

Invitation

**RACE
DAYS**

Sustainable
Swimfestival
Dortmund

SV Westfalen

Dortmund von 1896 e.V.

MARCH 7th - 8th 2026
DORTMUND SÜDBAD



SÜDBAD DORTMUND

Ruhrallee 30, 44139 Dortmund

Lane Length: 50 meters

Starting Lanes: 8

Electronic Timing

Water depth: 1,25 meters - 4,50 meters

Water temperature: approx. 26°C

A photograph of a swimming pool with several swimmers in the water. The scene is illuminated with strong red light, creating a dramatic atmosphere. Swimmers are visible in the foreground and middle ground, some with their heads above water. Lane lines are visible in the water. In the background, there are some structures and lights, possibly part of the pool's infrastructure or surrounding buildings.

A few minutes of swimming, many hours of waiting — that's how most competitions work. The Swim Race Days are different because there is no boredom here. Due to the separation of the age groups (in the morning 2013 to 2017, in the afternoon 2012 and older) we avoid unnecessarily long breaks for the individual swimmers. If you still want to watch the whole event or are dependent on carpooling, you can enjoy exciting competitions with modern formats, qualifying and finals. We also offer an educational accompanying program. Attractive cash and non-cash prizes as well as a light show and dignified medal ceremonies await our participants. We present you races where you can't look away! Are you ready?

Swim Race Days: Sustainable competition spirit from Dortmund

SV Westfalen Dortmund would also like to promote the topic of sustainability in its own club life. The club was supported by Master's students from Dortmund from the "Sports Management" course at the International School of Management (ISM) who, as part of a practical seminar, developed a concept for the short and long term sustainability of the popular competition format. This concept is now to be gradually implemented. Initially small steps were taken to make the "Swim Race Days" more sustainable, such as avoiding unnecessary waste of paper through a self-determined certificate printout, reducing the number of welcome boxes handed out and consciously offering fruit and vegetables to the judges from recyclable bowls. The selection of our service providers and sponsors is also made with sustainability in mind.

COMPETITION ORDER

1st Section: Saturday, March 7, 2026

Admittance: 8:00 a.m. Referee meeting: 8:15 a.m. Start of competition: 9:00 a.m.

WK 1	50m	Butterfly	Heats	Male	2013 to 2017
WK 2	50m	Freestyle	Heats	Female	2013 to 2017
WK 3	200m	Individual Medley		Male	2013 to 2016
WK 4	100m	Butterfly		Female	2013 to 2016
WK 5	200m	Backstroke		Male	2013 to 2017
WK 6	200m	Breaststroke		Female	2013 to 2016
WK 101	50m	Butterfly	Final	Male	2013 to 2017
WK 102	50m	Freestyle	Final	Female	2013 to 2017
WK 7	50m	Backstroke	Heats	Male	2013 to 2017
WK 8	50m	Breaststroke	Heats	Female	2013 to 2017

Medal ceremonies WK 101 and 102

WK 9	200m	Butterfly		Male	2013 to 2015
WK 10	100m	Backstroke		Female	2013 to 2017
WK 11	100m	Breaststroke		Male	2013 to 2017
WK 12	200m	Freestyle		Female	2013 to 2017
WK 13	100m	Freestyle		Male	2013 to 2017
WK 108	50m	Breaststroke	Final	Female	2013 to 2017
WK 107	50m	Backstroke	Final	Male	2013 to 2017

Medal ceremonies WK 108 and 107

2nd Section: Saturday, March 7, 2026

Admittance / Referee meeting / Start of competition: as specified

WK 14	50m	Freestyle	Heats	Female	2012 and older
WK 15	50m	Butterfly	Heats	Male	2012 and older
WK 16	200m	Individual Medley		Female	2012 and older
WK 17	200m	Individual Medley		Male	2012 and older
WK 18	100m	Butterfly		Female	2012 and older
WK 19	200m	Backstroke		Male	2012 and older
WK 20	200m	Breaststroke	Happe-Pokal	Female	2012 and older
WK 115	50m	Butterfly	Final	Male	2012 and older
WK 114	50m	Freestyle	Final	Female	2012 and older
WK 21	50m	Backstroke	Heats	Male	2012 and older
WK 22	50m	Breaststroke	Heats	Female	2012 and older

Medal ceremonies WK 115 and 114

WK 23	200m	Butterfly		Male	2012 and older
WK 24	100m	Backstroke		Female	2012 and older
WK 25	100m	Breaststroke	Happe-Pokal	Male	2012 and older
WK 26	200m	Freestyle		Female	2012 and older
WK 27	100m	Freestyle		Male	2012 and older
WK 122	50m	Breaststroke	Final	Female	2012 and older
WK 121	50m	Backstroke	Final	Male	2012 and older
Elimination Race				F / M	2012 und older

Medal ceremonies WK 122 and 121 and Elimination Race

THE RACE

At the end of 2nd Section on Saturday, March 7, 2026

The eight fastest swimmers in event 16, 200 meter individual medley women, and the eight fastest swimmers in event 17, 200 meter individual medley men, will qualify for the elimination race. In the final heats, 50 meters will be swum in each of the butterfly, backstroke, breaststroke and freestyle. The order will be drawn on the day of the competition. In each final heat, two swimmers will be eliminated so that eight swimmers will start in the eighth final, six swimmers in the quarter final, four swimmers in the semifinal and two swimmers in the final.

WK 216:	Eighth final	Elimination Race	female	2012 and older
WK 217:	Eighth final	Elimination Race	male	2012 and older
WK 316:	Quarter final	Elimination Race	female	2012 and older
WK 317:	Quarter final	Elimination Race	male	2012 and older
WK 416:	Semifinal	Elimination Race	female	2012 and older
WK 417:	Semifinal	Elimination Race	male	2012 and older
WK 516:	Final	Elimination Race	female	2012 and older
WK 517:	Final	Elimination Race	male	2012 and older

The medal ceremonies will take place afterwards.

COMPETITION ORDER

3rd Section: Sunday, March 8, 2026

Admittance: 8:00 a.m. Referee meeting: 8:15 a.m. Start of competition: 9:00 a.m.

WK 28	50m	Butterfly	Heats	Female	2013 to 2017
WK 29	50m	Freestyle	Heats	Male	2013 to 2017
WK 30	200m	Individual Medley		Female	2013 to 2016
WK 31	100m	Butterfly		Male	2013 to 2016
WK 32	200m	Backstroke		Female	2013 to 2017
WK 33	200m	Breaststroke		Male	2013 to 2016
WK 128	50m	Butterfly	Final	Female	2013 to 2017
WK 129	50m	Freestyle	Final	Male	2013 to 2017
WK 34	50m	Backstroke	Heats	Female	2013 to 2017
WK 35	50m	Breaststroke	Heats	Male	2013 to 2017

Medal ceremonies WK 128 and 129

WK 36	4x50	Mystery-Medley-Race	1 Team per club	mixed 2 female 2 male	2013 to 2017
Deposit competition: For explanation, see "Special conditions, Pt. 3"					
WK 37	200m	Butterfly		Female	2013 to 2015
WK 38	100m	Backstroke		Male	2013 to 2017
WK 39	100m	Breaststroke		Female	2013 to 2017
WK 40	200m	Freestyle		Male	2013 to 2017
WK 41	100m	Freestyle		Female	2013 to 2017
WK 135	50m	Breaststroke	Final	Male	2013 to 2017
WK 134	50m	Backstroke	Final	Female	2013 to 2017

Medal ceremonies WK 135 and 134 and Mini-Cup

4th Section: Sunday, March 8, 2026

Admittance / Referee meeting / Start of competition: as specified

WK 42	50m	Freestyle	Heats	Male	2012 and older
WK 43	50m	Butterfly	Heats	Female	2012 and older
WK 44	200m	TEAM-Race	1 Team per club	mixed 2 female 2 male	2012 and older
Deposit competition: For explanation, see "Special conditions, Pt. 3"					
WK 45	100m	Butterfly		Male	2012 and older
WK 46	200m	Backstroke		Female	2012 and older
WK 47	200m	Breaststroke	Happe-Pokal	Male	2012 and older
WK 143	50m	Butterfly	Finale	Female	2012 and older
WK 142	50m	Freestyle	Finale	Male	2012 and older
WK 48	50m	Backstroke	Heats	Female	2012 and older
WK 49	50m	Breaststroke	Heats	Male	2012 and older

Medal ceremonies WK 143 and 142 and TEAM-Race

WK 50	200m	Butterfly		Female	2012 and older
WK 51	100m	Backstroke		Male	2012 and older
WK 52	100m	Breaststroke	Happe-Pokal	Female	2012 and older
WK 53	200m	Freestyle		Male	2012 and older

Medal ceremony Ursula-Happe-Pokal

WK 54	100m	Freestyle		Female	2012 and older
WK 149	50m	Breaststroke	Final	Male	2012 and older
WK 148	50m	Backstroke	Final	Female	2012 and older

Medal ceremonies WK 149 and 148

SPECIALS

URSULA-HAPPE-POKAL

Ursula Happe won the gold medal in the 200 meter breaststroke at the Olympic Games 1956 in Melbourne and she also held the world record for this distance. The Ursula-Happe-Pokal is awarded to the swimmer (open class) with the highest number of points according to the World Aquatics table from the addition of the times swum over 50m (preliminary heat), 100m and 200m breaststroke. It is endowed with a cash prize of 100 euros.

Ursula Happe was a loyal member of our club and Dortmund's most successful swimmer. For the Swim Race Days, she was a figurehead for all breaststroke events and she personally presented the Ursula-Happe-Pokal dedicated to her at every event.

She took a great interest in the trophy winners and always provided the athletes with great motivation. Her visit was always a highlight of the event.

Ursula Happe passed away on March 26, 2021.



MINI-CUP

Swimmers born between 2013 and 2017 are eligible to participate in the "Mini-Cup". For this purpose, at least three 50-meter distances have to be swum. The winner of the "Mini-Cup" is the swimmer from each age group who achieves the highest score in the three best individual swims according to the World Aquatics table. Results from the finals will not be taken into account.





**TACTICS
ARE
REQUIRED**

200 METER FREESTYLE TEAM-RACE

- 4 swimmers (2 female and 2 male) start on a starting signal and swim close together (max. 5 meters apart).
- After 50 meters, the first swimmer of each team gets out, the remaining three swimmers turn around and continue swimming one after the other in the same order
- This process is repeated after 100 meters and 150 meters, so that in the last 50 meters the Team-Race will be decided by the last swimmers of the teams.
- During the race, overtaking is not allowed within the team; the hands of each swimmer must remain behind the feet of the swimmer in front until 5 meters before the stop.

MYSTERY-MEDLEY-RACE

The "Mystery-Medley-Race" is a 4x50m mixed medley relay consisting of two female and two male participants born between 2013 and 2017. Each participating team receives its own, secret order for the individual legs, which is only announced shortly before the race via a start card. If a team is assigned the backstroke as the first leg, the start will be from the starting block. After the start, the first swimmer must move to the backstroke position during the underwater phase and may remain under water for a maximum of 15m, in accordance with the competition regulations for backstroke. The changes after 50m, 100m and 150m take place in the water. The feet of the starting swimmer may not leave the wall until the incoming swimmer has touched the wall.

Only one team per club is allowed to start in this event.

STANDARD TIMES

female	2008 a.o.	Youth A	Youth B	2013	2014	2015	2016	2017
50 F	0:33	0:35	0:37	0:39	0:41	0:45	0:48	0:52
100 F	1:08	1:11	1:14	1:20	1:23	1:28	1:35	1:45
200 F	2:27	2:31	2:34	2:42	2:49	2:57	3:10	3:25
50 B	0:42	0:44	0:46	0:48	0:50	0:52	0:55	1:00
100 B	1:30	1:33	1:38	1:40	1:46	1:50	1:55	2:10
200 B	3:05	3:15	3:20	3:30	3:40	3:50	3:55	
50 R	0:38	0:40	0:43	0:45	0:48	0:50	0:55	1:00
100 R	1:18	1:22	1:25	1:30	1:35	1:42	1:50	2:00
200 R	2:46	2:51	2:57	3:05	3:15	3:30	3:40	3:55
50 S	0:36	0:38	0:40	0:43	0:45	0:50	0:55	1:00
100 S	1:17	1:23	1:28	1:33	1:40	1:50	1:55	
200 S	2:50	3:00	3:15	3:30	3:40	3:50		
200 L	2:47	2:50	2:55	3:05	3:15	3:25	3:40	

male	2008 a.o.	Youth A	Youth B	2013	2014	2015	2016	2017
50 F	0:32	0:34	0:36	0:38	0:40	0:45	0:48	0:52
100 F	1:02	1:06	1:12	1:18	1:22	1:27	1:33	1:42
200 F	2:16	2:22	2:29	2:35	2:44	2:55	3:05	3:20
50 B	0:39	0:41	0:44	0:46	0:48	0:50	0:55	1:00
100 B	1:22	1:25	1:31	1:37	1:42	1:50	1:55	2:10
200 B	2:50	3:00	3:12	3:25	3:40	3:50	3:55	
50 R	0:36	0:38	0:42	0:44	0:47	0:50	0:55	1:00
100 R	1:12	1:16	1:20	1:27	1:34	1:42	1:50	2:00
200 R	2:35	2:42	2:50	3:00	3:15	3:30	3:40	3:55
50 S	0:35	0:37	0:39	0:41	0:44	0:50	0:55	1:00
100 S	1:08	1:14	1:22	1:30	1:40	1:50	1:55	
200 S	2:40	2:50	3:05	3:25	3:40	3:50		
200 L	2:35	2:40	2:47	3:05	3:15	3:25	3:40	

GENERAL CONDITIONS

1. The competition regulations (WB), the competition license regulations (WLO), the legal regulations (RO) and the anti-doping regulations (ADO) of the German Swimming Association (DSV) apply. Eligible are members of a World Aquatics affiliated federation or of a club affiliated to this federation, furthermore members of clubs belonging to a state federation affiliated to the DSV. For handicapped persons with a corresponding classification certificate, the competition regulations of the German Handicapped Sports Association (DBS) are additionally applicable.
By submitting the registrations, the club declares that the club representative is authorized to register and that the registered swimmers can prove their sport health.
2. With the participation in the competition the participant agrees with the electronic storage, processing and passing on of the competition-relevant personal data under indication of name, club name, national association affiliation, age, class, competition designation, start number and start time. This processing is carried out according to article 6 paragraph 1 lit. b) DSGVO.
By participating in the competition, the participant also consents to the processing and publication of the start and result lists as well as any photos and videos of the competition and the award ceremony in notices, on the internet, in social media as well as in other publications of the DSV, its subdivisions or the press and sponsors of the event. Participants can object to the storage, processing and use of their personal data and demand deletion. The consequences result from the competition regulations of the German Swimming Association e.V.. The already published result lists will not be changed in case of an objection against the publication, they remain valid.
3. The competition lane is **50 m long** and has **eight starting lanes**, which are separated by wave killer lines. The water temperature is about 26 degrees Celsius. The times are determined by an electronic timing system. The competition pool is available for warm-up until **5 minutes** before the start of each section
4. The "**one-start-rule**" will be applied for the whole event.
5. The heat allocation and lane allocation will be made exclusively according to registration times, regardless of age.
The 50-meter heats and the events 16 and 17 (200 meter individual medley) will be set according to heat criteria.
The organizer reserves the right to change the start times or reject registrations if the number of registrations requires it or if the safe conduct of the event cannot be guaranteed. Should this occur, the clubs will be informed promptly.
6. Entries must comply with the requirements of the DSV. They must be submitted on the official DSV forms (registration form DSV-form 101 and registration list DSV-form 102). In addition, the entries must be submitted as a file in DSV standard 7 or Lenex format. The documents must be fully completed and legible.
For the creation of the entries, a definition file will be stored on the DSV website and on the event website www.swimracedays.com.

Foreign clubs have the opportunity to submit their entries using an Excel format available for download on the event website.

Registrations will only be accepted via email to the registration address.

Registrations submitted as free text in an email, as a Word format or PDF document will not be accepted!

7. The number of starts for 10-year-olds (and younger) is limited to 6 per day.
8. The registering clubs will receive a confirmation of their registration via email after receipt of the registrations and only if a valid email address is available.
9. After creating the entry list, each club will receive a registration confirmation stating the number of registered athletes and approved entries, as well as rejected entries. This confirmation will be sent to the specified email address.
10. Registration address: Email: meldung@svwestfalen.de
11. Registration deadline: **Donnerstag, 12. Februar 2026**
12. Entry fee:
- | | |
|------------------------------------|---------|
| 50 and 100 meter events: | 12,00 € |
| 200 meter events: | 13,00 € |
| Team-Race and Mystery-Medley-Race: | 20,00 € |

If the respective target time is beaten, 3,00 € will be funded, as will be the case for withdraws from the entire event. No refunds will be given for non-participation or disqualification! Please refer to point 4 of the Special Conditions.

13. Bank details: The registration fee has to be transferred to the bank account of SV Westfalen Dortmund before the start of the event:
- Bank: Sparkasse Dortmund
IBAN: DE76 4405 0199 0021 0108 98
BIC: DORTDE33XXX
Purpose of use: Race Days / club name

14. Registration documents:
- The entry list and the results will be provided exclusively in digital format. The documents will be sent to all clubs via email to the email address listed in the registration file.
- The entry list is also available at www.swimracedays.com.
- After the end of the competition, the results will be sent to the clubs in pdf format and in dsv7 data format and can also be viewed on the website.

15. Rankings:
- The age groups 2013 to 2017 will be scored by year, the age groups 2011/2012 (Youth B), 2009/2010 (Youth A), as well as 2008 and older will be scored together.

16. Awards and Prizes

- Medals for 1st to 3rd place in the announced rankings
- Prizes for the first place in the rankings Youth B, Youth A and 2008 and older
- Prizes for the winners of the finals (age group 2013 to 2017)
- Trophies for the winners of the “Mini-Cup” rankings (born 2013 to 2017)

- Finals of the 2012 and older rankings:
1st place: 30,00 € 2nd place: 20,00 € 3rd place: 10,00 €
- Best female and male performance of the event according to the World Aquatics table:
50,00 €
- **Team-Race**
1st place: 50,00 € 2nd place: 30,00 € 3rd place: 20,00 €
- **Mystery-Medley-Race**
1st place: 50,00 € 2nd place: 30,00 € 3rd place: 20,00 €
- **Elimination Race**
1st place: 100,00 € 2nd place: 50,00 € 3rd place: 25,00 €
- **Ursula-Happe-Pokal:** 100,00 €

17. Judges:

Each club has to provide at least one judge per section, and two judges per section if there are 25 or more individual entries. The judges' names, qualifications and desired assignments have to be listed on the registration form.

SPECIAL CONDITIONS

1. Registration restrictions:

- a) The event is limited approx. 3.500 individual entries. Registrations will be determined on a first-come, first-served basis. Registrations exceeding this limit will be rejected.
- b) The organizer reserves the right to limit the number of heats over the 200 meter competitions to six if this becomes necessary for the timing of the event or if the requirements of the facility operator or the City of Dortmund are not met.

If the number of races is limited, only the fastest entries will be considered. Rejected entries will be notified to the participating clubs via email with the registration confirmation the day after the registration deadline. The entry fee for rejected entries will be refunded (see also point 4 below).

- c) Should the reduction in the 200-meter distances mentioned under b) not be sufficient to keep the time frame of the event at a tolerable level, the organizer reserves the right to also limit the heats over the 100-meter distances according to the same pattern.

2. Entries without a specified entry time or entry times that exceed the target times, as well as obviously false entries, will not be considered or will be rejected by the organizer.

3. For the non-DSV-compliant competitions 36 (Mystery-Medley-Race) and 44 (Team-Race), there is no competition number in the definition file! Clubs wishing to participate in these competitions should informally note this in their registration email.

These competitions are not DSV-compliant, so the results will not appear in the results!

4. Registration fee refund:

To receive a refund, it is mandatory to provide the account holder and bank details on the registration form. If no bank details are provided, no refund will be issued.

5. Warm-up:

A warm-up swim on Friday, March 6, 2026, is possible **with restrictions** and only after prior registration at service-racedays@svwestfalen.de.

ORGANISATIONAL INFORMATION

1. All important information and documents about the event are available on the event website www.swimracedays.com.
2. Arrival:
SV Westfalen is also committed to sustainability with its Swim Race Days. Therefore, for environmental reasons, we recommend travelling by public transport.
The Südbad can be reached by:
 - bus lines 452 and 453 (Hainallee / Südbad)
 - subway lines U41, U45, U47, U49 (Dortmund Stadthaus)
 - S-Bahn S4 (Dortmund Stadthaus)
 - as well as with Deutsche Bahn trains via Dortmund Central Station
3. Access to the swimming pool is only permitted to athletes, coaches and support staff with appropriate accreditations. Accreditations must be collected from the information desk in the foyer of the Südbad before the start of the competition.
4. Spectators have the opportunity to attend the competition in the stands for an entrance fee of 7 € per day or 12 € for both days.
Tickets can also be purchased in advance at www.swimracedays.com.
5. Press representatives:
Interested journalists and photographers should contact us by email via service-racedays@svwestfalen.de
6. Catering:
The operator of Café Südbad will offer catering for participants. A catering order form will be available on the event website www.swimracedays.com starting in December.
7. Contact person:
Questions regarding organizational matters should be directed exclusively by email to service-racedays@svwestfalen.de.
8. Liability:
Participants are responsible for securing their own valuables. The organizer and the pool owner assume no liability for loss, theft, accidents or damage of any kind.

Indicated:

Schwimmverband Südwestfalen
Fachwartin Schwimmen
Veronika Reinert

SV „Westfalen“ Dortmund von 1896 e.V.
Leiter Orga-Team der Swim Race Days
Stefan Ryschawy