



# INVITATION

- Department of French Community
- Official delegation of the Liège Provinces
- Seraing City Council
- Liège/Namur/Luxembourg Swimming District
- L'A.S.B.L. Ecole Seraing Natation

are delighted to invite you to

## Seraing Swimming Grand Prix 2010

On 26th, 27th and 28th March 2010

Piscine Olympique de SERAING  
Seraing Olympic Swimming Pool  
The Liège Provinces  
Belgium

Electronic timing with full bit map font scoreboard.

Please find attached the event regulations and some helpful informations.

Hoping to find your interest and relying on your participation,

Thank you,

Best athletic regards,

*The organizer Committee*

17.15 Echauffement/Warm-up  
 18.00 Séries/Heats

			Jeunes 3 Young 3 99/98	Jeunes 2 Young 2 97/96	Jeunes 1 Young 1 95/94	Open	
						93/92	91 et +
1.	200m 4 Nage/Medley	Messieurs/Men	3:12,00	2:55,00	2:42,00	2:36,00	2:30,00
2.	200m 4 Nage/Medley	Dames/Women	3:15,00	2:56,00	2:48,00	2:45,00	2:43,00
3.	50m Nage Libre/Freestyle	Messieurs/Men		0:32,00	0:30,00	0:28,00	0:27,00
4.	50m Nage Libre/Freestyle	Dames/Women		0:33,00	0:32,00	0:31,00	0:30,00

**Samedi 27/03/2010**

08.00 Echauffement/Warm-up  
 09.00 Séries/Heats

			Jeunes 3 Young 3 99/98	Jeunes 2 Young 2 97/96	Jeunes 1 Young 1 95/94	Open	
						93/92	91 et +
5.	200m Nage Libre/Freestyle	Messieurs/Men		2:30,00	2:23,00	2:17,00	2:11,00
6.	200m Nage Libre/Freestyle	Dames/Women		2:35,00	2:30,00	2:25,00	2:21,00
7.	100m Brasse/Breaststroke	Messieurs/Men	1:40,00	1:30,00	1:22,00	1:20,00	1:16,00
8.	100m Brasse/Breaststroke	Dames/Women	1:42,00	1:32,00	1:28,00	1:26,00	1:24,00
9.	200m Papillon/Butterfly	Messieurs/Men		3:00,00	2:45,00	2:35,00	2:28,00
10.	200m Papillon/Butterfly	Dames/Women		3:05,00	2:50,00	2:40,00	2:35,00
11.	100m Dos/Backstroke	Messieurs/Men	1:28,00	1:20,00	1:14,00	1:10,00	1:08,00
12.	100m Dos/Backstroke	Dames/Women	1:28,00	1:22,00	1:19,00	1:16,00	1:14,00

15.00 Echauffement/Warm-up  
 16.00

50m Nage Libre/Freestyle	Messieurs/Men					Finale
50m Nage Libre/Freestyle	Dames/Women					Finale
200m 4 Nage/Medley	Messieurs/Men	Finale	Finale	Finale		Finale
200m 4 Nage/Medley	Dames/Women	Finale	Finale	Finale		Finale
200m Nage Libre/Freestyle	Messieurs/Men		Finale	Finale		Finale
200m Nage Libre/Freestyle	Dames/Women		Finale	Finale		Finale
100m Brasse/Breaststroke	Messieurs/Men	Finale	Finale	Finale		Finale
100m Brasse/Breaststroke	Dames/Women	Finale	Finale	Finale		Finale
200m Papillon/Butterfly	Messieurs/Men		Finale	Finale		Finale
200m Papillon/Butterfly	Dames/Women		Finale	Finale		Finale
100m Dos/Backstroke	Messieurs/Men	Finale	Finale	Finale		Finale
100m Dos/Backstroke	Dames/Women	Finale	Finale	Finale		Finale

**Dimanche 28/03/2010**

08.00 Echauffement/Warm-up  
 09.00 Séries/Heats

			Jeunes 3 Young 3 99/98	Jeunes 2 Young 2 97/96	Jeunes 1 Young 1 95/94	Open	
						93/92	91 et +
13.	200m Dos/Backstroke	Messieurs/Men		2:50,00	2:40,00	2:35,00	2:30,00
14.	200m Dos/Backstroke	Dames/Women		2:52,00	2:46,00	2:42,00	2:40,00
15.	100m Nage Libre/Freestyle	Messieurs/Men	1:18,00	1:10,00	1:05,00	1:01,00	0:58,00
16.	100m Nage Libre/Freestyle	Dames/Women	1:20,00	1:12,00	1:09,00	1:07,00	1:05,00
17.	200m Brasse/Breaststroke	Messieurs/Men		3:08,00	2:50,00	2:48,00	2:44,00
18.	200m Brasse/Breaststroke	Dames/Women		3:12,00	3:02,00	3:00,00	2:58,00
19.	100m Papillon/Butterfly	Messieurs/Men	1:32,00	1:20,00	1:12,00	1:08,00	1:05,00
20.	100m Papillon/Butterfly	Dames/Women	1:32,00	1:22,00	1:18,00	1:15,00	1:12,00

14.00 Echauffement/Warm-up  
 15.00

200m Dos/Backstroke	Messieurs/Men			Finale	Finale	Finale
200m Dos/Backstroke	Dames/Women			Finale	Finale	Finale
100m Nage Libre/Freestyle	Messieurs/Men	Finale	Finale	Finale	Finale	Finale
100m Nage Libre/Freestyle	Dames/Women	Finale	Finale	Finale	Finale	Finale
200m Brasse/Breaststroke	Messieurs/Men		Finale	Finale	Finale	Finale
200m Brasse/Breaststroke	Dames/Women		Finale	Finale	Finale	Finale
100m Papillon/Butterfly	Messieurs/Men	Finale	Finale	Finale	Finale	Finale
100m Papillon/Butterfly	Dames/Women	Finale	Finale	Finale	Finale	Finale

1. The competition is under FINA and FFBN/FRBN rules. Events are opened to all members of swimming clubs or national and regional FINA affiliated teams.

2. Long course Seraing swimming pool (50mx22,5mx2m) has got eight lanes with anti-waves lane lines and an electronic timing with luminous display.

3. **Number of starts is restricted to approximately 2000.** Priority is given to clubs which have sent back **in advance** their agreement in principle.

Deadline : 30<sup>th</sup> january 2010.

The arrival order of the definitive registration form will be taken in account.

Times indicated on the registration form will seed the swimmers for heats, irrespective of age groups.

4. The four age groups are :

- **Young 3** : girls and boys born in 1998 et 1999.
- **Young 2** : girls and boys born in 1996 et 1997.
- **Young 1** : girls and boys born in 1994 et 1995.
- **Open** : women and men born in 1993 and before.

The **Young 3** swimmers may be registered for : 100m Freestyle, 100m Backstroke, 100m Butterfly, 100m Breaststroke and 200m Individual Medley events.

For each of these strokes, the eight best times at the end of the heats will share in the age group Final.

The **Young 2, Young 1** and **Open** swimmers may be registered for all meeting' strokes.

Except for the 50m Freestyle, the 8 best times at the end of the heats will share in the age group Final.

**The 50m Freestyle Final** will take place with the 8 best times of the heats, each age group mixed up.

5. For each age group, if the number of participants is included between 1 and 8, only Final will be swum (no heats).

6. The disclaimer of a Final must **exclusively** be set down **in writing** to the secretariat.

Otherwise, a 50 - EURO. penalty will be dunned for a non-attendance at a Final.

7. **Individual prizes.**

A medal will reward the first 3 of each Final.

By age group, according to their Final classification, swimmers will collect points :

- 1 : 6 points
- 2 : 4 points
- 3 : 3 points
- 4 : 2 points
- 5 : 1 point

At the end of the event, a swimmer's classification will be made for each age group.

In case of tied results, the winner will be decided according to the total of FINA points collected during the Finals held for awards.

For **Young 3** age group, the classification will be obtained by adding up the points collected by the swimmer during his four best Finals.

One Prize Money will reward the fastest 3 swimmers of the **Young 3** age group :

- 1. **75** - EURO.
- 2. **40** - EURO.
- 3. **20** - EURO.

For **Young 2** and **Young 1** age group, the classification will be obtained by adding up the points collected by the swimmer during his five best Finals.

One Prize Money will reward the fastest 3 swimmers of the **Young 2** age group :

- 1. **100** - EURO.
- 2. **50** - EURO.
- 3. **25** - EURO.

One Prize Money will reward the fastest 3 swimmers of the **Young 1** age group :

- 1. **200** - EURO.
- 2. **100** - EURO.
- 3. **50** - EURO.

For **Open** age group, the classification will be obtained by adding up the points collected by the swimmer during his six best Finals.

One Prize Money will reward the fastest 3 swimmers of the **Open** age group :

- 1. **300** - EURO.
- 2. **150** - EURO.
- 3. **75** - EURO.

8. **Meeting Record.**

At the end of the heats, one 50 - EURO Prize Money will reward the swimmer who overcome a meeting record (open).

At the end of Finals, one 100 - EURO Prize Money will reward the swimmer who overcome a meeting record (open).

At the end of heats or Finals, the swimmer who overcome a category's record will be paid in kind.

9. **Registration fees.**

The registration fees are **6.50** - EURO a race. At the end of the event, **2** - EURO will be paid back for an overcome time limit.

The registration fees won't be refunded, even through illness. The absent swimmer can be replaced yet, but exclusively in the same races. The substitution has to be reported to the organizer the first meet day, at the latest.

The registration fees have to be banked before 27<sup>th</sup> February 2010 with « Grand Prix 2010 » reference to

127-0615228-06  
(IBAN.BE85 1270.6152.2806 BIC.BKCP BEBB)  
*Ecole Seraing Natation.*

The « sheet » or e-form (see <http://www.esn-seraing.be>) reception deadline is 27<sup>th</sup> February 2010.

The address is :

- for « sheet » version

*Ecole Seraing Natation*  
*Piscine Olympique*  
*Avenue des Puddleurs, 53*  
*B 4100 SERAING-BELGIQUE*  
Fax : +32 (0)4 337 82 98

- for e-mail (XLS)

[esn-seraing@teledisnet.be](mailto:esn-seraing@teledisnet.be)

- The organization Committee will appoint the Jury.  
The foreign clubs have to bring at least one official.  
For Belgian clubs, the officials number will be induced by FFBN and VZF rules.
- In case of technical or schedule difficulties, the organizer will be justified in changing the programm and in restricting the number of participants for some races, should the occasion arise.
- Possible complaint or claim will only be under French language rules.



**ESN**  
SERAINING

	50m Nage Libre Freestyle	100m Nage Libre Freestyle	200m Nage Libre Freestyle	100m Brasse Breaststroke	200m Brasse Breaststroke	100m Dos Backstroke	200m Dos Backstroke	100m Papillon Butterfly	200m Papillon Butterfly	200m 4 Nages Medley
<b>Dames Women</b>										
98/99 Jeunes 3 Young 3		1:05,49 TAQUET ENL (BEL) 2000		1:22,45 KASALKA C. S.L. (LUX) 2004		1:15,07 BUUR S. TRB.TILB.(NED)		1:13,63 LYTHJE AALBORG (DEN)		2:42,83 DELVAUX S. LGN (BEL) 2004
97/96 Jeunes 2 Young 2	0:28,30 DETOBEL DDAT (BEL) 2002	1:00,68 DETOBEL DDAT (BEL) 2002	2:11,25 CAM S. MOSA (BEL)	1:16,05 CRAHAY LGN (BEL)	2:43,87 SOWA S. VSV06 (GER)	1:08,74 NIEMEYER V. Sel.AACHEN (GER) 2004	2:28,16 NIEMEYER V. Sel. AACHEN (GER) 2004	1:07,82 FEDRIGO T. WANZE (BEL) 2002	2:28,81 KRAUS WSV KOLN (GER)	2:32,50 FEDRIGO T. WANZE (BEL) 2002
95/94 Jeunes 1 Young 1	0:27,37 DEKKER I. KNZB (NED) 2001	0:58,27 SCHREUDER KNZB (NED) 2000	2:07,50 DENHOED KNZB (NED) 2000	1:13,86 KAMA D. ISRAEL (ISR)	2:42,99 DEWULF V. LGN (BEL)	1:05,44 VAN SCHAIK L. KNZB (NED) 2001	2:24,41 VAN SCHAIK L. KNZB (NED) 2001	1:03,11 SCHEEPBOUWER KNZB (NED) 2000	2:22,60 SCHUREN TV1848 MO (GER)	2:20,86 SCHEUDER KNZB (NED) 2000
93/92/... Open	0:26,81 KOSTEN A AZPC (NED) 2001	0:58,69 SCHEEPBOUW GZ&PC (NED) 2001	2:02,02 FREITAG M. HES.SV (GER) 2006	1:13,41 KRANCZYK M. POLSKA (POL) 2001	2:36,61 POLESKA SG.KREFELD (GER)	1:04,02 GÄHLER Fr. LS.NI (GER) 2006	2:18,21 GÄHLER Fr. LS.NI (GER) 2006	1:02,69 DE BRUIJN NAUTILUS (NED)	2:18,57 WILSON NECASA (GBR)	2:20,33 SCHILLER K. LS.NI (GER) 2006
<b>Messieurs Men</b>										
98/99 Jeunes 3 Young 3		1:02,79 P. HUPKES HZZ (NED)		1:21,07 VERBURG POS (NED) 2000		1:14,19 VERJANS R. LGN (BEL) 2006		1:12,05 GRANDJEAN Y. LGN (BEL) 2001		2:37,26 BIJL S. DZCM (NED)
97/96 Jeunes 2 Young 2	0:26,45 V.DER ZANDT NAUTILUS (NED)	0:58,28 GRANDJEAN Y. LGN (BEL) 2003	2:07,87 WEYRICK SCTK (GER) 2000	1:13,23 DELBRESSINES S. ZCV (NED) 2006	2:41,09 SVANTNER WSV-MR (GER)	1:03,84 MUNSTERS A. MOSA.REG (NED) 2006	2:19,48 MUNSTERS A. MOSA.REG (NED) 2006	1:02,30 GRANDJEAN Y. LGN (BEL) 2003	2:20,77 GRANDJEAN Y. LGN (BEL) 2003	2:24,52 KALGY G. ENL (BEL) 2004
95/94 Jeunes 1 Young 1	0:25,52 HOFFMANN WSV (GER)	0:54,21 VLEERLAAG S KNZB (NED) 2001	1:59,03 SAWALLA SV KOLN (GER)	1:08,34 LEISEN WSV-MR (GER)	2:31,36 LEISEN WSV-MR (GER)	1:02,49 BULLA WSV-MR (GER)	2:14,99 CALIBET D.CRETEL (FRA)	1:00,28 MICLAUS ROMANIA (ROU)	2:13,06 SAWALLA SV KOLN (GER)	2:12,84 VLEERLAAG S. KNZB (NED) 2001
93/92/... Open	0:23,73 HOLST E. (NED) 2001	0:51,82 ILES S. RC France (FRA)	1:53,81 FOURMY D.CRETEL (FRA)	1:03,22 KASPROWICZ K. LS.NIEDER (GER) 2006	2:19,98 KASPROWICZ K. LS.NIEDER (GER) 2006	0:57,10 V. DER ZANDT KNZB (NED) 2001	2:04,68 GANZEVLES KNZB(NED) 2000	0:56,73 KASPROWICZ K. LS.NIEDER (GER) 2006	2:04,71 HEDEL J. DEN (DEN) 2001	2:04,20 KASPROWICZ K. LS.NIEDER (GER) 2006

**BEST WESTERN UNIVERS HOTEL\*\*\*\***

Rue des Guillemins 116 - B4000 LIEGE  
Tél. +32 (0)4 254 55 55  
E-mail [univershotel@skynet.be](mailto:univershotel@skynet.be)  
Web [www.univershotel.be](http://www.univershotel.be)  
11 km - ± 20 min

**CAMPANILE (Le)\*\*\***

Rue J.de Laminne - B4000 LIEGE  
Tél. +32 (0)4 224 02 72  
E-mail [liege@campanile.com](mailto:liege@campanile.com)  
Web [www.campanile-liege.be](http://www.campanile-liege.be)  
11 km - ± 20 min

**CYGNE D'ARGENT (Le)\*\*\***

Rue Beeckman, 49 - B4000 LIEGE  
Tél. +32 (0)4 223 70 01  
E-mail [info@cygnedargent.be](mailto:info@cygnedargent.be)  
Web [www.cygnedargent.be](http://www.cygnedargent.be)  
11 km - ± 20 min

**ETAP HOTEL LIEGE\***

Rue de l'Arbre Courte Joie, 380 - B4000 LIEGE  
Tél. +32 (0)4 247 03 13  
E-mail  
Web [www.etaphotel.com/2616](http://www.etaphotel.com/2616)  
16 km - ± 20 min

**EUROTEL\*\***

Rue L.Fredericq, 29 - B4020 LIEGE  
Tél. +32 (0)4 341 16 27  
E-mail [eurotelliege@yahoo.fr](mailto:eurotelliege@yahoo.fr)  
Web [www.booking.com](http://www.booking.com)  
12 km - ± 20 min

**HOLIDAY INN LIEGE\*\*\*\***

Esplanade de l'Europe, 2 - B4020 LIEGE  
Tél. +32 (0)4 349 20 00  
E-mail [hiliege@alliance-hospitality.com](mailto:hiliege@alliance-hospitality.com)  
Web [www.holidayinn-liege.com](http://www.holidayinn-liege.com)  
11 km - ± 20 min

**HOTEL HORS CHÂTEAU\*\*\***

Impasse des Drapiers, 2 - B4000 LIEGE  
Tél. +32 (0)4 250 60 68  
E-mail [info@hors-chateau.be](mailto:info@hors-chateau.be)  
Web [www.hors-chateau.be](http://www.hors-chateau.be)  
12 km - ± 25 min

**IBIS LIEGE CENTRE OPERA\*\*\***

Pl.de la République Française, 41 - 4000 LIEGE  
Tél. +32 (0)4 230 33 33  
E-mail [H0864@accor.com](mailto:H0864@accor.com)  
Web [www.ibishotel.com/0864](http://www.ibishotel.com/0864)  
12 km - ± 21 min

**IBIS LIEGE-SERAING**

Route du Condroz, 15b - B4100 BONCELLES  
Tél. +32 (0)4 338 53 97  
E-mail [ibis.boncelles@belqacom.net](mailto:ibis.boncelles@belqacom.net)  
Web [www.ibishotel.com/3533](http://www.ibishotel.com/3533)  
8 km - ± 10 min

**AUBERGE DE JEUNESSE**

Rue Georges Simenon - B4000 LIEGE  
Tél. +32 (0)4 344 56 89  
E-mail [liege@laj.be](mailto:liege@laj.be)  
Web [www.laj.be](http://www.laj.be)  
13 km - ± 23 min

**MERCURE LIEGE CENTRE\*\*\*\***

Bd de la Sauvenière, 100 - B4000 LIEGE  
Tél. +32 (0)4 221 77 20  
E-mail [valerie.ruytinx@alliance-hospitality.com](mailto:valerie.ruytinx@alliance-hospitality.com)  
Web [www.mercure-liege.com](http://www.mercure-liege.com)  
12 km - ± 20 min

**METROPOLE\*\***

Rue des Guillemins, 141 - B4000 LIEGE  
Tél. +32 (0)4 252 42 93  
E-mail [info@hotelmetropole.be](mailto:info@hotelmetropole.be)  
Web [www.hotelmetropole.be](http://www.hotelmetropole.be)  
Distance 11 KMS environ 20 min

**NATIONS (Les)\*\***

Rue des Guillemins, 139 - B4000 LIEGE  
Tél. +32 (0)4 252 44 14  
E-mail [info@hotellesnations.be](mailto:info@hotellesnations.be)  
Web [www.hotellesnations.be](http://www.hotellesnations.be)  
11 km - ± 20 min

**PARK INN LIEGE AIRPORT\*\*\***

Rue de l'Aéroport, 14 - B4460 GRACE HOLLOGNE  
Tél. +32 (0)4 241 00 00  
E-mail [info.liege@rezidorparkinn.com](mailto:info.liege@rezidorparkinn.com)  
Web [www.liege.parkinn.be](http://www.liege.parkinn.be)  
10 km - ± 15 min

**PASSERELLE (La)\*\***

Chaussée des Prés, 24 - B4020 LIEGE  
Tél. +32 (0)4 341 20 20  
E-mail [passerellehotel@skynet.be](mailto:passerellehotel@skynet.be)  
Web [www.hotelpasserelle.com](http://www.hotelpasserelle.com)  
12 km - ± 20 min

**RAMADA PLAZA LIEGE CITY CENTER\*\*\*\***

Quai St Léonard, 36 - B4000 LIEGE  
Tél. +32 (0)4 228 81 11  
E-mail [info@ramadaplaza-liege.com](mailto:info@ramadaplaza-liege.com)  
Web [www.ramadaplaza-liege.com](http://www.ramadaplaza-liege.com)  
14 km - ± 25 min

**FORMULE 1\***

1ere Avenue, 95 ZI des Hauts Sart - B4040 HERSTAL  
Tél. +32 (0)4 240 03 00  
E-mail [h2615@accord.com](mailto:h2615@accord.com)  
Web [www.hotelformule1.com/2615](http://www.hotelformule1.com/2615)  
24 km - ± 25 min

**PREMIERE CLASSE**

Rue de l'Arbre Courte Joie, 330 - B4000 LIEGE  
Tél. +32 (0)4 247 47 51  
E-mail [liege@premiereclasse.com](mailto:liege@premiereclasse.com)  
Web [www.premiere-classe-liege.be](http://www.premiere-classe-liege.be)  
16 km - ± 20 min

**HOTEL HUSA DE LA COURONNE\*\*\***

Place des Guillemins, 11 - B4000 LIEGE  
Tél. +32 (0)4 340 30 00  
E-mail [resevation.couronne@husa.es](mailto:resevation.couronne@husa.es)  
Web [www.hotelhusadelacouronne.be](http://www.hotelhusadelacouronne.be)  
11 km - ± 20 min

**AUBERGE DE JEUNESSE**

Rue Blandot 4 - B4130 ESNEUX  
Tél. +32 (0)4 388 21 00  
E-mail [tiff@laj.be](mailto:tiff@laj.be)  
Web [www.laj.be](http://www.laj.be)  
12 km - ± 15 min



# ACCORD DE PRINCIPE PRE-ACCORD

A renvoyer avant le 30.01.2010  
Formulier terug te zenden voor 30.01.2010  
Das Formular muss vor dem 30.01.2010 zurückgeschickt werden  
This form must be sent before 30.01.2010

Ecole Seraing Natation  
Avenue des Puddleurs, 53  
B4100 Seraing  
BELGIQUE  
Fax. +32 (0)4 337 82 98  
[esn-seraing@teledisnet.be](mailto:esn-seraing@teledisnet.be)

Club / Team .....

Pays / Country .....

*Personne à contacter*

Nom / Name .....

Adresse / Adress .....

Tél : ..... Fax : .....

E-mail .....

http:// .....

Le Club participera au  
Volgende Club zal aan de  
Der Veiren wird am  
The Team will take part in

**Grand Prix International  
de la Ville de Seraing 2010**

Nombre de nageurs / Aantal zwemmers  
Anzal der Schwommers / Number of swimmers .....

Signature / Date .....