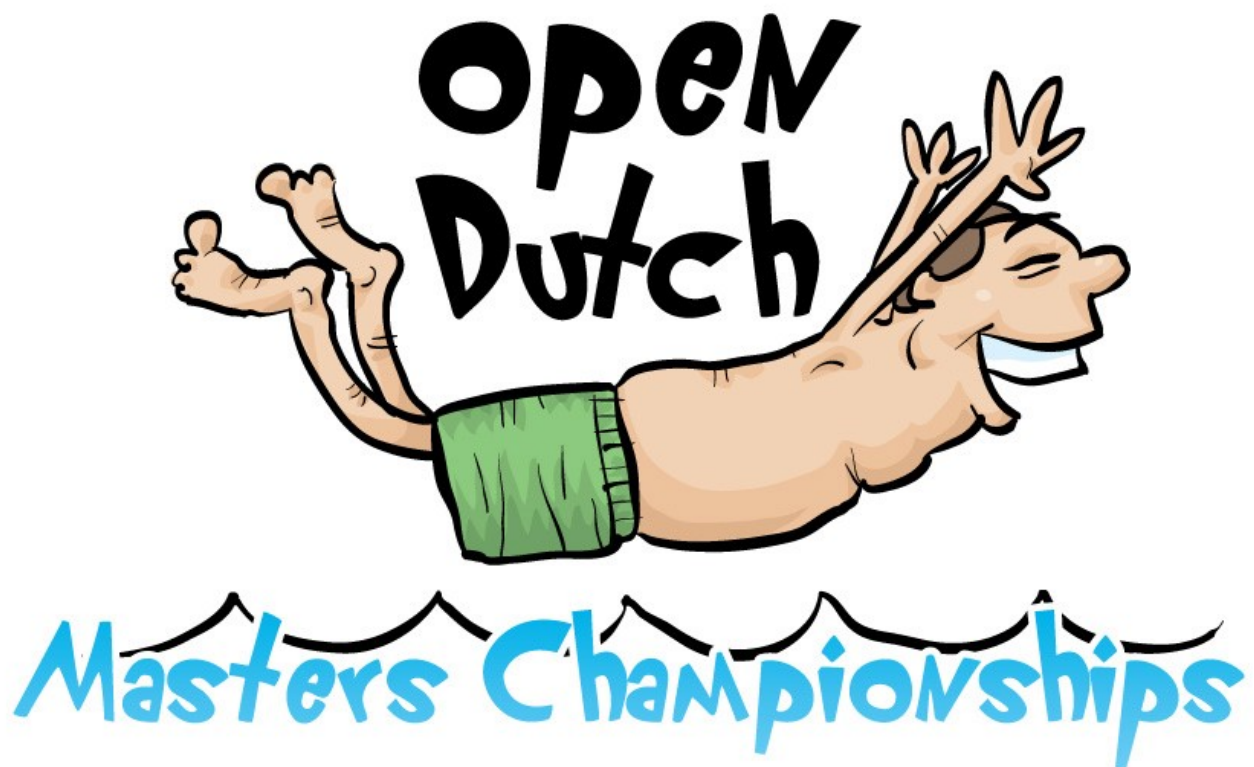


Open Dutch Masters
Championships Swimming
(Long Course)

2/3/4/5 May 2024



Information booklet



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Preface

This is the twelfth time that the Open Dutch Masters Swimming Championships are organized in Eindhoven.

We are happy to welcome many participants again. This ONMK has a record registration with 1116 participants from 181 teams from 18 countries with 4093 individual and 480 relay registrations. A limit has therefore been applied to 320 registrations, for the first time on all sessions and on the 4x100 and 4x200 relays. In practice, fortunately, some of the reserves are eventually allowed to start.

A special welcome to the swimmers who are participating in the ONMK for the first time in our beautiful Pieter van den Hoogenband Swimming Stadium in Eindhoven. Some of them may have had to wait a while for their masters debut. We hope that you will soon feel at home in the masters family.

This year the match will be led by referees Bart Köhlen and Jos Bosman. The starters are Henk van de Brink and Pleun Kleinveld.

In total, about 65 officials are active during the weekend.

RobSport.nl's swimming sports shop is open during the tournament.
This can be found in the hall at the entrance to the swimming center.

We would like to thank all the people who helped with the preparations and those who help during the tournament to make it a great success again.

Many thanks in particular to those who processed the many emails sent with registrations, changes and questions. Special thanks to Ariën and Iny who spent a lot of time processing the entries. And also Kees-Jan and Annet for their contribution in the preliminary phase.

On behalf of the organization, we would like to wish everyone a sportingly successful and enjoyable tournament with good performances in the water.

Organisatie ODMC 2024
Harold, Ron

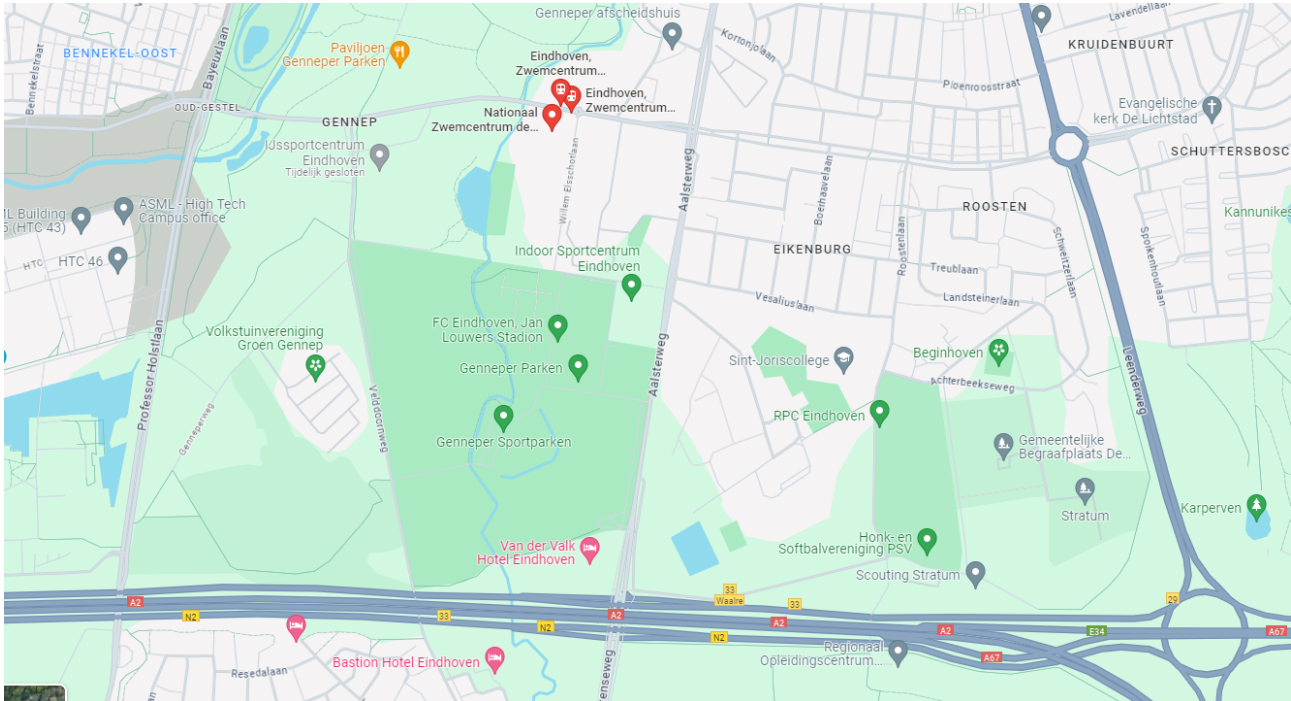
The organisation can only be reached during the competition at: +31 (040) 238 1140.

Location and Map

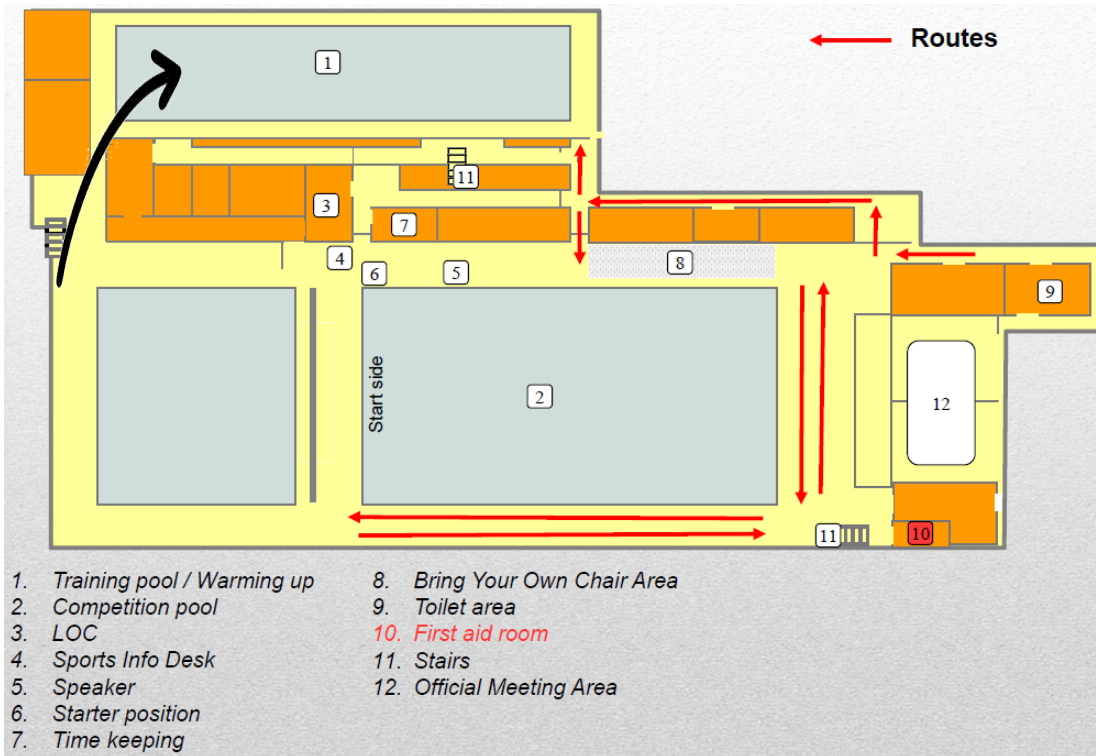
Address

National Swimming Centre de Tongelreep
 Antoon Coolenlaan 1
 5644 RX Eindhoven
 040 238 1139

You can park in the large parking lot on Antoon Coolenlaan.
 There are also 4 charging points here.



Map of the Pieter van den Hoogenband swim stadium



Due to the renovation, the training pool is only accessible via the diving pool

Drinks, Lunch & Masters buffet

Catering

Unfortunately, there are very limited catering facilities within the swimming facility during the tournament.

The sports bar is hardly open during the tournament and has a very limited product range (only drinks and snacks) and is not cheap.

It is advisable to bring yourself food and drinks.

For fresh coffee at a reasonable price, you can go to the **Wissehaeghe** care center.

This is located right opposite the swimming pool. Entrance via the terrace, if it is open, otherwise just around the corner via the main entrance

For lunch you can go to **Pavilion Genneper Parken**

<https://www.paviljoengenneperparken.nl/>

The pavilion is located opposite the large parking lot next to the swimming pool

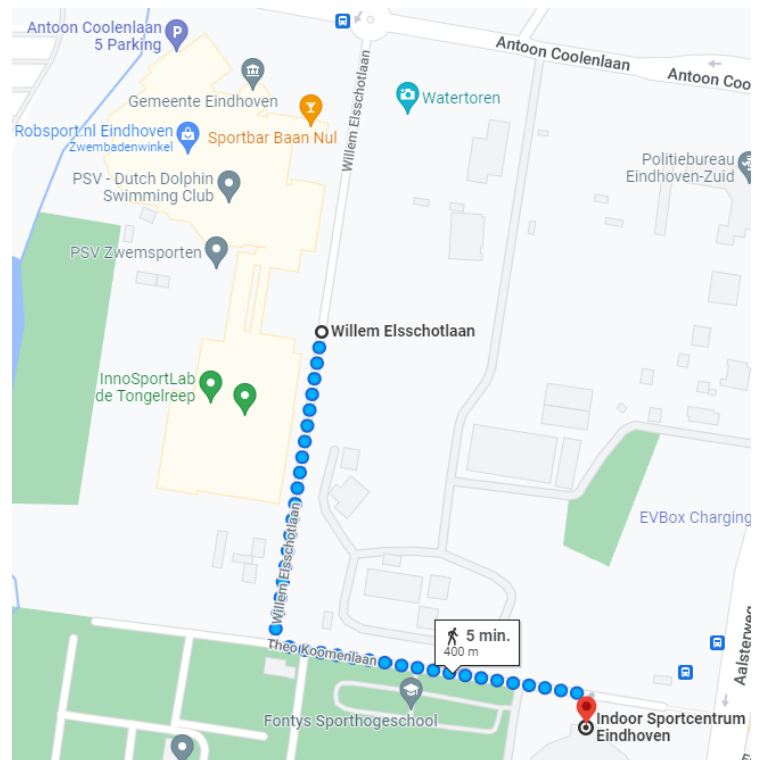
Masters Buffet 2024

The Masters Buffet will take place on Saturday 4 May from 19:00-20:30 at the **Indoor Sports Centre**, Theo Koomenlaan 1 Eindhoven.

This year's menu is:

- wild rice
- chicken mince balls in sweet and sour sauce
- potato gratin with truffle tapenade
- deer stew with silverside onions
- vegetable blend
- mixed leaf salad
- tomato mozzarella salad
- baguette herb butter

This includes 1 drink (beer, soda, wine)



List of participating teams

Austria

TRI-X-Kufstein

Belgium

Brabo Zwemclub Antwerpen

Cercle De Natation Sportcity Woluwe

Cercle Royal De Natation De Bruxelles

Drie Zes Vijf

Flemish Ardennes Swimming Team

Genker Zwemvereniging Neptunus

Lokerse Zwemvereniging

ROSC

ShaRK - Swimming Region Kempen

Zwemclub Geel

Spain

Club Natació Swimfaster Salt

France

Club Nautique Val de Fensch

Vichy Val D'Allier Natation

Great Britain

Bridgend Swim Club

Germany

Aachener SV 06

ASV Duisburg

Bocholter WSV

Duisburger ST

SC Janus Köln

SG Aumund - Vegesack

SG Bayer

SG Erkelenz - Hückelhoven

SG Mönchengladbach

SG Wuppertal

SSF Bonn

SSV Ulm 1846

SV Albatros Letmathe

SV Blau-Weiß Bochum

SV Wuppertal-Neuenhof 1930 e.V.

TSV Gruiten 1884 e.V

Zehlendorfer TSV 1888

Hungary

Iron Swim

Italy

ASD Life Academy - Hadria Nuoto

Fonte Meravigliosa Sport

Lithuania

Kauno Takas

Luxembourg

Luxembourg Sharks Swimming Club

Swimming Club Le Dauphin Ettelbruck

Swimming Luxembourg

Matla

San Giljan ASC

Norway

Oslo I.L.

Poland

Masters Krasnik (LKR)

Switzerland

SAS Swiss Alumni Swimming

Slovakia

Vysokoskolsky klub Univerzity komensk

Turkey

Istanbul Yuzme Ihtisas Kulubu

Uskudar su sporlari kulubu

United States

Lone Star Masters

The Netherlands

Groningen

Bubble

H2Oldambt

TriVia

ZPC De Kanaalstreek

Friesland

DZ&PC

HZ&PC Heerenveen

Orca

Drente

Aqua 68

Aqualero

De Plons

De Spatters

ZPC Hoogeveen

Overijssel

De Grunte

De Mors

Dedemsvaart-AC

Deltasteur

EZCL (SG)

Het Ravijn

OZ&PC

Steenwijk 1934

SWOL 1894

WS Twente

ZPC De Hof

Gelderland

Aqua-Novio '94

Aquapoldro

Batavia Swim

De Berkelduikers

De Gelenberg

De IJsselmeeuwen

De Meer

De Rijn

DWK

ESCA Zwemmen

Montferland

NDD

Octopus-ZVV (SG)

RZC

SG CWW Swim Team

TZC-Vahalis

WWV Winterswijk

ZC'90

Zuiderzeezwemmers

Utrecht

De Blauwe Schuur

De Duinkickers

De Zwoer

GoSwim

IJZPC

UZSC

VZC

ZPC AMERSFOORT

ZPC Woerden	De Vliet (SG)	De Warande
Zwemlust- den Hommel	d'ELFT	De Zilvermeeuw
Zwemvereniging Hoogland	DES	DIO
Amsterdam/Het Gooi	Feijenoord Albion Zwemclub	Hieronymus
AZ&PC De Futen	HHZV Plons	Hydra
De Aalscholver	Westland Swimming Stars	Nautilus
De Amstel	WVZ	Nayade
De Dolfijn	ZRO / ROM	Neptunus'58
De Otters Het Gooi	ACZ	Nuene
Gay Swim Amsterdam	De Duck	Old Dutch
Oceanus	De Geul	PSV
Triton	De Kempvis	SBC2000
ZPCH	De Schotegil	Tempo
Noord-Holland	MNC Dordrecht	Tiamat
DAW	Poseidon'56	TRB-RES
MSV-Zeemacht	SCOM/De Zeehond'73 (SG)	VZV Njord
OEZA	Zob'66	Z&PC Zegenwerp
SwimGym	ZVVS	ZVDO'74
Team Noord Holland (SG)	ZZ&PC De Devel	Limburg
Gouwe Rijnstreek	Zeeland	De Rog
AZC	De Bevelanders	Hellas-Glana
BZ&PC	De Marlijn (SG)	HZPC
De Columbiaan	De Schelde	Mosa-Regio
GZC DONK	Onderdak	MZ&PC Maastricht
LinK	Scheldestroom	Nederweert
Niemo Barracuda	ZPC De Zeeuwse Kust	Patrick-De Roersoppers (SG)
Sassenheim	Noord Brabant	RZ
ZVL-1886 Center	AquAmigos	Vivalo
Haaglanden	Arethus	ZEPS
Blue Marlins	De Biesboschzweimmers	Zwemclub Eijsden
	De Treffers	Zwemsport Parkstad

Sports Massage

During the ONMK it is possible to book a sports massage.

Friday	13:00-17:00
Saturday	12:00-17:00
Sunday	12:00-17:00

The costs for this are €20 per 20-minute session

A session can be booked from Thursday afternoon via a registration list at the Sportinfo Desk.

Programme

Day 1 Thursday afternoon session 1		
1	1500m freestyle	Men
2	1500m freestyle	Women

Day 2 Friday morning session 2		
3	400m freestyle	Men
4	400m freestyle	Women
5	100m breaststroke	Men
6	100m breaststroke	Women

Day 2 Friday afternoon session 3		
7	200m medley	Men
8	200m medley	Women
9	50m backstroke	Men
10	50m backstroke	Women
11	100m freestyle	Men
12	100m freestyle	Women
13	200m butterfly	Men
14	200m butterfly	Women
Break 5min		
15	4x200m freestyle	Women/Men/Mixed

Day 3 Saturday morning session 4		
16	800m freestyle	Women
17	400m medley	Men
Break 5min		
18	4x100m freestyle	Women/Men/Mixed

Overview sessions			
Session	Warmup	Start	End
Thursday 2 May 2024			
1		11:30	12:30 18:00
Friday 3 May 2024			
2		08:00	09:00 12:00
3		12:00	13:00 18:00
Saturday 4 May 2024			
4		08:30	09:30 12:30
5		12:30	13:30 18:30
Masters Buffet		18:30	20:30
Sunday 5 May 2024			
6		08:30	09:30 12:30
7		12:30	13:30 17:30

Day 3 Saturday afternoon session 5		
20	50m breaststroke	Women
21	50m breaststroke	Men
22	200m backstroke	Women
23	200m backstroke	Men
24	100m butterfly	Women
25	100m butterfly	Men
26	200m freestyle	Women
27	200m freestyle	Men
Break 5min		
28	4x50m medley	Women/Men/Mixed

Day 4 Sunday morning session 6		
29	800m freestyle	Men
30	400m medley	Women
Break 5min		
31	4x100m medley	Women/Men/Mixed

Day 4 Sunday afternoon session 7		
33	50m freestyle	Men
34	50m freestyle	Women
35	200m breaststroke	Men
36	200m breaststroke	Women
37	50m butterfly	Men
38	50m butterfly	Women
39	100m backstroke	Men
40	100m backstroke	Women
Break 5min		
41	4x50m freestyle	Women/Men/Mixed

Attention!

Breaks of 2 x 15 minutes during the sessions will be determined when the starting lists are published.

Breaks between the morning and afternoon sessions last at least 1 hour, due to this the afternoon sessions may start slightly later.

Swimming information

Pool rules, lockers, chairs

Outdoor shoes are not allowed on the pool deck. Blue plastic shoe covers are available if necessary.

Please throw your rubbish in the bins.

There are lockers near the changing rooms in which you can store your belongings safely for a €0,50 deposit. You are allowed to bring your own chair.

Warming up/training

Please leave the competition pool 5 minutes before the competition starts. There is no warming up in the competition pool during the short breaks. During the sessions the training pool is available for warming up, cooling down or training, with the exception of the lunch break.

	competition pool	training pool	competition pool	training pool
Thursday			11:30-12:25	12:30-18:00
Friday	8:00-8:55	9:00-12:00	12:00-12:55	13:00-18:00
Saturday	8:30-9:25	9:30-12:30	12:30-13:25	13:30-18:30
Sunday	8:30-9:25	9:30-12:30	12:30-13:25	13:30-17:30

Starting procedures

All starts are on the side of the diving pool.

It is a **one-start competition**. There is no marshalling area, so please be on time.

There will be **overhead starts** with the exception of the 50 meter events and the 4x50m relays.

After finishing swimmers must stay in their own lane, to the side and at a distance of least 1 metre from the electronic touchpad. After the start of the next heat, or after directions from the officials, swimmers should leave the water as soon as possible via the sides.

Withdrawals and not starting in events

Withdrawals must be in possession of the organization at the latest before the start of the first officials meeting of the meet day (8:00).

Preferably by email mastersinschrijvingen@knzb.nl or in writing at the sports info desk.

Later withdrawals or not starting in an event will be fined.

The referees may decide to take a participant out of the competition if this swimmer will exceed his entry time by a large margin.

Relay changes

Please submit a new starting form before the warming up of the session in which the relay is swum. Changing the original age group is not allowed. This form can be your own one or you get a copy at the Sports info desk

Results

Results will be published in the pool, on <https://mastersprint.nl/live/>, via the SpashMe-app and the website of PSV Masters.

Medals, ceremonies, awards

For each program, there are medals for each age group for the first three Dutch and foreigners who finish in the top 3. This also applies to relay races.

Medals must be picked up from the Sports Info Desk. Medals for relays must be picked up for the whole relay team at once. Swimmers who swam a World, European or National Masters record may be called for an extra award. This is also the case for relays!

Medals and awards will not be sent by mail.

Children

Young children without swimming diplomas are obliged to wear swimming wings on the pool deck. Children are not allowed to play in the training pool.

Swimsuits, Tape and Watches

The ODMC and KNZB follow FINA regulations for swimsuits. The usage of tape is not allowed. Watches are not allowed.

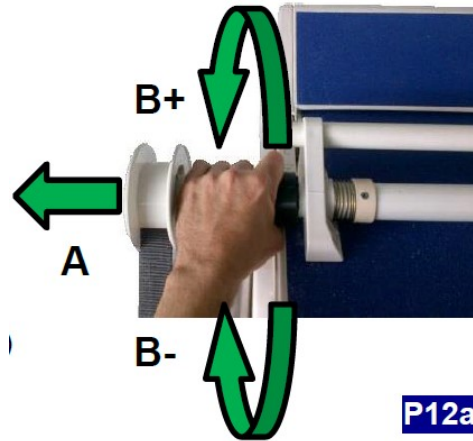
The organisation can only be reached during the competition at: +31 (040) 238 1140.

Backstroke Ledge

The backstroke ledge support will be used during the ODMC.
With this device you can start easier with less chance of slipping.
The official will ask the swimmer if he/she wants to use it.

Adjust ledge

If the swimmer wants to make use of this, the official will hang the support ready at position 0.



The swimmer can adjust the position upwards (+2 or +4 cm) or downwards (-2 or -4 cm).
To do this, pull the knob out, turn the knob to the desired position and push the knob back.

Note: when using the device, it is mandatory to touch the touch plate with your toes.
The official at the lane will monitor this.



TIP: when using the support, it is best to grab the high handle..



ODMC Championships Records (2000-2023, long course)

The Championships Records are the fastest times ever swum in a particular age group at the past 5 long course Open Dutch Masters Championships. Since 2009 there are also 20+ records. In previous years this group swam in separate programmes as pre-masters.

Wome n	Stroke	20+	25+	30+	35+	40+	45+	50+	55+
50	fly	0:27,98	0:28,09	0:28,23	0:29,75	0:29,47	0:31,04	0:31,19	0:31,91
100	fly	1:04,31	1:03,69	1:04,23	1:07,01	1:09,10	1:11,72	1:11,16	1:14,27
200	fly	2:23,71	2:27,03	2:25,10	2:26,13	2:35,98	2:47,75	2:40,98	2:38,33
50	back	0:29,64	0:30,01	0:31,90	0:33,00	0:33,70	0:34,12	0:34,55	0:35,46
100	back	1:07,54	1:05,44	1:08,46	1:13,34	1:13,23	1:13,64	1:14,26	1:17,35
200	back	2:24,18	2:23,12	2:34,74	2:34,85	2:37,28	2:39,08	2:43,59	2:46,64
50	breast	0:34,20	0:33,48	0:33,15	0:35,47	0:36,40	0:34,84	0:36,95	0:38,31
100	breast	1:14,77	1:13,77	1:13,68	1:18,61	1:20,49	1:15,23	1:23,15	1:26,79
200	breast	2:39,11	2:44,28	2:41,81	2:53,15	2:53,58	2:48,04	3:04,80	3:06,70
50	free	0:25,62	0:26,83	0:27,31	0:28,31	0:28,44	0:28,00	0:29,31	0:29,34
100	free	0:56,49	0:58,30	0:59,16	1:01,55	1:01,48	1:02,52	1:04,94	1:05,73
200	free	2:07,51	2:07,70	2:08,64	2:15,67	2:09,78	2:11,84	2:20,41	2:22,59
400	free	4:33,11	4:32,99	4:36,20	4:42,14	4:29,65	4:35,00	4:55,91	5:00,09
800	free	9:16,61	9:23,03	9:35,48	9:45,63	9:10,90	9:31,81	10:05,71	10:05,68
1500	free	17:30,58	18:18,61	18:48,96	18:23,39	17:31,51	18:07,84	19:22,87	19:46,71
200	medle y	2:26,46	2:23,24	2:31,56	2:29,95	2:34,30	2:34,74	2:43,54	2:44,13
400	medle y	5:10,65	5:19,43	5:16,92	5:21,60	5:29,40	5:43,75	5:39,44	5:44,75

Women	Stroke	60+	65+	70+	75+	80+	85+	90+	95+
50	fly	0:34,14	0:35,33	0:40,27	0:42,85	1:07,79	1:11,26		
100	fly	1:21,32	1:20,90	1:44,13		2:29,36	2:29,94		
200	fly	2:54,50	3:55,64	4:47,59					
50	back	0:38,12	0:38,83	0:40,34	0:51,19	0:54,51	1:01,74	1:31,61	1:43,62
100	back	1:20,34	1:22,93	1:25,20	1:44,66	2:02,78	2:19,92	3:19,12	3:43,56
200	back	2:52,02	3:01,92	3:27,58	4:12,57	4:28,02		6:55,37	
50	breast	0:41,31	0:41,98	0:46,44	0:47,68	0:49,66	0:51,83	1:44,41	2:07,19
100	breast	1:29,14	1:36,79	1:46,37	1:46,04	1:50,94	1:54,96	3:46,60	4:35,18
200	breast	3:13,45	3:20,24	3:49,06	3:57,34	4:05,52	4:18,23	8:13,89	
50	free	0:30,95	0:31,29	0:33,80	0:37,85	0:40,60	0:48,10	1:16,67	1:25,55
100	free	1:08,25	1:09,29	1:16,80	1:29,75	1:35,94	1:58,45	3:14,41	3:56,62
200	free	2:30,46	2:39,72	2:56,90	3:07,41	3:41,56	4:20,05	7:15,64	
400	free	5:21,94	5:44,45	6:08,98	6:26,75	7:56,27	9:14,53		
800	free	11:10,33	11:33,83	14:00,74	13:46,97	16:15,33	18:55,00		
1500	free	21:38,87	23:00,95	26:37,42	28:55,03	34:52,80	35:55,82		
200	medley	2:50,86	2:55,57	3:16,45	4:33,65				
400	medley	6:01,90	6:21,10	9:07,16					

Men	Stroke	20+	25+	30+	35+	40+	45+	50+	55+
50	fly	0:25,06	0:23,90	0:25,32	0:26,96	0:26,46	0:25,71	0:26,29	0:27,73
100	fly	0:56,17	0:57,02	0:56,58	1:01,38	0:59,92	0:58,54	0:58,62	1:01,62

Men	Stroke	20+	25+	30+	35+	40+	45+	50+	55+
200	fly	2:05,66	2:12,82	2:12,77	2:26,75	2:21,44	2:17,94	2:15,06	2:19,18
50	back	0:26,70	0:26,75	0:27,89	0:28,83	0:28,95	0:29,60	0:29,78	0:31,57
100	back	0:57,17	0:57,51	1:03,43	1:02,28	1:03,21	1:04,26	1:06,23	1:09,36
200	back	2:10,58	2:14,20	2:18,20	2:16,84	2:19,85	2:21,10	2:27,57	2:31,86
50	breast	0:29,53	0:29,16	0:29,55	0:29,31	0:31,50	0:31,82	0:32,96	0:33,85
100	breast	1:05,14	1:04,61	1:07,12	1:05,65	1:10,23	1:10,52	1:14,63	1:16,11
200	breast	2:25,31	2:25,25	2:27,30	2:27,11	2:35,72	2:40,86	2:42,47	2:45,61
50	free	0:23,24	0:23,38	0:23,49	0:24,86	0:24,76	0:25,09	0:25,20	0:26,43
100	free	0:51,62	0:51,37	0:52,00	0:53,89	0:54,42	0:55,05	0:55,17	0:58,67
200	free	1:54,29	1:54,22	1:59,19	2:00,38	2:02,66	2:02,69	2:03,94	2:10,32
400	free	4:20,09	4:12,70	4:15,90	4:29,41	4:23,92	4:29,75	4:37,49	4:39,58
800	free	9:01,43	8:41,99	8:59,02	9:11,35	9:24,08	9:34,04	9:33,24	9:39,03
1500	free	17:10,99	16:44,41	17:17,26	17:39,55	18:11,86	18:32,16	18:34,41	18:41,25
200	medley	2:10,80	2:12,58	2:17,93	2:18,56	2:19,29	2:20,91	2:25,76	2:29,17
400	medley	4:51,88	4:42,78	4:53,36	5:02,59	5:00,31	5:07,68	5:06,60	5:17,57

Men	Stroke	60+	65+	70+	75+	80+	85+	90+	95+
50	fly	0:27,65	0:29,30	0:34,50	0:40,82	0:41,36			
100	fly	1:02,00	1:05,82	1:28,46	1:41,93	2:21,78			
200	fly	2:23,52	2:32,00	3:30,61	3:57,15				
50	back	0:32,19	0:35,23	0:36,43	0:38,57	0:43,34	0:52,38	1:17,10	
100	back	1:10,93	1:16,69	1:21,27	1:27,74	1:40,21	2:01,04	3:14,41	
200	back	2:37,55	2:51,40	3:04,41	3:10,67	3:39,38	4:28,19		
50	breast	0:34,76	0:38,19	0:40,64	0:42,76	0:45,82	1:15,65	1:52,51	
100	breast	1:18,24	1:20,29	1:31,87	1:38,64	1:53,00	2:57,62	4:10,43	
200	breast	2:56,02	2:58,78	3:25,99	3:41,63	4:02,87			
50	free	0:27,13	0:29,36	0:31,01	0:33,79	0:34,23	0:42,81	1:13,39	
100	free	1:00,46	1:03,60	1:10,25	1:18,88	1:21,86	1:37,69	3:05,39	
200	free	2:13,47	2:19,99	2:43,59	2:57,90	3:07,23	3:51,93		
400	free	4:50,00	4:54,43	5:49,34	6:31,55	6:38,12	8:39,11		
800	free	10:03,69	10:32,07	12:26,90	13:30,84	13:41,17	18:28,24		
1500	free	19:08,78	21:18,53	23:52,88	25:40,19	26:13,81	34:59,83		
200	medley	2:33,99	2:38,68	3:03,39	3:30,61	4:13,43			
400	medley	5:34,79	6:15,57	7:16,23	7:35,11	9:15,28			

Relay	Stroke	Gender	80+	100+	120+	160+	200+	240+	280+	320+
4x50	free	Women	1:51,98	1:53,56	1:54,76	1:59,01	1:58,66	2:13,23	2:30,19	3:47,00
4x50	medley	Women	2:05,15	2:06,61	2:06,24	2:12,25	2:15,91	2:26,23	3:21,31	4:10,84
4x50	free	Men	1:37,66	1:38,74	1:40,56	1:43,25	1:47,74	1:54,53	2:21,93	
4x50	medley	Men	1:50,26	1:50,00	1:52,59	1:56,93	2:00,63	2:11,97	2:47,15	
4x50	free	Mixed	1:44,27	1:44,59	1:47,87	1:51,21	1:51,50	1:56,14	2:23,07	3:32,73
4x50	medley	Mixed	1:57,14	1:53,92	1:57,54	2:00,30	2:07,81	2:08,71	2:42,97	4:34,35
4x100	free	Women	4:06,67	4:06,21	4:07,52	4:23,88	4:25,78	4:57,76	5:39,58	8:50,07
4x100	medley	Women	4:36,61	4:39,75	4:39,05	4:52,88	4:58,55	5:34,98	6:43,79	10:22,93
4x100	free	Men	3:45,69	3:37,83	3:45,50	3:51,14	3:56,72	4:17,68	5:39,85	
4x100	medley	Men	4:11,22	4:02,05	4:04,86	4:22,03	4:29,25	4:56,99	6:17,00	
4x100	free	Mixed	3:55,20	3:55,04	4:00,28	4:06,63	4:15,97	4:20,39	6:11,01	7:16,29
4x100	medley	Mixed	4:22,90	4:22,53	4:23,51	4:38,28	4:46,35	5:00,59	6:35,90	9:21,81
4x200	free	Women	9:07,56	9:25,00	9:32,87	9:53,86	9:42,63	11:08,20	12:25,08	18:39,49
4x200	free	Men	8:39,26	8:33,26	8:35,20	8:47,18	8:47,63	10:20,84	12:44,37	
4x200	free	Mixed	8:50,88	8:44,61	8:53,72	9:19,93	9:46,40	9:44,46	13:57,75	15:16,47

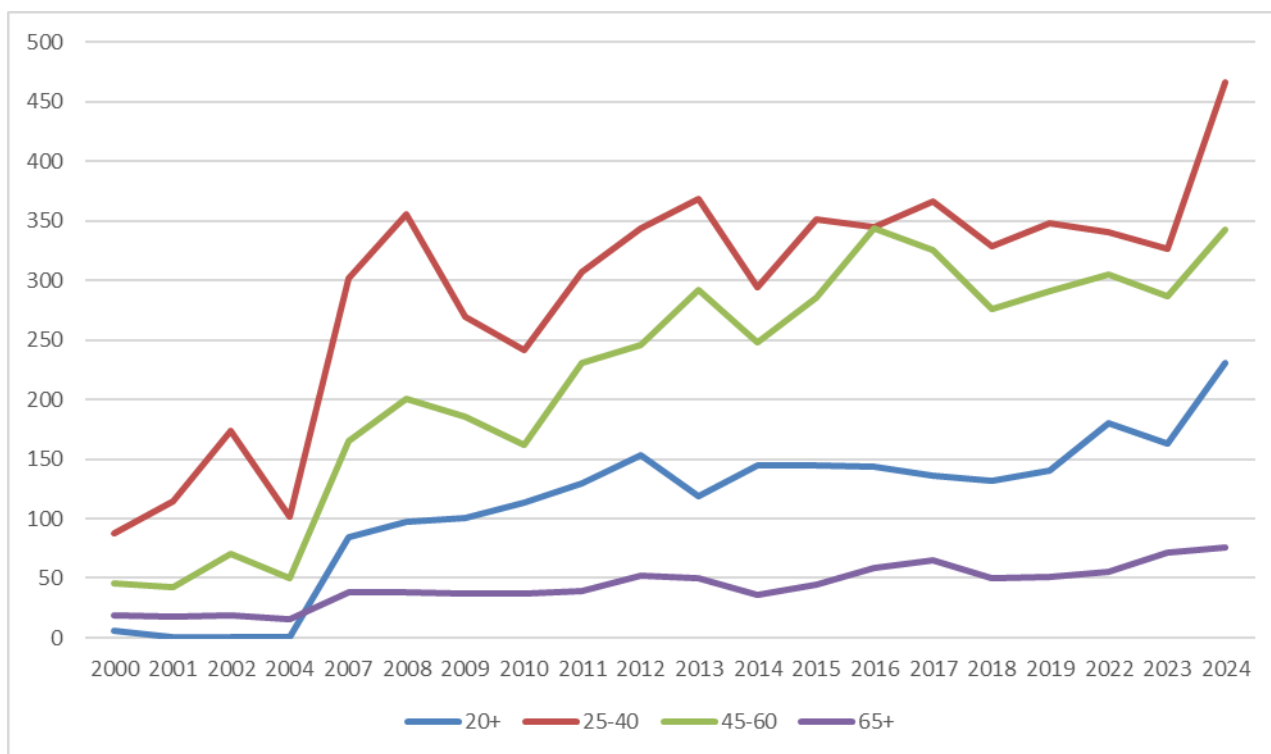
Statistics ODMC 1c 2000-2019

Plaats	Nijmegen	Nijmegen	Dordrecht	Drachten	Eindhoven	Eindhoven	Eindhoven	Eindhoven	Eindhoven	Eindhoven
Begindatum	09/06/2000	26/05/2001	19/01/2002	23/01/2004	20/04/2007	18/01/2008	08/05/2009	07/05/2010	06/05/2011	04/05/2012
Einddatum	11/06/2000	27/05/2001	20/01/2002	25/01/2004	22/04/2007	20/01/2008	10/05/2009	09/05/2010	08/05/2011	06/05/2012
Jaar	2000	2001	2002	2004	2007	2008	2009	2010	2011	2012
# starts	687	871	1162	750	2397	3015	2503	2235	2816	2966
# starts individueel	687	871	1115	750	2318	2884	2416	2123	2590	2713
# starts estafette	0	0	47	0	79	131	87	112	226	253
# ereplaatsen	533	585	739	586	990	1056	1054	1020	1156	1216
1	289	290	331	299	411	413	421	416	454	481
2	159	175	241	183	319	343	355	336	390	400
3	85	120	167	104	260	300	278	268	312	335
# ereplaatsen estafettes	0	0	35	0	61	76	61	92	154	177
Medaillegraad	77,58%	67,16%	63,60%	78,13%	41,30%	35,02%	42,11%	45,64%	41,05%	41,00%
# records	36	29	13	21	114	91	87	89	134	135
NMR	23	23	11	19	73	53	56	54	75	72
NMR ev	0	1	0	0	0	0	0	0	0	0
EMR	6	4	1	2	3	3	7	6	5	4
WMR	0	0	1	0	0	2	1	8	3	4
NMR (buitenland)	7	1	0	0	38	33	23	21	51	55
CR	370	172	198	107	327	227	189	114	166	144
# starts	651	800	1088	714	2304	2856	2419	2138	2724	2894
# verenigingen	56	68	93	54	133	173	160	145	178	179
# zwemmers	166	192	280	175	607	708	600	552	705	789
# starts p.p.	4,14	4,54	3,98	4,29	3,82	4,07	4,03	3,85	3,67	3,44
# zwemmers buitenland	21	15	26	3	66	161	101	84	144	173
# landen	4	5	7	2	8	13	9	9	10	13

Plaats	Eindhoven	Den Haag	Eindhoven	Eindhoven	Eindhoven	Den Haag	Amersfoort	Eindhoven	Amersfoort	
Begindatum	03/05/2013	02/05/2014	08/05/2015	05/05/2016	04/05/2017	03/05/2018	02/05/2019	05/05/2022	04/05/2023	
Einddatum	05/05/2013	04/05/2014	10/05/2015	08/05/2016	07/05/2017	06/05/2018	05/05/2019	08/05/2022	07/05/2023	
Jaar	2013	2014	2015	2016	2017	2018	2019	2022	2023	TOT
# starts	3096	2778	3225	3509	3503	3274	3524	3598	3655	49564
# starts individueel	2833	2511	2946	3244	3212	2955	3175	3219	3295	45857
# starts estafette	263	267	279	265	291	319	349	379	360	3707
# ereplaatsen	1228	1173	1244	1306	1319	1304	1314	1356	1373	20552
1	481	464	486	503	508	508	494	525	520	8294
2	405	392	410	427	441	433	434	448	457	6748
3	342	317	348	376	370	363	386	383	396	5510
# ereplaatsen estafettes	171	169	186	184	207	208	209	236	241	2467
Medaillegraad	39,66%	42,22%	38,57%	37,22%	37,65%	39,83%	37,29%	37,69%	37,56%	
# records	117	70	123	157	138	142	79	218	118	1911
NMR	68	61	80	90	64	92	60	106	68	1148
NMR ev	0	0	0	0	0	0	0	0	0	1
EMR	5	1	9	17	11	5	4	13	16	122
WMR	2	1	2	4	1	6	4	0	3	42
NMR (buitenland)	42	7	32	46	62	39	11	99	31	598
CR	134	92	114	147	135	153	80	159	114	3142
# starts	3048	2674	3161	3329	3488	3128	3495	3564	3619	48094
# verenigingen	188	150	171	196	190	165	159	165	164	767
# zwemmers	815	708	806	888	857	755	804	839	837	4431
# starts p.p.	3,48	3,55	3,66	3,65	3,75	3,91	3,95	3,84	3,94	10,35
# zwemmers buitenland	138	44	113	156	138	86	65	126	70	910
# landen	14	9	9	10	14	16	11	12	14	30

Overview distribution per age group per year

Below is an overview of the distribution of the number of swimmers within a cluster of age groups.



We see a clear increase in ODMC participants across all ages.

CAT	2000	2001	2002	2004	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2022	2023	2024
20+	6	0	0	0	84	97	101	114	130	153	119	145	145	144	136	132	140	180	163	231
25+	21	27	37	29	82	106	83	73	94	115	134	103	119	120	146	110	126	127	132	177
30+	28	32	43	21	53	82	61	59	61	69	80	73	79	89	76	82	90	90	79	141
35+	18	30	43	24	74	68	51	41	64	71	62	55	72	66	76	71	59	65	64	76
40+	21	26	51	28	93	100	74	68	88	89	93	63	81	70	68	66	73	59	52	72
45+	10	12	24	21	88	110	98	67	90	90	113	95	121	115	105	83	68	74	75	90
50+	14	11	14	12	44	44	42	56	79	80	87	83	82	119	112	97	102	91	74	90
55+	7	8	17	11	17	25	29	23	33	44	59	44	57	68	70	66	80	76	84	91
60+	15	11	15	6	16	22	17	16	29	32	33	26	26	42	38	30	41	64	54	72
65+	7	8	9	7	14	12	14	13	15	21	21	15	14	23	27	19	28	22	32	33
70+	6	4	5	2	15	17	13	13	11	15	10	13	15	18	17	14	10	17	25	21
75+	5	4	3	4	6	7	6	8	7	11	11	5	6	10	12	9	6	9	8	11
80+	1	2	2	3	3	2	4	2	4	4	6	3	8	5	6	5	5	5	3	6
85+	0	0	0	0	0	0	0	1	2	1	2	0	2	2	2	1	2	1	4	4
90+	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1	2	0	0	0	0
95+	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	1
TOT	159	175	263	168	589	692	593	554	707	795	830	723	827	892	892	787	830	881	849	1116
CAT	2000	2001	2002	2004	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2022	2023	2024
20+	6	0	0	0	84	97	101	114	130	153	119	145	145	144	136	132	140	180	163	231
25-40	88	115	174	102	302	356	269	241	307	344	369	294	351	345	366	329	348	341	327	466
45-60	46	42	70	50	165	201	186	162	231	246	292	248	286	344	325	276	291	305	287	343
65+	19	18	19	16	38	38	37	37	39	52	50	36	45	59	65	50	51	55	72	76
TOT	159	175	263	168	589	692	593	554	707	795	830	723	827	892	892	787	830	881	849	1116
CAT	2000	2001	2002	2004	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2022	2023	2024
20+	4%	0%	0%	0%	14%	14%	17%	21%	18%	19%	14%	20%	18%	16%	15%	17%	17%	20%	19%	21%
25-40	55%	66%	66%	61%	51%	51%	45%	44%	43%	43%	44%	41%	42%	39%	41%	42%	42%	39%	39%	42%
45-60	29%	24%	27%	30%	28%	29%	31%	29%	33%	31%	35%	34%	35%	39%	36%	35%	35%	35%	34%	31%
65+	12%	10%	7%	10%	6%	5%	6%	7%	6%	7%	6%	5%	5%	7%	7%	6%	6%	6%	8%	7%

Reporting

Tournament photographer



Your (action)photo of the ODMC 2022

Throughout the championship, our photographer Kees-Jan walks around. Ask him in advance if you would like a particular kind of photo. If you don't see him? Ask it at the Swim info desk. A side view, front view, low or high, start or swim. Just ask him.

It is best to address Kees-Jan with your wishes on the day itself, so that he can immediately add them to the start list.

Photo Page

<https://bit.ly/ONMK2024IbEindhovenFoto>

Group Photo

On Sunday afternoon during the break, around 3:30 PM, a group photo will be taken of all swimmers. For this we gather on the starting platform. First we do this with all swimmers, and then another one with only the non-Dutch participants.

LiveTiming

The current Start Lists and Results can be found via the Splashme App and the Live Timing page:
<https://mastersprint.nl/live/?lang=en>

Livestream

Just like 2 years ago, Bryan Tankink will provide another livestream.

This can be reached via:

<https://mastersprint.nl/live>

Event Updates via Telegram

You can become a member of our channel via

<https://t.me/masterszwemmen>

First Aid



First aiders will be present throughout the entire tournament.

These will be positioned between the speaker and the sports information desk.

Masters outfit

The KNZB Task Group Masters, together with RobSport, has taken the initiative to purchase uniform masters clothing.

In terms of look, this is approximately the same as the clothing from a few years ago. These can be worn on EMKs or WMKs, for example.

All products are provided with an orange KNZB Masters logo, and it is also possible to add a name or team for printing.

During the ONMK and afterwards, RobSport has a pass series available in Eindhoven.

Here are the prices of the products, these prices include printing of the logo.

- Arena Team Polo Shirt Solid Orange 39.95 euros
- Arena Team T-shirt Panel Ladies 25.95 euros
- Arena Team Hooded jacket Royal 67.50 euros
- Arena Team Bermuda Royal 39.95 euros
- Arena Team Women's Short royal 29.95 euros

The costs for printing a name or team are 5 euros each.

Below is an example of the Bermuda shorts and hoodie



No image of the orange polo and T-shirt is currently available. These are new products at Arena.



Announcements & Links

Zuidelijke Cirkel 2024

The 'Zuidelijke Cirkel' is a very popular set of competitions in the South of the Netherlands.

More info and programme details on:

www.psvmasters.nl/ZuidelijkeCirkel.shtml

ODMC long course: website

<https://mastersprint.nl/odmc2024lc/?lang=en>

ODMC long course: livetiming

<https://mastersprint.nl/live/?lang=en>

The swim site for masters by masters:

www.mastersprint.nl

Web calendar with Dutch Masters Masters swim competitions

www.mastersprint.nl/kalender

Dutch Masters on Facebook and LinkedIn

Extend your social network and join the groups on Facebook:

<https://www.facebook.com/groups/HollandMastersSwimming>



These championships were made possible by

PSV Masters Swimming

Dutch Taskforce Masters Swimming

Ariën & Iny

All Officials

All Volunteers

Nationaal Zwemcentrum De Tongelreep

Genneper Parken

robsport.nl

**THANKS FOR YOUR
CONTRIBUTION**



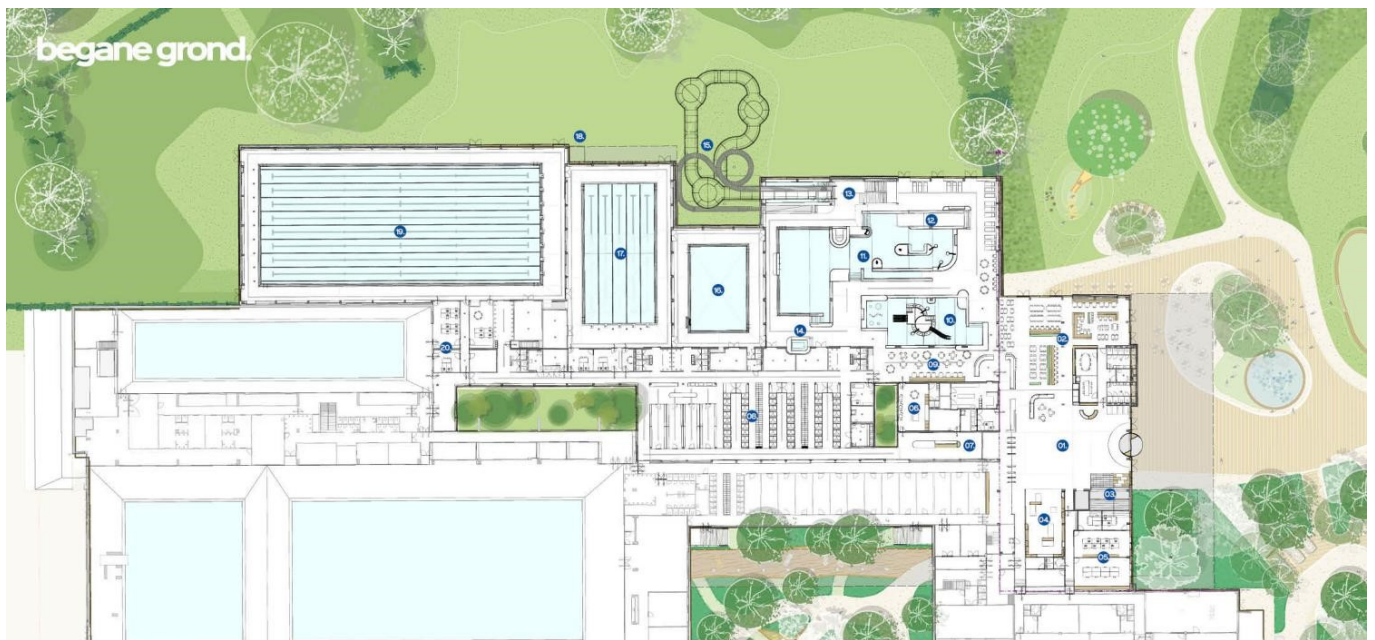
New construction Tongelreep

Replacing the outdated recreational and teaching swimming pools started at the beginning of 2023. In addition, a new 8x50m sports pool will be added.

More info on: <https://www.eindhovensport.nl/actueel/projecten/de-nieuwe-tongelreep>

An animation can be found at: <https://youtu.be/HPqQqDWQneE>

Below is an impression of the layout of the Swimming Centre.



- | | | | |
|-----------------------------|---------------------|--|---------------------|
| 1. entreehal | 6. personeelsruimte | 11. gezinsbad | 16. instructiebad |
| 2. droge horeca | 7. make-up balie | 12. familiegljbaan | 17. 25 meterbad |
| 3. tribunetrap naar stadion | 8. kleedruimte | 13. gljbaantoren | 18. koekoek kelder |
| 4. winkel | 9. natte horeca | 14. whirlpool | 19. 50 meterbad |
| 5. werkplekken | 10. peuterbad | 15. wildwaterbaan + grote gljbaan (buiten) | 20. kantoor Innolab |

Omvorming zwembad de Tongelreep

Elke dag een nieuw avontuur?



**Genneper
Parken**

LEEF je UIT in Genneper Parken!

*een initiatief van
gemeente Eindhoven*

Antoon Coolenlaan 1 | Eindhoven | (040) 238 11 11 | www.genneperparken.nl