

## LAQUA SUPERPRESTIGE

**Memorial Rik VDB (26/11/2023) - Last chance (23/12/2023) - Speedo Cup (05/05/2024)**

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LAQUA launches a Superprestige: a series of 3 swim meets, carefully scheduled within the ideal parts of the season to swim PB's. Heats are scheduled during the morning session, starting with the 3 fastest heats of each event, allowing for optimal recovery time until the finals of the afternoon session. Some events will allow the 2 or 3 fastest entry times to qualify automatically for the finals.

The meets will feature a secluded rest and warming up zone.

The LAQUA Superprestige provides prize money (in kind for U16) for podiums, Superprestige-records, the best performance of each of the 3 meets and for the overall Superprestige-ranking. Additionally, the Memorial Rik Vandenbosch still features the special prize Rik Vandenbosch for the 11-year old boy and girl with the highest combined FINA-points of a maximum of 2 events (50 and/or 100m).

Upbeat and competitive races with live commentary and the developments in the overall ranking will surely result in an exciting series of meets for the spectators.

### Overview of the 3 meets

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	Memorial Rik VDB	Last chance	Speedo cup
9-10 yo.	200m FS and 100m IM	100m BR, 50m FS, 100m BS, 50m BF	100m FS and 200m IM
11 yo. and older	200m BS/FS, all 50's and 100's, 800m FS men and 1500m FS females	200m BF/BR, all 50's, 100m IM and 400m FS	100m IM, all 200m's en 400m IM (no 50's)
Relays	4x50m FS	4x50m M	Relay skins*
Automatic qualification for finals	3 fastest entries 100m IM and 2 fastest entries 100m BF/BS/BR/FS	3 fastest entries 400m FS and 2 fastest entries 100m BF/BS/BR/FS	3 fastest entries 400m IM and 2 fastest entries 100m BF/BS/BR/FS

### Qualifying times

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Only entries at least as fast as the following qualifying times will be accepted.



	Men					Females				
Event	17+	16	14 & 15	11 - 13	9 - 10	17+	16	14 & 15	11 - 13	9 - 10
50m freestyle	27.25	27.80	29.00	34.75	n.t.	30.25	30.60	31.15	35.25	n.t.
100m freestyle	59.75	1'00.80	1'03.60	1'16.00	n.t.	1'06.10	1'06.45	1'07.70	1'17.40	n.t.
200m freestyle	2'08.00	2'09.75	2'16.00	2'40.00	n.t.	2'17.50	2'19.50	2'22.80	2'39.80	n.t.
400m freestyle	4'32.00	4'35.20	4'50.00	5'38.00	/	4'41.50	4'54.25	5'02.25	5'40.50	/
800m freestyle	9'21.00	9'35.00	10'00.00	11'35.00	/					
1500m freestyle					/	19'19.25	19'22.00	20'05.00	22'35.00	/
100m IM	1'09.50	1'11.00	1'14.50	1'25.00	n.t.	1'12.50	1'14.50	1'18.00	1'26.00	n.t.
200m IM	2'24.00	2'25.00	2'33.00	3'02.00	n.t.	2'36.00	2'37.50	2'41.50	3'03.50	n.t.
400m IM	5'10.00	5'12.00	5'26.00	6'20.00	/	5'31.80	5'34.50	5'44.00	6'24.50	/
50m fly	29.20	29.60	31.00	37.00	n.t.	32.05	32.25	33.40	37.50	n.t.
100m fly	1'05.25	1'05.55	1'08.70	1'24.00	/	1'10.70	1'11.75	1'13.50	1'25.50	/
200m fly	2'18.95	2'23.50	2'30.00	3'02.50	/	2'32.00	2'34.80	2'39.50	3'03.30	/
50m backstroke	31.00	31.50	33.25	39.50	/	34.25	34.75	35.40	40.20	/
100m backstroke	1'06.60	1'07.50	1'11.30	1'26.50	n.t.	1'13.60	1'14.60	1'15.80	1'27.00	n.t.
200m backstroke	2'21.80	2'24.65	2'31.50	2'58.50	/	2'33.30	2'35.50	2'39.80	2'59.25	/
50m breaststroke	34.30	35.00	36.00	44.00	/	38.00	38.30	39.25	44.50	/
100m breaststroke	1'15.40	1'16.15	1'19.15	1'37.00	n.t.	1'20.20	1'23.50	1'25.60	1'38.00	n.t.
200m breaststroke	2'37.40	2'41.00	2'48.00	3'20.00	/	2'53.80	2'54.75	3'00.10	3'20.50	/

## Prize money

### Individual events

**A-finals open and 200/400m open:** 1.40 EUR - 2.20 EUR - 3.10 EUR (U16: in kind)

### Beste performance of the Superprestige

Single race with the most FINA-points, throughout the 3 Superprestige-meets. Top 3 men and females: 1. 500 EUR 2. 250 EUR 3. 125 EUR

### Overall ranking Superprestige

Overall ranking in points spanning the 3 meets, top 5 men and females, on the condition of having participated in all 3 meets.

1. 600 EUR 2. 400 EUR 3. 200 EUR 4. 100 EUR 5. 50 EUR

**Formula:** sum of 2 races with most FINA-punten per meet + relaybonus for each meet

**Relay bonus:** 1. 75ptn 2. 50ptn 3. 40ptn 4. 30ptn 5. 25ptn 6 and following: 0ptn



## Superprestige-records

If an event-record is broken more than once during the heats, only the fastest time will be taken into account. If the record is broken once again during the finals, the prize money is awarded again as well, with only the fastest record swum during the A- and B-finals taken into account.

Prize money for records is cumulative over the different age groups (U15/U17/Open).

Record Open: 100 EUR U17: 50 EUR U15: in kind

The following times are assumed to be the initial Superprestige records:

wedstrijd	men			females		
	open	U17	U15	open	U17	U15
50m freestyle	22.00	22.88	24.95	25.00	26.15	27.15
100m freestyle	48.75	51.60	55.15	54.25	56.50	59.00
200m freestyle	1'46.00	1'51.65	2'01.30	1'58.60	2'04.80	2'09.75
400m freestyle	3'47.00	3'56.65	4'19.00	4'13.50	4'24.00	4'33.60
800m freestyle	7'55.50	8'18.00	9'00.00			
1500m freestyle				16'25.00	17.06.00	17'57.50
100m individual medley	54.75	57.25	1'01.45	1'01.65	1'04.75	1'07.85
200m individual medley	1'59.60	2'03.45	2'14.00	2'12.80	2'17.00	2'25.00
400m individual medley	4'14.15	4'24.50	4'47.00	4'38.95	4'50.55	5'05.00
50m butterfly	23.75	24.78	26.55	26.65	28.05	29.20
100m butterfly	53.20	56.05	58.70	59.60	1'01.30	1'04.30
200m butterfly	1'57.75	2'03.50	2'12.12	2'11.11	2'16.50	2'22.00
50m backstroke	24.35	25.15	27.15	27.40	28.75	29.95
100m backstroke	52.45	54.85	59.35	59.85	1'02.20	1'05.60
200m backstroke	1'55.60	1'59.90	2'09.00	2'10.80	2'15.50	2'21.15
50m breaststroke	27.70	28.40	30.50	31.11	32.80	33.85
100m breaststroke	1'00.11	1'03.85	1'07.50	1'09.60	1'11.90	1'15.00
200m breaststroke	2'11.11	2'16.25	2'26.80	2'29.15	2'34.00	2'39.90

