

SPANISH NATIONALS

“OPEN” SWIMMING CHAMPIONSHIP

Dates: 11th to 15th March 2026

Place: Sabadell (Barcelona)

Pool: Club Natació Sabadell – “Can Llong”

- **Competition pool: 50m – 10 lanes**
- Training pool: 25m



Entries

- Every swimmer may enter in an UNLIMITED number of events, according the QUALIFYNG TIMES.
- Each team may enter one relay event, according to the QUALIFYING TIMES.
- Qualifying times must be swum in a 50m pool and electronic timekeeping system, **between 11th January 2025 to 22th February 2026.**
- Deadline: **Wednesday, 25th February, at 12PM**
- Entries must sent to: jalmarza@rfen.es / rfen@rfen.es (excel form, file Lenex or [swimrankings](#)).
- Entry fees. Must be paid to the start of the competition. All teams and clubs can request an invoice.
 - o Staff (coach, physio, etc.): 20 € for each member
 - o 15 € per athlete, per event - 25 € Relay
- **Entry lists will be published on 27th February.**

Contacts

TECHNICAL INFORMATION	Sergio de la Calle scalle@rfen.es
ENTRIES	Jose Manuel Almarza jalmarza@rfen.es / rfen@rfen.es
ACCOMMODATION	BCD Sports - Website Championships Official Agency natacion@bcdme.es

Program

DAYS	AM	PM
Wednesday 11.March.2026	50 Butterfly Women 50 Butterfly Men 200 Breaststroke Women 200 Breaststroke Men 50 Backstroke Women 50 Backstroke Men 400 Freestyle Women 400 Freestyle Men	Finals Morning Session <i>Junior D - C / B - A</i> 4x100 Medley Mixed
Thursday 12.March.2026	400 Ind. Medley Men 50 Freestyle Women 50 Freestyle Men 200 Backstroke Women 200 Backstroke Men 1500 Freestyle Women (slowest heats)	Finals Morning Session <i>Junior D - C / B - A</i> 1500 Freestyle Women (2 fastest heats) 4x200 Freestyle Men 4x100 Freestyle Women
Friday 13.March.2026	100 Butterfly Women 100 Butterfly Men 400 Ind. Medley Women 50 Breaststroke Men 50 Breaststroke Women 1500 Freestyle Men (slowest heats)	Finals Morning Session <i>Junior D - C / B - A</i> 1500 Freestyle Men (2 fastest heats) 4x200 Freestyle Women 4x100 Freestyle Men
Saturday 14.March.2026	200 Freestyle Men 100 Freestyle Women 200 Butterfly Men 200 Butterfly Women 100 Backstroke Men 100 Backstroke Women 200 Ind. Medley Men 800 Freestyle Women (slowest heats)	Finals Morning Session <i>Junior D - C / B - A</i> 800 Freestyle Women (2 fastest heats)
Sunday 15.March.2026	200 Freestyle Women 100 Freestyle Men 100 Breaststroke Women 100 Breaststroke Men 200 Ind. Medley Women 800 Freestyle Men (slowest heats)	Finals Morning Session <i>Junior D - C / B - A</i> 800 Freestyle Men (2 fastest heats) 4x100 Medley Women 4x100 Medley Men

* Junior Spanish Championship events (Not Open)

Estimated schedule

SESSION	Wednesday 11.March	Thursday 12.March	Friday 13.March	Saturday 14.March	Sunday 15.March
HEATS	09:30 – TBD	09:30 – TBD	09:30 – TBD	09:30 – TBD	09:30 – TBD
FINALS	17:30 - 20:30	17:30 - 20:30	17:30 - 20:30	17:30 - 20:30	17:00 - 19:45

- **The final schedule will be published on Wednesday, 04th March.**
- Official trainings: the competition pool will be available from Monday, 09nd March.
- The competition pool will be available 1h 45' before the start of each session.

Rules & Regulations

The competition will be conducted under World Aquatics Rules.

COMPETITION SYSTEM:

- Heats & Finals for 50-100-200-400 events.
- Heat Declared Winner for 800 & 1500 events.

EVENTS	FINALS
50 Free, Back, Breast, Fly 100-200 Free, Back, Breast, Fly 200 Ind. Medley 400 Freestyle, Ind. Medley	4 FINALS: Junior D – C / B – A 8 fastest times in each final <i>* FINALS B - A: Not more than 2 foreign swimmers allowed</i>

EVENTS	HEAT DECLARED WINNER
800 - 1500 Freestyle	16 fastest times in Finals Session: First Heat Junior - Second Heat "Open" - all ages - <i>* Second Heat "Open" Not more than 2 foreign swimmers allowed</i>

WITHDRAWALS: for finals not later than 30 minutes after the respective event. The official form will be sent by email before the start of the competition.

RESERVES: There will be 3 reserve swimmers for each event, following the results in the heats, to compete in the finals.

AWARDS: Gold, silver and bronze medals in each event. National teams will not be entitled to awards in relays.

Doping

It will be regulated according to the specific rules of the Spanish Antidoping State Agency, the Royal Swimming Spanish Federation and World Aquatics.

Qualifying times

		STANDARD "A" (50m)			
		MEN		WOMEN	
		SENIOR	2006 & YOUNGER	SENIOR	2006 & YOUNGER
FREE	50	00:23,85	00:24,25	00:26,85	00:27,00
	100	00:51,90	00:52,95	00:58,50	00:59,00
	200	01:53,75	01:56,50	02:06,95	02:07,50
	400	04:04,50	04:08,70	04:27,30	04:28,25
	800	08:28,00	08:37,60	09:05,90	09:07,00
BACK	1500	16:19,00	16:28,00	17:30,00	17:34,00
	50	00:27,60	00:27,95	00:30,95	00:31,15
	100	00:58,75	00:59,50	01:05,75	01:06,25
BREAST	200	02:09,50	02:11,00	02:22,55	02:23,10
	50	00:29,80	00:30,70	00:33,95	00:34,15
	100	01:05,00	01:06,65	01:14,50	01:14,95
FLY	200	02:24,10	02:26,90	02:41,50	02:42,75
	50	00:25,10	00:25,95	00:28,40	00:28,85
	100	00:56,00	00:57,00	01:03,80	01:04,60
IM	200	02:08,40	02:10,50	02:21,00	02:21,80
	400	02:09,20	02:10,85	02:24,00	02:24,80
		04:38,90	04:43,90	05:03,95	05:05,00

		Relay	Sum	Relay	Sum
Relay	4x100 Free	03:29,70	03:31,20	03:55,00	03:56,50
	4x200 Free	07:40,50	07:42,00	08:28,90	08:30,40
	4x100 Medley	03:53,90	03:55,40	04:23,70	04:25,20
		Relay	Sum	Relay	Sum
4x100 Medley Mixed		04:08,80		04:10,30	

		STANDARD "B" (25m)			
		MEN		WOMEN	
		SENIOR	2006 & YOUNGER	SENIOR	2006 & YOUNGER
FREE	50	00:22,70	00:23,10	00:25,95	00:26,10
	100	00:50,15	00:51,20	00:56,85	00:57,35
	200	01:49,95	01:52,65	02:04,85	02:05,30
	400	03:55,85	03:59,95	04:21,60	04:22,50
	800	08:15,15	08:24,35	08:57,70	08:58,70
BACK	1500	15:52,45	16:01,20	17:16,40	17:20,00
	50	00:25,90	00:26,25	00:29,10	00:29,25
	100	00:55,05	00:55,75	01:02,15	01:02,65
BREAST	200	02:02,25	02:03,70	02:16,70	02:17,20
	50	00:28,65	00:29,55	00:33,05	00:33,25
	100	01:03,15	01:04,80	01:12,50	01:12,90
FLY	200	02:18,00	02:20,70	02:35,65	02:36,85
	50	00:24,05	00:24,85	00:27,50	00:28,25
	100	00:54,05	00:55,00	01:00,95	01:01,70
IM	200	02:04,40	02:06,40	02:18,15	02:18,95
	400	02:03,45	02:05,00	02:18,95	02:19,70
		04:30,10	04:34,95	04:53,75	04:54,80

		Relay	Sum	Relay	Sum
Relay	4x100 Free	03:22,70	03:24,20	03:48,40	03:49,90
	4x200 Free	07:25,20	07:26,70	08:20,30	08:21,80
	4x100 Medley	03:44,60	03:46,10	04:13,55	04:15,05
		Relay	Sum	Relay	Sum
4x100 Medley Mixed		03:59,05		04:00,55	