

**Flanders Swimming Cup**  
**19<sup>th</sup> & 20<sup>th</sup> January 2019**      **Antwerp**

**Saturday 19<sup>th</sup> January**

**Warm Up:            7.15am – 8.20am**

**Start:    8.30am**

**Am Session**

**Event 1 – Boys 200m Freestyle**

Davide Arioli                      Ioan Evans                      Jakob Goodman                      Nathan McCleave                      Huw Williams

**Event 2 – Girls 50m Backstroke**

Rachel Anderson                      Astrid Hannah                      Emma Harvey                      Ellie Kirkham                      Polly Painter  
Izzy Renwick                      Tati Tostevin

**Event 3 – Boys 100m Backstroke**

David Chang                      Tom Gambold                      Rupert Hague                      Ian Lauritzen                      Nathan McCleave  
Alex Sargeant                      Simon Sweatman

**Event 4 – Girls 200m Butterfly**

Jess Podger

**Event 5 – Boys 200m Breaststroke**

Will Ellington                      Will Mitchell                      Dimitrios Tsaliagkos

**Event 6 – Girls 100m Breaststroke**

Lily Booker                      Alice Chan                      Abigail Hurst                      Candice Lam

**Event 7 – Boys 200m I.M.**

David Chang                      Will Ellington                      Will Mitchell

**Event 8 – Girls 100m Freestyle**

Rachel Anderson                      Emma Harvey                      Candice Lam                      Jess Podger                      Izzy Renwick

**Event 9 – Boys 400m Freestyle**

Davide Arioli                      Ioan Evans                      Jakob Goodman                      Alex Sargeant                      Dimitrios Tsaliagkos

**Event 10 – Girls 400m I.M.**

Lily Booker                      Polly Painter                      Sophia Wilson

**Event 11 – Boys 100m Butterfly**

Tom Gambold                      Jakob Goodman                      Hamish Skillman                      Danilo Rosafio                      Jacob St-Germain  
Huw Williams

**Event 12 – Girls 200m Backstroke**

Rachel Anderson                      Ellie Kirkham                      Tati Tostevin                      Sophia Wilson

**Event 13 – Boys 50m Freestyle**

Jakob Goodman                      Rupert Hague                      Nathan McCleave                      Hamish Skillman                      Daniel New  
Marcus Rogers                      Danilo Rosafio                      Jacob St-Germain                      Simon Sweatman                      Huw Williams

**Event 14 – Girls 50m Butterfly**

Alice Chan                      Astrid Hannah                      Emma Harvey                      Izzy Renwick                      Tati Tostevin

**Event 15 – Boys 50m Breaststroke**

Will Ellington                      Ian Lauritzen                      Will Mitchell                      Daniel New                      Marcus Rogers  
Dimitrios Tsaliagkos

**Event 17 – Boys 800m Freestyle**

Davide Arioli                      Alex Sargeant

**Finals – Warm Up:            2.30pm**

**Start:    4.00pm**

**Flanders Swimming Cup**  
**19<sup>th</sup> & 20<sup>th</sup> January 2019**      **Antwerp**

**Sunday 20<sup>th</sup> January**

**Warm Up:            7.15am – 8.20am**

**Start:    8.30am**

**AM Session**

**Event 18 – Girls 200m Freestyle**

Jess Podger                      Tati Tostevin

**Event 19 – Boys 50m Backstroke**

David Chang                      Tom Gambold                      Rupert Hague                      Ian Lauritzen                      Alex Sargeant  
Jacob St-Germain                      Simon Sweatman

**Event 20 – Girls 100m Backstroke**

Rachel Anderson                      Astrid Hannah                      Emma Harvey                      Ellie Kirkham                      Polly Painter  
Izzy Renwick

**Event 21 – Boys 200m Butterfly**

Will Ellington                      Jakob Goodman

**Event 22 – Girls 200m Breaststroke**

Lily Booker                      Alice Chan                      Abigail Hurst                      Sophia Wilson

**Event 23 – Boys 100m Breaststroke**

Will Ellington                      Ian Lauritzen                      Will Mitchell                      Daniel New                      Dimitrios Tsaliagkos

**Event 24 – Girls 200m I.M.**

Rachel Anderson                      Lily Booker                      Emma Harvey                      Candice Lam                      Sophia Wilson

**Event 25 – Boys 100m Freestyle**

Ioan Evans                      Rupert Hague                      Nathan McCleave                      Hamish Skillman                      Daniel New  
Marcus Rogers                      Danilo Rosafio                      Jacob St-Germain                      Simon Sweatman                      Huw Williams

**Event 26 – Girls 400m Freestyle**

Polly Painter                      Jess Podger

**Event 28 – Gils 100m Butterfly**

Emma Harvey                      Jess Podger

**Event 29 – Boys 200m Backstroke**

Davide Arioli                      David Chang                      Ioan Evans                      Tom Gambold                      Nathan McCleave  
Alex Sargeant

**Event 30 – Girls 50m Freestyle**

Astrid Hannah                      Abigail Hurst                      Ellie Kirkham                      Candice Lam                      Polly Painter  
Izzy Renwick                      Tati Tostevin

**Event 31 – Boys 50m Butterfly**

Tom Gambold                      Jakob Goodman                      Hamish Skillman                      Daniel New                      Marcus Rogers  
Danilo Rosafio                      Jacob St-Germain                      Simon Sweatman                      Dimitrios Tsaliagkos                      Huw Williams

**Event 32 – Girls 50m Breaststroke**

Lily Booker                      Alice Chan                      Abigail Hurst                      Candice Lam                      Izzy Renwick

**Event 33 – Boys 1500m Freestyle**

Alex Sargeant

**Finals – Warm Up:            2.30pm**

**Start:    4.00pm**