



XV Estonian Swimming Cup 2026

- TIME AND PLACE** The competition will take place at Sõle Sports Centre (Sõle 40a, Tallinn) on July 14–15, 2026, in three sessions, in a 25m indoor pool with 8 lanes and an electronic timing system.
- ORGANISER** Main organiser: Estonian Swimming Federation (EUL), co-organiser: Kalevi Ujumiskool (KUK)
EUL representative: Katriin Kersa, katriin@swimming.ee
KUK representative: Kristo Krinpus, info@ujumiskool.ee
- ENTRIES** Entries must be submitted via the swimrankings.net Entry Manager no later than July 9th, 2026 at 23:59. Participating clubs will receive their athletes' entry lists 3 days before the competition. Late entries are accepted up to 48 hours before the start of the competition with a 1.5x entry fee. Athletes and events can be withdrawn up to 24 hours before the start of the competition, after which final start lists will be sent to all clubs. The start protocol will be sent no later than 19:00 on the evening before the competition day. Withdrawals must be sent to swimming@swimming.ee. Relay team line-ups must be submitted to the competition secretariat no later than 30 minutes before the start of the respective session.
- PARTICIPATION CONDITIONS** The competition is held as an individual and team event. Each club's two best athletes in each event will score points. An athlete may participate in a maximum of 6 individual events and both relay events. In 400 m events, up to two athletes per club may participate. Each club may enter one relay team per relay event. All the participants need to have license of Estonian swimming Federation member club or any other member club affiliated to World Aquatics.
- ENTRY FEE** 13€ per start (including relays), to be paid according to the invoice issued by EUL. The invoice will be based on the participant list sent 24 hours before the competition.
- POINT SCORING AND AWARDS** Points for clubs are awarded by the two highest-placed athletes in each event.
Individual events: Places 1–24 score: 30-27-25-23-22-21-20-19-18-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3. From 25th place onward – 1 point. A club's third athlete does not count in the scoring and does not take points away from others. **Relay events:** Places 1–16 score: 30-25-20-15-14-13-12-11-10-9-8-7-6-5-4-3. From 17th place onward – 2 points. The club with the highest total points will be awarded the Super Cup; second and third place clubs will receive trophies. The athletes who score the most points for their club – three men and three women – will be awarded trophies. The winner of each event will be awarded a trophy.



KULTUURIMINISTEERIUM



COPETITION PROGRAM

Tuesday, 14.07.2026 Warm-up 14:00, starts 15:00	Wednesday, 15.07.2026 Warm-up 08:30, starts 09:30	Wednesday, 15.07.2026 Warm-up 16:00, starts 17:00
W 50 m freestyle	W 200 m freestyle	W 100 m freestyle
M 50 m freestyle	M 200 m freestyle	M 100 m freestyle
W 200 m breaststroke	W 50 m breaststroke	W 200 m backstroke
M 200 m breaststroke	M 50 m breaststroke	M 200 m backstroke
W 50 m backstroke	W 200 m fly	W 100 m breaststroke
M 50 m backstroke	M 200 m fly	M 100 m breaststroke
W 100 m fly	W 100 m backstroke	W 400 m IM
M 100 m fly	M 100 m backstroke	M 400 m IM
W 400 m freestyle	W 200 m IM	W 50 m fly
M 400 m freestyle	M 200 m IM	M 50 m fly
MIX 4x50 medley relay	MIX 4x50 freestyle relay	AWARDS CEREMONY

ADDITIONAL INFORMATION

- The competition is conducted in accordance with World Aquatics rules and the general regulations of the Estonian Swimming Federation. Issues not covered in these regulations will be resolved by the referee.
- The competition is approved by World Aquatics as a qualifying event for the 2026 Short Course World Championships.
- The printed start protocol costs €2 on site.
- Accommodation and travel expenses are covered by the participating organization.
- Participation in the competition is at the athlete's own risk.
- A technical meeting for team representatives will be held, if necessary, on the evening before the competition.
- Attendance at the award ceremony is mandatory. Athletes must wear tracksuits or other outerwear during the ceremony.
- Every registered athlete must be prepared for doping control.
- The organizer reserves the right to use photos and video recordings taken during the competition.



KULTUURIMINISTEERIUM

DIGMATIX



TEAM ESTONIA

EUROPEAN AQUATICS

