNDAY

05-07-2026

Heats - 9 AM

50	Free	Women
50	Free	Men
50	Breast	Women
100	Breast	Men
200	Back	Women
400	IM	Men
100	Fly	Women
100	Fly	Men
800	Free	Women

### B/C Finals - 5 PM

50	Fly	Men	P
50	Fly	Women	P
50	Breast	Men	P
400	Free	Women	P
400	Free	Men	P
100	Back	Women	
200	Back	Men	
200	IM	Women	

### B/C Finals - 5 PM

200	Free	Women	P
200	Free	Men	P
50	Back	Women	P
100	Back	Men	
100	Breast	Women	
200	IM	Men	
200	Fly	Women	

### B/C Finals - 5 PM

200	Breast	Men	
200	Breast	Women	
50	Back	Men	P
100	Free	Women	
100	Free	Men	
400	IM	Women	
200	Fly	Men	
150	IM	Women	P
150	IM	Men	P

### B/C Finals - 5 PM

50	Free	Women	
50	Free	Men	
50	Breast	Women	P
100	Breast	Men	
200	Back	Women	
400	IM	Men	
100	Fly	Women	P
100	Fly	Men	P

### A Finals - 7 PM\*

50	Fly	Men	
50	Fly	Women	
50	Breast	Men	
400	Free	Women	
400	Free	Men	
100	Back	Women	P
200	Back	Men	
200	IM	Women	P
4x100	Free	Men	
4x100	Free	Women	

### A Finals - 7 PM\*

200	Free	Women	
200	Free	Men	
50	Back	Women	
100	Back	Men	P
100	Breast	Women	P
200	IM	Men	P
200	Fly	Women	
800	Free	Men	
1500	Free	Women	

### A Finals - 7 PM\*

200	Breast	Men	
200	Breast	Women	
50	Back	Men	
100	Free	Women	P
100	Free	Men	P
400	IM	Women	
200	Fly	Men	
4x200	Free	Women	
4x200	Free	Men	

### A Finals - 7 PM\*

50	Free	Women	P
50	Free	Men	P
50	Breast	Women	
100	Breast	Men	P
200	Back	Women	
400	IM	Men	
100	Fly	Women	
100	Fly	Men	
800	Free	Women	
4x100	Medley	Men	
4x100	Medley	Women	

\*Estimated time. Start time based on B/C finals

P = Paralympic final

P\* = Paralympic distance only



# QUALIFICATION

## AGE REQUIREMENTS

This competition is open for swimmers born in 2013 and older.

## QUALIFICATION STANDARDS

All participation need to meet the qualification times. Qualifying times must be posted in a World Aquatics/WPS sanctioned, observed or approved competition between **Januari 1, 2025 and May 31, 2026**. The fastest times will be accepted as entries and it is mandatory times can be verified either via [www.swimrankings.net](http://www.swimrankings.net) or provided result-files/websites.

Times of a start swimmer in a relay, except for a mixed relay, will be accepted if these are authenticated and verifiable in the official report.

Split times (of individual numbers) may be used to achieve the time standard. They will be accepted if they are certified as such and are verifiable.

The KNZB reserves the right to add swimmers to the competition that do not meet the qualification criteria.

## PARALYMPIC SWIMMERS

Paralympic qualifying times, based on the KNZB-time tables, can be found in appendix I

- 150 IM doesn't require qualifying times. This event is only for SM3 & SM4 classification.

This is a WPS Approved + competition. Para swimmers are allowed to compete with national classification status. All paralympic participation need to meet qualifying times, based on the KNZB-time tables(appendix I). Qualifying times must be posted between January 1, 2025 and May 31, 2026. The fastest times will be accepted as entries, it is mandatory times can be verified either via [www.swimrankings.net](http://www.swimrankings.net) or provided result-files/websites.

Paralympic swimmers are only allowed to compete in events for which a qualifying time standard has been set in the KNZB time tables. For other distances, they may (at the time of entry) submit a request to compete in that event if they can demonstrably contend for a European or World Record.

## QUALIFICATION TIMES

	<b>Men</b>	<b>Women</b>
50m freestyle	00:24,19	00:27,38
100m freestyle	00:53,70	01:00,31
200m freestyle	01:56,81	02:09,28
400m freestyle	04:20,28	04:39,35
800m freestyle	09:12,12	09:39,28
1500m freestyle	17:18,52	18:39,74
50m breaststroke	00:30,79	00:35,06
100m breaststroke	01:06,73	01:16,37
200m breaststroke	02:27,94	02:45,88
50m butterfly	00:25,99	00:28,88
100m butterfly	00:59,04	01:06,20
200m butterfly	02:19,49	02:34,10
50m backstroke	00:28,78	00:32,46
100m backstroke	01:03,06	01:09,02
200m backstroke	02:14,18	02:25,81
200m individual medley	02:14,18	02:28,85
400m individual medley	05:01,90	05:21,55
4x200m freestyle relay	07:53,40	08:56,37
4x100m freestyle relay	03:35,87	04:06,83
4x100m medley relay	04:02,15	04:41,04

# COMPETITION

## HEAT & SEEDING

All events will be swum in the open category men and women. 10 lanes will be used during the morning heats. Swimmers with impairments (paralympic) will swim in the regular program with able-bodied swimmers, based on their entry times.

## FINALS SEEDING & RESERVES

All finals will be swum in 10 lanes. All distance have an A and B final. There are 4 places for international swimmers in the A final and 4 places for international swimmers in the B final. If there are 6 or more international swimmers in the A and B finals combined a C final can be added for the 50, 100 and 200m distances. B/C finals will only be swum with 5 or more participants.

The PM session will start with all the B/C finals followed by session with all the A finals. See the program. The 800 and 1500m will have timed finals with the fastest heat in the PM A final session. Relays will be swum at the end of the A final session.

All athletes that do not want to swim the finals or be lined up as reserve swimmer must withdraw in advance. The scratch deadline for all events shall be 30 minutes after the corresponding event is finished and is published in livetiming. Withdrawals must be made in writing by the teamleader or the swimmer in person on the designated desk in the competition pool. Swimmers and coaches are expected to check the startlists after the publication of the finals (after the scratch deadline).

The two fastest non qualifying swimmers for the final B/C will be reserve swimmer for the B/C final. The fastest 2 swimmers qualifying for the B final are reserve swimmers for the A final. In case of withdraws new reserve swimmers will be appointed until the 30 minute time window is passed.

Reserve swimmers can be called up to swim the final up until 1 hour before the start of the corresponding final session. After this hour, the reserve swimmers are not obligated to swim if there are late withdrawals.

All participants for the finals must be in the call room no later than 10 minutes before the start of their corresponding final.

## RULEBOOKS

Rulebooks Officiating will be in accordance with the World Aquatics rule book and WPS rule book for paralympic swimmers. With in addition specific regulations on competitions by the Dutch KNZB rule book.

## CALL ROOM

Each swimmer should report to the call room, at least 4 heats (2 heats for 800m and longer) in advance of the attending race in the heats. The last call room can only be used by athletes who are expected there. A late swimmer runs the risk of being too late to swim and being excluded from the start.

## ANTI-DOPING

The international doping rules (World Aquatics, WADA) are applicable. Upon request swimmers must cooperate with representatives of the Dutch official doping authority and be available for testing. Non-Dutch swimmers have to be able to present their passports. Minors (under 18) must be accompanied by an adult.

## ACCREDITATIONS

On the day of the competition, accreditations can be picked up at the entrance of the swimming pool by the teamleader. Presenting the deck pass, the team leader can pick up one new starting list every session. The number of deck passes per club/team is determined as follows:

- 1 t/m 5 participants 1 deck pass
- 6 t/m 10 participants 2 deck passes
- 11 and more participants 3 deck passes

If you want to order additional deck passes, please contact the organization. Any additional passes are subject to payment. Participants and deck passes are strictly personal. In case of abuse, the pass will be taken and will only be returned after payment of the set fee for team members. Teams with 1 to 5 Para swimmers can request 1 extra (free) deck pass, with 5 or more Para swimmers 2 extra (free) deck passes can be requested. This must be indicated separately with your entry.

## FINAL SEEDING FOR PARALYMPIC SWIMMERS

The paralympic finals are multi-class finals. The 10 athletes with the highest point ranking (KNZB-points system) after all withdrawals are scratched will proceed to the final. Finals will proceed regardless of the number of athletes. There are finals for 50, 100, 200 and 400m freestyle, 50 and 100m breaststroke, backstroke and butterfly, plus 150m and 200m individual medley. Para swimmers may swim the abled body A final. Para swimmers will swim Para final, even when they qualify for abled body B final.

There are 3 final places reserved for Dutch swimmers. The seeding in the final will be done based on time. The same reserve rules apply to paralympic swimmers as abled body swimmers.

# ENTRIES & WITHDRAWALS

## ENTRIES

Final entry deadline is Tuesday, 16 June 2026 23:59. (CET)

Upon entering you will receive a confirmation twice:

An automatic confirmation that your e-mail was received

A personal message confirming your entry was processed. Only after receiving this second message your entries are accepted.

You can send your entries via e-mail, please mention

"Entry European swimming trials + your team name" in the subject line.

You need to send the SPLASH / Lenex data file, and the list of participants as a PDF file.

You can make your registration complete, to add your contact info via Splash Team

Manager, for which a separate manual on the Dutch federation website can be found. You

can request the number of deck passes in the registration email. You can download a

non-license Entry Editor at the federation website.

All files can be sent to the e-mail address [nkinschrijvingen@knzb.nl](mailto:nkinschrijvingen@knzb.nl).

NB. All file names must be in the following format: 2026-07-02=<clubname>-NKLB2026-inschr.lxf, 2026-07-02=<clubname>-NKLB2026-inschr.pdf

For Para athletes the S-classification code and codes of exception must be included in the lxf files.

Dutch athletes can only be registered by their respective club.

## INELIGIBLE, INCOMPLETE OR LATE REGISTRATIONS

Unwarranted registration means:

- times that do not fully correspond to the times in the report.
- times that do not match the fastest time on the relevant event in the qualification period.
- times swum in competitions, that cannot be verified by the KNZB.

For all unauthorized entries an administrative fee can be charged.

## ENTRY FEES

The entrance fee for the competition for each staff member (coach, physio etc.) participating in the competition is € 10 per day or € 40 for all competition days. The entrance fee for the competition is € 12,20 per athlete, per event.

The entry fee of all competitors must be paid prior to the start of the tournament. All teams and clubs will receive an invoice. All entries dated 16 June are subject to payment. There is no cancellation policy for withdrawals made after 16 June.

## WITHDRAWALS

Withdrawals can be done until 48hrs before the first event via [nkinschrijvingen@knzb.nl](mailto:nkinschrijvingen@knzb.nl) where all competition days are considered as part of one competition. Entry fees will not be refunded. Withdrawals later than 48hrs prior to competition will be sanctioned with an administrative fee. This also includes no shows in competition.

# PRACTICAL

## OFFICIAL TOURNAMENT WEBSITE

At [swimmingtrials.nl](https://swimmingtrials.nl), all information regarding participation and attendance at the European Swimming Trials will be published. Tickets will also be available via this website

## HOTEL & TRANSPORT

The LOC does not offer an official hotel and transport for this tournament. Teams are responsible for their own accommodation and transport, at their own expenses. The pool is easily accessible by public transport. The busses stops in front of the venue. Suggested hotels can be found on [this page](#) of the website.

## TEAM LEADERS MEETING

All coaches or team leaders of the participating teams (both foreign and Dutch) will be invited to attend an online team leaders meeting on Tuesday 14 April 2026 at 20:00 hrs (CET), carried out by Teams.

## VENUE

The swimming pool Nationaal Zwemcentrum de Tongelreep is a venue in the south of Eindhoven. The competition pool is 50m, 10 lanes, equipped with electronic timing (Omega). The venue has a separate 50m pool that can be used for warm up. Athletes' seats will be located next to the competition pool and close to the call room.

Address: Antoon Coolenlaan 1, 5644 RX Eindhoven, The Netherlands

## FINAL PROVISIONS

- The event can be followed with live stream, [-livetiming](#) and the SplashMe app.
- The organization reserves full authority to cancel, postpone or change the competition conditions, program and/or regulations.
- If the event has to be cancelled the organizing committee or KNZB cannot be held responsible for any costs by participating clubs or federations.
- To provide the best experience for media and fans, swimmers may be requested to have their image photographed or filmed for entertainment purposes (such as but not limited to LED wall).
- The Dutch team(s), that will be composed based on this qualifying event will be announced on Sunday.
- This is a translated and modified edition of the Dutch regulations, which also include the Dutch National Championships. Regulations related to the National Championships have been excluded, as foreign athletes are not eligible to compete for Dutch national titles. The Dutch regulations can be found at: [knzb.nl](https://knzb.nl)

# THE ROAD TO THE CHAMPIONSHIPS RUNS THROUGH EINDHOVEN

EUROPEAN  
 SWIMMING  
 TRIALS

JULY 2-5, 2026

WORLD  
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 TRIALS

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Featuring all Olympic events, elite international competition, a fully branded championship-style swimming stadium and the final qualification opportunity, as part of Eindhoven's three-year Swimming Trials series culminating in the Olympic Trials in 2028.

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Your best chance to perform

- Last qualification moment for majors
- High-performance environment
- Fast pool & international competition
- Perfect racing conditions
- Designed for peak performance

 [SWIMMINGTRIALS.NL](https://swimmingtrials.nl)

# APPENDIX A

## Qualification times men para

Afstand	Klasse	NK Senioren	NK Onder 18	NK Onder 16	NK Onder 14	
50bc	S1-4	00:45,57	00:49,21	00:54,68	00:58,33	
	S5	00:38,48	00:41,56	00:46,18	00:49,25	
	S6	00:36,76	00:39,70	00:44,11	00:47,05	
	S7	00:34,16	00:36,89	00:40,99	00:43,72	
	S8	00:33,45	00:36,12	00:40,13	00:42,81	
	S9	00:30,92	00:33,39	00:37,10	00:39,58	
	S10	00:29,54	00:31,91	00:35,45	00:37,81	
	S11	00:32,48	00:35,08	00:38,97	00:41,57	
	S12	00:30,14	00:32,55	00:36,17	00:38,58	
	S13	00:29,62	00:31,99	00:35,54	00:37,91	
	S14	00:29,52	00:31,89	00:35,43	00:37,79	
	100bc	S1-4	01:41,28	01:49,38	02:01,53	02:09,64
		S5	01:26,95	01:33,91	01:44,34	01:51,30
		S6	01:20,18	01:26,59	01:36,21	01:42,63
S7		01:15,69	01:21,75	01:30,83	01:36,89	
S8		01:13,04	01:18,88	01:27,64	01:33,49	
S9		01:08,36	01:13,83	01:22,03	01:27,50	
S10		01:04,68	01:09,86	01:17,62	01:22,79	
S11		01:12,31	01:18,10	01:26,77	01:32,56	
S12		01:06,75	01:12,09	01:20,10	01:25,43	
S13		01:05,34	01:10,56	01:18,40	01:23,63	
S14		01:04,89	01:10,08	01:17,87	01:23,06	
200bc		S1-4	03:36,94	03:54,29	04:20,33	04:37,68
		S5	03:10,23	03:25,45	03:48,28	04:03,50
		S6	03:14,51	03:30,07	03:53,41	04:08,97
	S7	02:52,92	03:06,75	03:27,51	03:41,34	
	S8	02:42,39	02:55,38	03:14,87	03:27,86	
	S9	02:31,68	02:43,82	03:02,02	03:14,15	
	S10	02:30,33	02:42,36	03:00,39	03:12,42	
	S11	02:47,88	03:01,31	03:21,46	03:34,89	
	S12	02:32,95	02:45,19	03:03,54	03:15,78	
	S13	02:30,96	02:43,04	03:01,15	03:13,23	
	S14	02:21,25	02:32,55	02:49,50	03:00,79	
	400bc	S1-6	06:16,35	06:46,46	07:31,62	08:01,73
		S7	05:49,23	06:17,17	06:59,08	07:27,02
		S8	05:31,28	05:57,78	06:37,54	07:04,04
S9		05:16,77	05:42,12	06:20,13	06:45,47	
S10		05:13,12	05:38,17	06:15,74	06:40,79	
S11		05:39,60	06:06,76	06:47,51	07:14,68	
S12		05:23,00	05:48,84	06:27,60	06:53,44	
S13		05:08,27	05:32,93	06:09,92	06:34,58	
S14		05:16,73	05:42,07	06:20,08	06:45,42	

Afstand	Klasse	NK Senioren	NK Onder 18	NK Onder 16	NK Onder 14	
50rc	S1-4	00:53,14	00:57,39	01:03,76	01:08,02	
	S5	00:41,85	00:45,20	00:50,23	00:53,57	
	S6	00:41,07	00:44,36	00:49,29	00:52,57	
	S7	00:42,78	00:46,21	00:51,34	00:54,76	
	S8	00:40,35	00:43,57	00:48,42	00:51,64	
	S9	00:37,10	00:40,07	00:44,53	00:47,49	
	S10	00:35,53	00:38,37	00:42,64	00:45,48	
	S11	00:39,46	00:42,62	00:47,35	00:50,51	
	S12	00:36,12	00:39,01	00:43,35	00:46,24	
	S13	00:35,18	00:37,99	00:42,21	00:45,02	
	S14	00:34,85	00:37,64	00:41,82	00:44,61	
	100rc	S1-4	02:04,68	02:14,66	02:29,62	02:39,59
		S5	01:56,11	02:05,40	02:19,34	02:28,62
		S6	01:33,66	01:41,16	01:52,39	01:59,89
S7		01:27,08	01:34,04	01:44,49	01:51,46	
S8		01:22,00	01:28,56	01:38,40	01:44,96	
S9		01:15,83	01:21,90	01:30,99	01:37,06	
S10		01:15,10	01:21,11	01:30,12	01:36,13	
S11		01:23,64	01:30,33	01:40,37	01:47,06	
S12		01:16,66	01:22,79	01:31,99	01:38,12	
S13		01:12,88	01:18,71	01:27,46	01:33,29	
S14		01:12,95	01:18,79	01:27,55	01:33,38	
50vl		S1-4	00:52,79	00:57,02	01:03,35	01:07,57
		S5	00:39,34	00:42,49	00:47,21	00:50,36
		S6	00:39,35	00:42,50	00:47,22	00:50,37
	S7	00:36,47	00:39,38	00:43,76	00:46,68	
	S8	00:35,41	00:38,24	00:42,49	00:45,32	
	S9	00:34,00	00:36,72	00:40,80	00:43,52	
	S10	00:32,70	00:35,32	00:39,24	00:41,86	
	S11	00:35,28	00:38,11	00:42,34	00:45,16	
	S12	00:33,39	00:36,06	00:40,07	00:42,74	
	S13	00:32,29	00:34,88	00:38,75	00:41,33	
	S14	00:32,12	00:34,69	00:38,54	00:41,11	
	100vl	S1-8	01:18,33	01:24,60	01:34,00	01:40,26
		S9	01:14,33	01:20,28	01:29,20	01:35,14
		S10	01:10,62	01:16,27	01:24,75	01:30,39
S11		01:18,13	01:24,38	01:33,75	01:40,00	
S12		01:12,08	01:17,85	01:26,50	01:32,27	
S13		01:09,25	01:14,79	01:23,10	01:28,65	

Afstand	Klasse	NK Senioren	NK Onder 18	NK Onder 16	NK Onder 14	
50ss	SB1-4	00:55,28	00:59,70	01:06,34	01:10,76	
	SB5	00:54,17	00:58,50	01:05,01	01:09,34	
	SB6	00:46,50	00:50,22	00:55,79	00:59,51	
	SB7	00:45,46	00:49,10	00:54,55	00:58,19	
	SB8	00:41,40	00:44,72	00:49,69	00:53,00	
	SB9	00:39,36	00:42,51	00:47,23	00:50,38	
	SB11	00:41,61	00:44,94	00:49,94	00:53,26	
	SB12	00:39,42	00:42,57	00:47,31	00:50,46	
	SB13	00:38,04	00:41,08	00:45,65	00:48,69	
	SB14	00:37,83	00:40,85	00:45,39	00:48,42	
	100ss	SB1-4	02:01,26	02:10,96	02:25,51	02:35,21
		SB5	01:51,28	02:00,18	02:13,54	02:22,44
		SB6	01:40,32	01:48,34	02:00,38	02:08,41
		SB7	01:35,47	01:43,10	01:54,56	02:02,20
SB8		01:27,83	01:34,86	01:45,40	01:52,43	
SB9		01:23,80	01:30,50	01:40,56	01:47,26	
SB11		01:30,82	01:38,08	01:48,98	01:56,25	
SB12		01:23,66	01:30,35	01:40,39	01:47,08	
SB13		01:20,46	01:26,90	01:36,55	01:42,99	
SB14		01:20,30	01:26,72	01:36,36	01:42,78	
200wis		SM1-5	03:33,89	03:51,00	04:16,67	04:33,78
		SM6	03:19,78	03:35,76	03:59,73	04:15,71
		SM7	03:07,97	03:23,01	03:45,56	04:00,60
		SM8	02:59,75	03:14,13	03:35,70	03:50,09
	SM9	02:49,77	03:03,35	03:23,72	03:37,31	
	SM10	02:45,94	02:59,22	03:19,13	03:32,41	
	SM11	02:59,17	03:13,51	03:35,01	03:49,34	
	SM12	02:54,10	03:08,03	03:28,92	03:42,85	
	SM13	02:39,66	02:52,43	03:11,59	03:24,36	
	SM14	02:39,43	02:52,19	03:11,32	03:24,07	

BC = Freestyle  
 RC = Backstroke  
 VL = Butterfly  
 SS = Breaststroke  
 WIS = Individual Medley

# Qualification times women para

Afstand	Klasse	NK Seniores	NK Onder 18	NK Onder 16	NK Onder 14	
50bc	S1-4	00:48,86	00:52,77	00:58,63	01:02,54	
	S5	00:45,01	00:48,61	00:54,01	00:57,61	
	S6	00:41,17	00:44,46	00:49,41	00:52,70	
	S7	00:41,35	00:44,66	00:49,62	00:52,93	
	S8	00:37,97	00:41,01	00:45,57	00:48,60	
	S9	00:34,91	00:37,71	00:41,89	00:44,69	
	S10	00:34,40	00:37,16	00:41,28	00:44,04	
	S11	00:36,97	00:39,92	00:44,36	00:47,32	
	S12	00:34,29	00:37,04	00:41,15	00:43,89	
	S13	00:34,05	00:36,77	00:40,86	00:43,58	
	S14	00:33,82	00:36,53	00:40,58	00:43,29	
	100bc	S1-4	01:46,31	01:54,81	02:07,57	02:16,07
		S5	01:35,57	01:43,21	01:54,68	02:02,33
		S6	01:29,97	01:37,16	01:47,96	01:55,16
S7		01:28,22	01:35,28	01:45,87	01:52,92	
S8		01:23,13	01:29,78	01:39,76	01:46,41	
S9		01:16,89	01:23,04	01:32,26	01:38,42	
S10		01:15,50	01:21,54	01:30,60	01:36,64	
S11		01:22,48	01:29,08	01:38,98	01:45,58	
S12		01:15,40	01:21,43	01:30,48	01:36,51	
S13		01:14,87	01:20,86	01:29,85	01:35,84	
S14		01:14,30	01:20,24	01:29,16	01:35,10	
200bc		S1-4	03:52,07	04:10,64	04:38,49	04:57,06
		S5	03:30,33	03:47,16	04:12,40	04:29,23
		S6	03:18,37	03:34,24	03:58,04	04:13,91
	S7	03:12,58	03:27,98	03:51,09	04:06,50	
	S8	03:05,48	03:20,32	03:42,58	03:57,42	
	S9	02:52,20	03:05,98	03:26,65	03:40,42	
	S10	02:45,37	02:58,60	03:18,44	03:31,67	
	S11	03:15,80	03:31,46	03:54,96	04:10,62	
	S12	02:48,91	03:02,42	03:22,69	03:36,20	
	S13	02:50,75	03:04,41	03:24,90	03:38,57	
	S14	02:38,28	02:50,95	03:09,94	03:22,60	
	400bc	S1-6	06:35,09	07:06,70	07:54,11	08:25,72
		S7	06:20,87	06:51,34	07:37,05	08:07,51
		S8	06:05,10	06:34,31	07:18,12	07:47,33
S9		05:53,96	06:22,28	07:04,76	07:33,07	
S10		05:41,95	06:09,31	06:50,35	07:17,70	
S11		06:21,83	06:52,37	07:38,19	08:08,74	
S12		05:56,98	06:25,54	07:08,38	07:36,93	
S13		05:44,11	06:11,64	06:52,93	07:20,46	
S14		05:47,72	06:15,54	06:57,27	07:25,08	

Afstand	Klasse	NK Seniores	NK Onder 18	NK Onder 16	NK Onder 14	
50rc	S1-4	01:02,17	01:07,14	01:14,60	01:19,57	
	S5	00:50,21	00:54,23	01:00,25	01:04,27	
	S6	00:50,26	00:54,28	01:00,31	01:04,33	
	S7	00:51,62	00:55,75	01:01,94	01:06,07	
	S8	00:45,83	00:49,50	00:54,99	00:58,66	
	S9	00:42,35	00:45,74	00:50,82	00:54,21	
	S10	00:41,44	00:44,76	00:49,73	00:53,05	
	S11	00:46,31	00:50,01	00:55,57	00:59,27	
	S12	00:42,23	00:45,60	00:50,67	00:54,05	
	S13	00:40,10	00:43,31	00:48,12	00:51,33	
	S14	00:40,03	00:43,23	00:48,03	00:51,23	
	100rc	S1-4	02:37,30	02:49,89	03:08,76	03:21,35
		S5	02:10,63	02:21,07	02:36,75	02:47,20
		S6	01:41,07	01:49,16	02:01,28	02:09,37
S7		01:43,77	01:52,07	02:04,52	02:12,82	
S8		01:34,14	01:41,67	01:52,96	02:00,50	
S9		01:27,26	01:34,24	01:44,71	01:51,69	
S10		01:25,62	01:32,47	01:42,74	01:49,59	
S11		01:34,72	01:42,29	01:53,66	02:01,24	
S12		01:27,39	01:34,38	01:44,87	01:51,86	
S13		01:23,32	01:29,99	01:39,99	01:46,65	
S14		01:23,00	01:29,64	01:39,60	01:46,25	
50vl		S1-4	01:00,29	01:05,11	01:12,35	01:17,17
		S5	00:52,98	00:57,22	01:03,58	01:07,82
		S6	00:44,41	00:47,96	00:53,29	00:56,84
	S7	00:43,92	00:47,43	00:52,70	00:56,21	
	S8	00:42,03	00:45,39	00:50,43	00:53,79	
	S9	00:37,95	00:40,99	00:45,55	00:48,58	
	S10	00:37,54	00:40,55	00:45,05	00:48,05	
	S11	00:45,30	00:48,93	00:54,37	00:57,99	
	S12	00:37,60	00:40,61	00:45,13	00:48,13	
	S13	00:38,03	00:41,08	00:45,64	00:48,68	
	S14	00:36,52	00:39,44	00:43,82	00:46,74	
	100vl	S1-8	01:29,50	01:36,66	01:47,40	01:54,56
		S9	01:23,95	01:30,67	01:40,75	01:47,46
		S10	01:23,23	01:29,89	01:39,87	01:46,53
S11		01:39,01	01:46,93	01:58,81	02:06,73	
S12		01:24,00	01:30,72	01:40,79	01:47,51	
S13		01:20,60	01:27,05	01:36,72	01:43,17	
S14		01:19,18	01:25,51	01:35,02	01:41,35	

Afstand	Klasse	NK Seniores	NK Onder 18	NK Onder 16	NK Onder 14	
50ss	SB1-4	01:08,88	01:14,39	01:22,66	01:28,17	
	SB5	01:03,22	01:08,27	01:15,86	01:20,92	
	SB6	00:59,38	01:04,13	01:11,26	01:16,01	
	SB7	00:52,13	00:56,30	01:02,55	01:06,72	
	SB8	00:49,16	00:53,10	00:59,00	01:02,93	
	SB9	00:44,07	00:47,60	00:52,89	00:56,41	
	SB11	00:49,68	00:53,65	00:59,62	01:03,59	
	SB12	00:46,08	00:49,77	00:55,30	00:58,98	
	SB13	00:45,00	00:48,60	00:54,00	00:57,60	
	SB14	00:44,55	00:48,11	00:53,46	00:57,02	
	100ss	SB1-4	02:18,59	02:29,67	02:46,30	02:57,39
		SB5	02:09,02	02:19,34	02:34,82	02:45,14
		SB6	01:58,54	02:08,02	02:22,25	02:31,73
		SB7	01:52,50	02:01,50	02:15,00	02:24,01
SB8		01:42,37	01:50,56	02:02,84	02:11,03	
SB9		01:33,73	01:41,22	01:52,47	01:59,97	
SB11		01:41,87	01:50,02	02:02,24	02:10,39	
SB12		01:36,37	01:44,08	01:55,65	02:03,36	
SB13		01:34,80	01:42,39	01:53,77	02:01,35	
SB14		01:34,36	01:41,91	01:53,23	02:00,78	
200wis		SM1-5	04:18,61	04:39,30	05:10,33	05:31,02
		SM6	03:45,02	04:03,02	04:30,02	04:48,02
		SM7	03:41,18	03:58,88	04:25,42	04:43,11
		SM8	03:23,34	03:39,61	04:04,01	04:20,28
	SM9	03:14,08	03:29,61	03:52,90	04:08,42	
	SM10	03:06,39	03:21,30	03:43,67	03:58,58	
	SM11	03:21,18	03:37,27	04:01,41	04:17,51	
	SM12	03:15,08	03:30,69	03:54,09	04:09,70	
	SM13	03:03,31	03:17,97	03:39,97	03:54,63	
	SM14	02:59,88	03:14,27	03:35,85	03:50,25	

BC = Freestyle  
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