



# 30. International Sindelfingen Swimming Championships

POWERED BY



**07<sup>th</sup> and 08<sup>th</sup> of March 2026**  
**Program / Regulations**

- Youth events in the morning with finals (age groups 2013 - 2018)
- 200m Medley Pursuit Race female/male for the age groups 2013 - 2016
- 50m + 100m finals, arena Mystery Medley and Cut-Off Races for age groups 2012 and older
- Attractive prizes and cash rewards sponsored by our partners
- Exciting finals featuring a light show
- Traditionally featuring an international lineup

Venue:

Badezentrum Sindelfingen (Hallenbad),  
Hohenzollernstraße 23, 71067 Sindelfingen

Organizer:

VfL Sindelfingen 1862 e.V., Schwimmabteilung



## Competition program:

For age groups 2013 - 2018					For age groups 2012 and older				
Session 1: Saturday, 07 <sup>th</sup> of March 2026 Warm-Up: 07:30 – 08:20 am Start: 08:30 am					Session 2: Saturday, 07 <sup>th</sup> of March 2026 Warm-Up: about 12:30 – 1:20 pm Start: about 01:30 pm				
WK 1	200m	Ind. Medley	women	Preliminaries	WK 24	200m	Ind. Medley	women	Preliminaries
WK 2	200m	Ind. Medley	men	Preliminaries	WK 25	200m	Ind. Medley	men	Preliminaries
WK 3	50m	Butterfly	women	Preliminaries	WK 26	50m	Butterfly	women	Preliminaries
WK 4	50m	Butterfly	men	Preliminaries	WK 27	50m	Butterfly	men	Preliminaries
WK 5	50m	Backstroke	women	Preliminaries	WK 28	50m	Backstroke	women	Preliminaries
WK 6	50m	Backstroke	men	Preliminaries	WK 29	50m	Backstroke	men	Preliminaries
WK 7	100m	Breaststroke	women	Preliminaries	WK 30	100 m	Breaststroke	women	Preliminaries
WK 8	100m	Breaststroke	men	Preliminaries	WK 31	100 m	Breaststroke	men	Preliminaries
WK 9	200m	Butterfly	women	Decision	WK 32	200m	Butterfly	women	Decision
WK 10	200m	Butterfly	men	Decision	WK 33	200m	Butterfly	men	Decision
WK 11	200m	Backstroke	women	Decision	WK 34	200m	Backstroke	women	Decision
WK 12	200m	Backstroke	men	Decision	WK 35	200m	Backstroke	men	Decision
WK 13	100m	Freestyle	women	Preliminaries	WK 36	100m	Freestyle	women	Preliminaries
WK 14	100m	Freestyle	men	Preliminaries	WK 37	100m	Freestyle	men	Preliminaries
15 minutes break with warm-up					15 minutes break with warm-up				
WK 15	200m	TS SAUBER Ind. Medley Pursuit Race	women/men	Final 2013-2016	WK 38	50m	Butterfly	women	Final 2012 & older
WK 16	50m	Butterfly	women	Final 2015-2017	WK 39	50m	Schmetterling	männlich	Final 2012 & older
WK 17	50m	Butterfly	men	Final 2015-2017	WK 40	100m	Breaststroke	women	Final 2011 - 2012
WK 18	50m	Backstroke	women	Final 2015 – 2018	WK 41	100m	Breaststroke	men	Final 2011 - 2012
WK 19	50m	Backstroke	men	Final 2015 – 2018	WK 42	100m	Breaststroke	women	Final 2010 & older
WK 20	100m	Breaststroke	women	Final 2013 - 2014	WK 43	100m	Breaststroke	men	Final 2010 & older
WK 21	100m	Breaststroke	men	Final 2013 - 2014	WK 44	50m	Backstroke	women	Final 2012 & older
WK 22	100m	Freestyle	women	Final 2013 - 2014	WK 45	50m	Backstroke	men	Final 2012 & older
WK 23	100m	Freestyle	men	Final 2013 - 2014	WK 46	100m	Freestyle	women	Final 2011 - 2012
					WK 47	100m	Freestyle	men	Final 2011 - 2012
					WK 48	100m	Freestyle	women	Final 2010 & older
					WK 49	100m	Freestyle	men	Final 2010 & older
					WK 50	200m	arena Mystery-Medley Race	women	Final 2012 & older
					WK 51	200m	arena Mystery-Medley Race	men	Final 2012 & older



For age groups 2013 - 2018					For age groups 2012 and older				
Session 3: Sunday, 08 <sup>th</sup> of March 2026 Warm-Up: 07:30 – 08:20 am Start: 08:30 am					Session 4: Sunday, 08 <sup>th</sup> of March 2026 Warm-Up: about 12:30 – 01:20 pm Start: about 01:30 pm				
WK 52	200m	Freestyle	women	Decision	WK 72	200m	Freestyle	women	Decision
WK 53	200m	Freestyle	men	Decision	WK 73	200m	Freestyle	men	Decision
WK 54	50m	Breaststroke	women	Preliminaries	WK 74	50m	Breaststroke	women	Preliminaries
WK 55	50m	Breaststroke	men	Preliminaries	WK 75	50m	Breaststroke	men	Preliminaries
WK 56	50m	Freestyle	women	Preliminaries	WK 76	50m	Freestyle	women	Preliminaries
WK 57	50m	Freestyle	men	Preliminaries	WK 77	50m	Freestyle	men	Preliminaries
WK 58	100m	Backstroke	women	Preliminaries	WK 78	100m	Backstroke	women	Preliminaries
WK 59	100m	Backstroke	men	Preliminaries	WK 79	100m	Backstroke	men	Preliminaries
WK 60	200m	Breaststroke	women	Decision	WK 80	200m	Breaststroke	women	Decision
WK 61	200m	Breaststroke	men	Decision	WK 81	200m	Breaststroke	men	Decision
WK 62	100m	Butterfly	women	Preliminaries	WK 82	100m	Butterfly	women	Preliminaries
WK 63	100m	Butterfly	men	Preliminaries	WK 83	100m	Butterfly	men	Preliminaries
10 minutes break with warm-up					15 minutes break with warm-up				
WK 64	50m	Breaststroke	women	Final 2015 – 2018	WK 84	100m	Backstroke	women	Final 2011 - 2012
WK 65	50m	Breaststroke	men	Final 2015 – 2018	WK 85	100m	Backstroke	men	Final 2011 - 2012
WK 66	50m	Freestyle	women	Final 2015 – 2018	WK 86	100m	Backstroke	women	Final 2010 & older
WK 67	50m	Freestyle	men	Final 2015 – 2018	WK 87	100m	Backstroke	men	Final 2010 & older
WK 68	100m	Backstroke	women	Final 2013 - 2014	WK 88	50m	Breaststroke	women	Final 2012 & older
WK 69	100m	Backstroke	men	Final 2013 - 2014	WK 89	50m	Breaststroke	men	Final 2012 & older
WK 70	100m	Butterfly	women	Final 2013 - 2014	WK 90	100m	Butterfly	women	Final 2011 - 2012
WK 71	100m	Butterfly	men	Final 2013 - 2014	WK 91	100m	Butterfly	men	Final 2011 - 2012
					WK 92	100m	Butterfly	women	Final 2010 & older
					WK 93	100m	Butterfly	men	Final 2010 & older
					WK 94	50m	Freestyle	women	Cut-Off Final 2012 & older
					WK 95	50m	Freestyle	men	Cut-Off Final 2012 & older



## General Regulations

The general rules and regulations for competitions, the legal system and the anti-doping terms of the German swimming federation (DSV) are in force. The regulations of the Deutscher Behindertensportverband (DSB) are applicable for handicapped athletes with an appropriate proof of classification.

### 1. Conditions for participation

Swimmers of all clubs affiliated with the DSV or any foreign club whose national swimming federation is affiliated with World Aquatics are authorized to take part in this competition. The nominating club guarantees that the health of the swimmers meets the requirements for competitive sports.

### 2. Venue

The 30<sup>th</sup> edition of the ISSC will take place at the Badezentrum in Sindelfingen: Hohenzollernstraße 23, 71067 Sindelfingen. 50-meter pool, eight lanes, wave-breaking lane-dividers, water temperature 26°C, depth 1.8m. Electronic time keeping with a time display for eight lanes)

### 3. Liability

The organizer assumes no liability for lost items. No glass bottles or other fragile glass items are allowed in the pool area. Instructions given by the Badezentrum staff must be followed.

If the ISSC 2026 is canceled due to the pandemic situation, or if a limitation on the number of participants is implemented, the organizer will not be liable for any potential costs incurred by registered participants (travel, hotel accommodations, etc.).

### 4. Entries

Entries need to include name, given name, year of birth, gender, event number, distance, stroke and entry times. An Excel template is available on request, definition files in DSV7 and Lenex formats are available for download on the event page [www.issc-online.de](http://www.issc-online.de). Please send your entries via eMail and make sure to always specify an eMail address as contact information. Please note that we have to charge a handling fee of 1,50€ per entry that is not submitted via eMail.

### 5. Address for Entries

VfL Sindelfingen 1862 e.V., Schwimmabteilung  
Klosterstr. 12, 71063 Sindelfingen  
E-Mail: [meldung@schwimmen.vfl-sindelfingen.de](mailto:meldung@schwimmen.vfl-sindelfingen.de)

### 6. Deadline, Limitation of Entries

Only entries received by the entry deadline on Friday, February 27<sup>th</sup>, 2026, at 6:00 p.m. at the designated entry address will be considered. The organizer reserves the right to reject entries if the number of entries no longer allows for the event to be conducted in a manner suitable for athletes. This is the case if more than 4,200 entries are received. Depending on the pandemic situation and the regulations in force at the entry deadline, the authorities or pool management may impose a participant limit for the event. For this reason, the organizer also reserves the right to reject entries. The order of receipt at the entry address will determine any necessary rejections.

### 7. Special provisions for protecting youths

According to the special provisions for protecting youths ("Besondere Jugendschutz-Regeln") of the german swimming association the following limitations apply with regard to the programme – the valuation date for determining the age is December 31st of the calendar year in which the athlete reaches the corresponding age:

Age	permitted events	Age	permitted events
8 years	50m, 100m Backstroke 50m, 100m Freestyle 50m Breaststroke	10 years	50m, 100m, 200m Backstroke 50m, 100m, 200m Freestyle 50m, 100m, 200m Breaststroke 50m, 100m Butterfly 200m Individual Medley
9 years	50m, 100m, 200m Backstroke 50m, 100m, 200m Freestyle 50m, 100m Breaststroke 50m Butterfly		



The organizer will perform according checks within his reach of possibilities, the responsibility for adhering to these rules, however, lies with the nominating clubs.

According to §9.2 WG-AT, the DSV has decided that swimmers aged 8 to 10 years (age group 2016 to 2018) are allowed to participate in no more than 6 events per day including finals.

## **8. Start of the sessions, warm up and cool down**

During the event (Saturday and Sunday) it is possible to warm up and cool down in the competition pool at the specified times, otherwise in the non-swimmer pool.

The organizer reserves the right to adjust the times for swimming warm up and cool down based on the reports and to set warm up slots for the participating clubs. The final time of the start of a session will be shown in the entry list.

## **9. Entry Fees**

A 8,00€ entry fee is stated for each entry of a 50 or 100 meter distance.

A 10,00€ entry fee is stated for each entry of 200-meter distance.

## **10. Deregistrations**

Deregistrations for all sessions/events are only possible until Friday, 27<sup>th</sup> of February 2026, till 06:00 pm via eMail.

## **11. Heat and lane assignments**

The heat and lane assignments for all sessions will be generated after the entry deadline and will be published on the event page [www.issc-online.de](http://www.issc-online.de) no later than Tuesday, 3<sup>rd</sup> of March 2026 08:00 pm

## **12. Results**

The results of the event will be published continuously on the event website [www.issc-online.de](http://www.issc-online.de)

## **13. Kampfgericht**

We urgently ask the registered clubs to provide judges according to the following „Judge-key“ for the corresponding sections:

<b>Judge-key</b>	
Entries per session	Entries per session
1 – 15	1 – 15
16 – 30	16 – 30
31 – 45	31 – 45
>45	>45

The 30<sup>th</sup> ISSC 2026 is not a World Aquatics competition, so a standard referee qualification is sufficient.

## **14. ISSC Cut-Off**

The finals for events 94 and 95 will be held as ISSC Cut-Off: three runs are carried out with the two slowest swimmers being eliminated in each round. The two remaining swimmers will then compete in the ISSC Cut-Off final.

## **15. arena Mystery-Medley Race**

The fastest 8 female and male swimmers from the second section (ages 2012 and older) of competitions 24 and 25 automatically qualify for the arena Mystery-Medley Race. The qualified swimmers will meet in the pre-start area during the final section. There, it will be drawn in which order each swimmer will swim their personal 200m Individual Medley. However, there will only be one start dive, meaning that the swimmer will start with one of the following strokes: butterfly, breaststroke, or freestyle.

Example: Swimmer A draws a slip of paper in the pre-start area with their random stroke order. The drawn stroke order is: breaststroke, butterfly, freestyle, backstroke. In this order, the swimmer must complete their personal 200m arena Mystery-Medley Race. The turns must comply with the applicable competition regulations depending on the stroke

## **16. TS SAUBER Ind. Medley Pursuit Race**

The fastest swimmers from the age groups 2013, 2014, 2015 and 2016 birth years in Events 1 and 2 (200m medley) qualify for the TS SAUBER Ind. Medley Pursuit Race. In the event of a tie, the decision will be made by drawing lots.

In the TS SAUBER Ind. Medley Pursuit Race, the qualified swimmers start at staggered intervals. The starting order and time intervals are determined by the times with which each swimmer qualified for the TS SAUBER Ind. Medley Pursuit Race. The starting signal for each lane is given individually via an optical devices.



**Example for clarification:** Suppose the swimmers (four female and four male in total) have qualified for the TS SAUBER Ind. Medley Pursuit Race with the times indicated...

Swimmer A (female)	3:18,94	Swimmer A (male)	3:14,38
Swimmer B (female)	3:01,16	Swimmer B (male)	2:59,69
Swimmer C (female)	2:47,94	Swimmer C (male)	2:41,39
Swimmer D (female)	2:40,64	Swimmer D (male)	2:34,65

...they will start in the following order with the given delays:

1. Swimmer A (female)
2. Swimmer A (male) 04.56 seconds after #1
3. Swimmer B (female) 13.22 seconds after #2
4. Swimmer B (male) 1.47 seconds after #3
5. Swimmer C (female) 11.75 seconds after #4
6. Swimmer C (male) 06.55 seconds after #5
7. Swimmer D (female) 00.75 seconds after #6
8. Swimmer D (male) 05.99 seconds after #7

Deregistrations for the respective Pursuit Race are possible at the speakers desk up to 30 minutes after the announcement of the participants.

## 17. Classification

In the morning sessions the classification will be performed based on age groups 2013, 2014, 2015, 2016, 2017 and 2018 separately. In the afternoon sessions the classification will be as follows: 50, 100 and 200 meter-distances: Youth B (age groups 2011/2012), Youth A (Age groups 2009/2010) and open.

The finals for the **morning sessions** will be performed as follows:

- The respectively fastest boys and girls of the age groups 2013, 2014, 2015 and 2016 of the competitions WK 1 and WK 2 individual medley will be automatically qualified for the TS SAUBER Ind. Medley Pursuit Race
- The 50m - finals are reserved for athletes of the age groups 2015 and younger.
- The 100m finals are reserved for athletes of youth C (2013/2014).

The finals in the **afternoon sessions** will be performed as follows:

- For the 2011–2012 finals, the 8 fastest swimmers in Youth B (age groups 2011/2012) qualify.
- The finals 2010 and older are reserved for athletes of the age groups 2010 and older.
- The finals open are reserved for athletes of the age groups 2012 and older.

## 18. Prices

- The three fastest swimmers of each category in the morning sessions receive medals (2013, 2014, 2015, 2016, 2017 and 2018).
- The three first-placed youth A (with age groups (2009/2010)) youth B (with age groups (2011/2012)) receive medals
- The three first-placed open class from the afternoon sections receive a non-cash prize.

The eight fastest swimmers of each category of the morning sessions will receive certificates, for the afternoon sessions the certificates will be provided as a PDF file per club.

## 19. Prize Money

The award ceremonies are part of the events. The prizes of swimmers who are not present at the award ceremony will be refunded to the organizer.

### • ISSC Cut-Offs (50m Freestyle Finals): Total 325 €

The 3rd swimmer in the penultimate heat receives 50,- €. In the final heat 300,- € will be distributed as follows: 200,00 € will be split between the winner and the runner-up, with the winner getting one € more than the runner-up for every hundredth of a lead. In addition, the winner and the runner-up will receive a bonus of 50,- €. The winner can thus win up to 250,- €.

Example: If the winner has a lead of 0,35 seconds over the runner-up, the winner will take 50 € + 117,50 € = 167,50 € and the runner-up 50 € + 82,50 € = 132,50 €



- 50m and 100m Butterfly, Backstroke, Breaststroke, Freestyle and 200m TS SAUBER Ind. Medley Pursuit Race finals of the morning sessions:  
1st place: non-cash prize      2nd place: non-cash prize      3rd place: non-cash prize
- 50m and 100m Butterfly, Backstroke, Breaststroke, Freestyle finals open and age group 2010 and older of the afternoon sessions:  
1st place: 50 €      2nd place: 30 €      3rd place: 25 €
- 50m and 100m Butterfly, Backstroke, Breaststroke, Freestyle finals for the age groups 2011 - 2012 of the afternoon sessions:  
1st place: non-cash prize      2nd place: non-cash prize      3rd place: non-cash prize
- Mystery-Medley of the afternoon session:  
1st place: 60 €      2nd place: 40 €      3rd place: 20 €
- Meet record: 50 €

## 20. Catering during the meet

During the meet a variety of snacks, beverages and hot meals will be offered.

## 21. Accommodation & Hotels

A list of accommodations and hotels (available quota with special conditions) can be requested from the organizer at the registration address ([meldung@schwimmen.vfl-sindelfingen.de](mailto:meldung@schwimmen.vfl-sindelfingen.de))

## 22. Public Relations

Photographs, film and/or sound recordings of the participants, coaches and accompanying persons can be made in the course of the meet. The organizer will use these media in his press and public relations work. By registering the club/participant/coach declares his/her agreement for all attendees related to the corresponding club.



## Event Records Women

### Butterfly

50m	Maaike de Waard (1996) KNZB (NED)	2013	0:27,17
100m	Femke Spiering (2002) ZPC AMERSFOORT (NLD)	2023	1:00,06
200m	Martina Van Berkel (1989) Limmat Sharks Zürich (SUI)	2011	2:13,45

### Backstroke

50m	Maaike de Waard (1996) KNZB (NED)	2013	0:29,20
100m	Dörte Baumert (1993) SG Regio Freiburg (GER)	2018	1:02,98
200m	Dörte Baumert (1993) SG Regio Freiburg (GER)	2017	2:16,46

### Breaststroke

50m	Kerstin Vogel (1985) SV Rhenania Köln (GER)	2009	0:31,42
100m	Vanessa Grimberg (1993) SV Region Stuttgart (GER)	2017	1:08,80
200m	Vanessa Grimberg (1993) SV Region Stuttgart (GER)	2017	2:27,97

### Freestyle

50m	Ilse Kraaijeveld (1990) ZV Orca Leeuwarden (NED)	2013	0:25,82
100m	Linda Roth (2008) SV Cannstatt (GER)	2024	0:56,48
200m	Annika Bruhn (1992) SV Bietigheim (GER)	2012	2:01,52
400m	Lisa Zaiser (1994) ASV Linz (AUT)	2015	4:15,72
800m	Julia Hassler (1993) Schwimmclub Uster Wallisellen (SUI)	2013	8:48,68

### Medley

200m	Lisa Zaiser (1994) ASV Linz (AUT)	2015	2:15,76
400m	Jördis Steinegger (1983) ASV Raiffeisen Linz (AUT)	2011	4:51,33

## Event Records Men

### Butterfly

50m	Luca Nik Armbruster (2001) SG Neukölln e.V. Berlin (GER)	2024	0:23,87
100m	Ramon Klenz (1998) Sport-Union Neckarsulm (GER)	2023	0:54,04
200m	Benjámin Grátz (1996) Százhalombattai VUK SE (HUN)	2014	1:59,61

### Backstroke

50m	Marvin Dahler (2001) SSG Reutlingen/Tübingen (GER)	2018	0:26,10
100m	Marvin Dahler (2001) VfL Sindelfingen (GER)	2019	0:56,71
200m	Benjámin Grátz (1996) Százhalombattai VUK SE (HUN)	2014	2:03,21

### Breaststroke

50m	Simeon Benner (1997) VfL Sindelfingen (GER)	2024	0:28,44
100m	Reiner Schneider (1982) VfL Sindelfingen (GER)	2004	1:01,98
200m	Reiner Schneider (1982) VfL Sindelfingen (GER)	2004	2:17,57

### Freestyle

50m	Odyssefs Meladinis (1990) Olympiakos SFP (GRE)	2012	0:22,83
100m	Odyssefs Meladinis (1990) Olympiakos SFP (GRE)	2012	0:50,46
200m	David Brandl (1987) 1.Perger SV UNIQA (AUT)	2011	1:51,96
400m	David Brandl (1987) 1.Perger SV UNIQA (AUT)	2011	3:54,02
1500m	David Brandl (1987) 1.Perger SV UNIQA (AUT)	2011	15:54,19

### Medley

200m	Benjámin Grátz (1996) Százhalombattai VUK SE (HUN)	2014	2:05,38
400m	Benjámin Grátz (1996) Százhalombattai VUK SE (HUN)	2014	4:23,81