

## SPANISH NATIONALS

### “OPEN” SWIMMING CHAMPIONSHIP - TRIALS

**Dates:** 25<sup>th</sup> to 28<sup>th</sup> June 2026

**Place:** Palma de Mallorca

**Pool:** Piscinas Municipales “Son Hugo”

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



#### Entries

- Every swimmer may enter in an UNLIMITED number of events, according the QUALIFYNG TIMES.
- Qualifying times must be swum in a 50m pool and electronic timekeeping system, **between 25<sup>th</sup> April 2025 to 07<sup>th</sup> June 2026.**
- Deadline: **Wednesday, 10<sup>th</sup> June, at 12PM**
- Entries must sent to: [jalmarza@rfen.es](mailto:jalmarza@rfen.es) / [rfen@rfen.es](mailto: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 - Relay 25 €
- Entry lists will be published on **12<sup>th</sup> June.**

#### Contacts

TECHNICAL INFORMATION	<b>Sergio de la Calle</b> <a href="mailto:scalle@rfen.es">scalle@rfen.es</a>
ENTRIES	<b>Jose Manuel Almarza</b> <a href="mailto:jalmarza@rfen.es">jalmarza@rfen.es</a> / <a href="mailto:rfen@rfen.es">rfen@rfen.es</a>
ACCOMMODATION	<b>BCD Sports - Website</b> Championships Official Agency <a href="mailto:natacion@bcdme.es">natacion@bcdme.es</a>

## Program

DAYS	AM	PM
<b>Thursday</b> <b>25.June.2026</b>	100 Backstroke Men 100 Backstroke Women 400 Freestyle Men 400 Freestyle Women 50 Freestyle Men 50 Freestyle Women 200 Ind. Medley Men 200 Ind. Medley Women	<b>Finals Morning Session</b> <b>“B – A”</b>
<b>Friday</b> <b>26.June.2026</b>	200 Butterfly Women 200 Butterfly Men 100 Freestyle Women 100 Freestyle Men 200 Breaststroke Women 200 Breaststroke Men 1500 Freestyle Women (slowest heats) 1500 Freestyle Men (slowest heats)	<b>Finals Morning Session</b> <b>“B – A”</b>  1500 Freestyle Women (fastest heat) 1500 Freestyle Men (fastest heat)
<b>Saturday</b> <b>27.June.2026</b>	400 Ind. Medley Men 400 Ind. Medley Women 50 Breaststroke Men 50 Breaststroke Women 100 Butterfly Men 100 Butterfly Women 200 Backstroke Men 200 Backstroke Women	<b>Finals Morning Session</b> <b>“B – A”</b>
<b>Sunday</b> <b>28.June.2026</b>	100 Breaststroke Women 100 Breaststroke Men 50 Backstroke Women 50 Backstroke Men 200 Freestyle Women 200 Freestyle Men 50 Butterfly Women 50 Butterfly Men 800 Freestyle Women (slowest heats) 800 Freestyle Men (slowest heats)	<b>Finals Morning Session</b> <b>“B – A”</b>  800 Freestyle Women (fastest heat) 800 Freestyle Men (fastest heat)

## Estimated schedule

SESSION	Thursday 25.June	Friday 26.June	Saturday 27.June	Sunday 28.June
HEATS	10:00 – TBD	10:00 – TBD	10:00 – TBD	10:00 – TBD
FINALS	18:00 - 19:30	18:00 - 20:00	18:00 - 19:30	17:00 - 18:30

- **The final schedule will be published on Wednesday, 17<sup>th</sup> June.**
- Official trainings: the competition pool will be available from Tuesday, 23<sup>th</sup> June.
- 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	<b>2 FINALS: "B – A"</b> 8 fastest times in each final <i>Not more than 4 foreign swimmers allowed - Only 2 in each final -</i>

EVENTS	TIMED BASED HEATS
800 - 1500 Freestyle	8 fastest times in Finals Session <i>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.

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.

## 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
	1500	16:19,00	16:28,00	17:30,00	17:34,00
BACK	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
	200	02:09,50	02:11,00	02:22,55	02:23,10
BREAST	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
	200	02:24,10	02:26,90	02:41,50	02:42,75
FLY	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
	200	02:08,40	02:10,50	02:21,00	02:21,80
IM	200	02:09,20	02:10,85	02:24,00	02:24,80
	400	04:38,90	04:43,90	05:03,95	05:05,00

		STANDARD "B" (25m)			
		MEN		WOMEN	
		SENIOR	2006 & YOUNGER	SENIOR	2006 & YOUNGER
FREE	50	00:22,45	00:22,80	00:25,65	00:25,80
	100	00:49,60	00:50,60	00:56,20	00:56,65
	200	01:48,75	01:51,30	02:03,35	02:03,85
	400	03:53,20	03:57,15	04:18,45	04:19,35
	800	08:09,40	08:18,20	08:51,45	08:52,40
	1500	15:41,40	15:49,75	17:03,90	17:07,35
BACK	50	00:25,60	00:25,90	00:28,75	00:28,90
	100	00:54,40	00:55,05	01:01,40	01:01,85
	200	02:00,75	02:02,10	02:14,95	02:15,45
BREAST	50	00:28,30	00:29,15	00:32,65	00:32,80
	100	01:02,40	01:03,95	01:11,55	01:11,95
	200	02:16,30	02:18,85	02:33,60	02:34,75
FLY	50	00:23,75	00:24,55	00:27,15	00:27,90
	100	00:53,40	00:54,35	01:00,20	01:00,90
	200	02:02,80	02:04,70	02:16,45	02:17,20
IM	200	02:02,00	02:03,45	02:17,25	02:17,90
	400	04:26,75	04:31,35	04:50,10	04:51,10