



**Open Dutch
Masters Championships Swimming
2008
long course**



18, 19 and 20 January
National Swimming Centre De Tongelreep Eindhoven
Antoon Coolenlaan 1, 5644 RX Eindhoven

Organised by PSV Masters

www.psvmasters.nl

Together with the Taskforce Masters of the Royal Dutch Swimming Federation

www.knzb.nl



National Swimming Centre De Tongelreep Eindhoven

Location of EC Swimming 2008



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Programme

Friday 18 January
dag 1 afternoonsession
12:00 warming-up
12:30 competition

101	400 medley	Women 20+
102	400 medley	Men 20+
1	400 medley	Women
2	400 medley	Men

15 min. pause

103	1500 free style	Women 20+
104	1500 free style	Men 20+
3	1500 free style	Women
4	1500 free style	Men

PreMasters

- PreMasters (YoB 1984-1988) swim in separate heats.
- Each relay with at least 1 PreMaster swims in the 80+ category

Warming-up

- According to FINA regulations the warming-up is supervised.
- Lanes are organised according to 100m freestyle times. Please take directions from supervisors and posters.

Sessions table

Friday 18 January

Session	w-up	Start	End
Evening	12:00	12:30	19:00

Saturday 19 January

Session	w-up	Start	End
Morning	07:30	08:00	12:30
Afternoon 1	12:30	13:30	16:00
Afternoon 2	16:00	16:30	19:30
Masters buffet		20:00	22:00-

Sunday 19 January

Session	w-up	Start	End
Morning	07:30	08:00	12:30
Afternoon	12:30	13:30	17:30

Saturday 19 January
dag 2 morningsession
07:30 warming-up
08:00 competition

106	400 free style	Men 20+
107	400 free style	Women 20+
6	400 free style	Men
7	400 free style	Women
108	200 breast	Men 20+
109	200 breast	Women 20+
8	200 breast	Men
9	200 breast	Women

15 min. pause

110	100 back	Men 20+
111	100 back	Women 20+
10	100 back	Men
11	100 back	Women
112	4x50 free style	Mixed 80+
12	4x50 free style	Mixed

Saturday 19 January
dag 2 afternoonsession 1
12:30 warming-up
13:30 competition

114	800 free style	Men 20+
14	800 free style	Men
115	200 free style	Women 20+
15	200 free style	Women

30 min. pause

Saturday 19 January
dag 2 afternoonsession 2
± 16:00 warming-up
± 16:30 competition

116	50 free style	Men 20+
117	50 free style	Women 20+
16	50 free style	Men
17	50 free style	Women
118	200 fly	Men 20+
119	200 fly	Women 20+
18	200 fly	Men
19	200 fly	Women

15 min. pause

120	4x50 free style	Men 80+
121	4x50 free style	Women 80+
20	4x50 free style	Men
21	4x50 free style	Women
122	50 breast	Men 20+
123	50 breast	Women 20+
22	50 breast	Men
23	50 breast	Women
124	200 back	Men 20+
125	200 back	Women 20+
24	200 back	Men
25	200 back	Women

20:00 Masters buffet

Sunday 20 January
dag 3 morningsession
07:30 warming-up
08:00 competition

129	800 free style	Women 20+
29	800 free style	Women
130	200 free style	Men 20+
30	200 free style	Men
131	100 breast	Women 20+
132	100 breast	Men 20+
31	100 breast	Women
32	100 breast	Men
133	100 fly	Women 20+
134	100 fly	Men 20+
33	100 fly	Women
34	100 fly	Men

Sunday 20 January
dag 3 afternoonsession
12:30 warming-up
13:30 competition

135	50 fly	Women 20+
136	50 fly	Men 20+
35	50 fly	Women
36	50 fly	Men
137	4x50 medley	Women 80+
138	4x50 medley	Men 80+
37	4x50 medley	Women
38	4x50 medley	Men
139	200 medley	Women 20+
140	200 medley	Men 20+
39	200 medley	Women
40	200 medley	Men

15 min. pause

141	50 back	Women 20+
142	50 back	Men 20+
41	50 back	Women
42	50 back	Men
144	4x50 medley	Mixed 80+
44	4x50 medley	Mixed
145	100 free style	Women 20+
146	100 free style	Men 20+
45	100 free style	Women
46	100 free style	Men

Integration relay

48	8x50 free style	Mixed
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Integration relay

- The 8x50m relay has to be composed of 4 Women and 4 Men of at least 4 different clubs.
- A relay team may be entered as a whole, or swimmers may enter individually, after which teams are created.
- Entries for this relay can be submitted until Sunday afternoon 13:00.



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Conditions:

Qualifying times

- There are no qualifying times

Age groups

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|-----------------|-----------------|-----------------|
| - 25+ 1979-1983 | - 50+ 1954-1958 | - 75+ 1929-1933 |
| - 30+ 1974-1978 | - 55+ 1949-1953 | - 80+ 1924-1928 |
| - 35+ 1969-1973 | - 60+ 1944-1948 | - 85+ 1919-1923 |
| - 40+ 1964-1968 | - 65+ 1939-1943 | - 90+ 1914-1918 |
| - 45+ 1959-1963 | - 70+ 1934-1938 | - enz. |

Age groups relays

- 100+, 120+, 160+, 200+, 240+, 280+, 320+, 360+

Prémasters

- Prémasters (20+) born in the years 1984-1988 can also take part in separate events.
Relays containing a premaster are classified as 80+ and are also swum in separate events.

Entries

- Closing date for entries is Saturday, 29th December 2007 at 20.00.
- Entries will only be accepted if they are submitted through the club secretariat.
- Entries without an entry time will not be accepted.
- Entries for the **integration relay** can be submitted until Saturday, 19th January 17:00 at the organisation (odmc@psvmasters.nl or the swimmers desk in the pool), but also when entering for the entire competition using the KNZB entry form.
- Clubs may enter more than one relay team per event.
- A swimmer may swim in only one relay team per event.
- Changes in the composition of a relay team that would change its age group are not allowed.
- Changes in relay teams must be indicated by submitting a new starting card before the warming up of the session in which the relay will be swum.
- A swimmer may enter a maximum of 10 individual events, with a maximum of 6 per day.
- If a participant wishes to try for a European or World record, they must indicate this on the KNZB entry form (MS Word).
- If there are fewer than 900 entries at the closing date, after conferring with the taskforce masters the organisation reserves the right to cancel the championships or adjust the starting times of the sessions. Such changes will be communicated to all involved within a week of the closing date
- You can submit your entries by email:
 - Entries can only be submitted with a computer programme that is Lenex v2 compatible.
 - The lxf-file of these championships can be found on the KNZB site:
http://www.knzb.nl/knzbhosted_com/97313adc69a6db56dce0f6750b6ec979.php
 - The following files need to be sent in with your entries:
 - 1 x lxf (or lxf) with all digital data for the competition programme
 - 1 x pdf with an overview of all events to be swum
 - 1 x doc the KNZB entry form
 - *For all three files put your club name in the file name according to the following example:*
 - 2008-01-18=Clubname-NMK2008lb.lxf
 - 2008-01-18=Clubname-NMK2008lb.pdf
 - 2008-01-18=Clubname-EntryformNMK2008lb.doc
 - Entries for several days need to be sent in as one complete file.
 - NB. Please indicate per swimmer whether they will or will not make use of the Masters Buffet.
- All entries can be emailed to mastersinschrijvingen@knzb.nl.
- Use as subject line for this email:
"Entry National Masters Championships" + the name of your swimming club.
- With an entry via email you will receive a confirmation of receipt. Only with this confirmation has your entry been received by the organisation.

Foreign competitors

- If the Splash software is not used in your country you can download an entry editor on <http://www.splash-software.ch/index.php?nav=,down,C,editor>



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- Please indicate if and how many people will participate in the masters buffet.
- Foreign competitors have to pay their entry fees at the entrance of the pool at the entry desk.

Incomplete and late entries

- Unlawful entries will be fined (see the appendix on administrative fines in KNZB Handbook Swimming).
- Incomplete entries and entries that have not been received before the closing date, will not be accepted. There will be no correspondence.

Heats; seeding, withdrawals and taking out of competition

- Lists of participants will be published on the relevant websites as soon as the entries have been processed. No changes are possible hereafter.
- Start lists for a particular session will be published on the websites no later than 24 hours before the start of the session.
- All heats will be seeded according to entry times.
- The National Masters Championships Swimming are a single competition, which means that written withdrawals must be submitted to the organisation at least 10 days before the first day of the competition. That is no later than Tuesday, January 8 at 19:00.
- Withdrawals made later will be fined according to article C 14.5 (see the appendix on administrative fines in Handbook Swimming).
- Calling in sick for one event affects all of a swimmer's subsequent events (i.e. after calling in sick a swimmer will not be allowed to compete in subsequent events).
- A swimmer may be taken out of the competition by the referee if he or she has fallen too far behind.
- Participants in the 800 and 1500 freestyle will have to arrange for someone to count their laps.
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Ceremonies, medals and awards

- Results will be posted on central locations in the pool and posted on the KNZB and organisation websites as soon as possible.
- Medals may be picked up at the medals desk. Medals will not be sent by mail.
- Swimmers who swam a National, European or World record can be called for an extra ceremony; absence from this ceremony means no prize.
- In each individual event there will be three medals per age group.
- In the relay events there will be no medals, but diplomas or other prizes. In the 8x50 relay the most 'masterly' relay will be awarded with a fun prize, to be judged by the organisation
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Entry fees

- Entry fees for the National Championships are:
 - o Individual events
 - o 1-5 starts € 7,00 per start
 - o 6-10 starts € 6,50 per start
 - o Relays free
 - o Masters buffet (not only for swimmers)
 - o Prior entry € 15,00
 - o During tournament € 2,50 **extra**
 - o Children 12 and under € 2,50 discount
 - o Please indicate on your entry form if you would like a vegetarian meal.
 - o These fees need to be paid before the start of the competition at the entrance to the pool.

Marshalling area

- There is no marshalling area.

Doping

- Doping checks are included in the doping regulations of the KNZB, in which the procedures are described which apply to all competitive athletes who participate in a competition organised by the KNZB, by one or more member clubs, or by a member organisation. More information can be found on www.knzb.nl

Spectators

- Admittance is free for spectators.
- The cost of an extra programme is € 3,00 for all sessions and € 1,00 per session (as long as available). To each club one programme will be made available at no cost.
- There is enough seating space in the pool for participants and spectators.



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Children

- Children and adults may use the recreational pool of De Tongelreep on Saturday and Sunday at a discount.
- Children under 8 years of age must be accompanied by an adult.
- Discount tickets for the recreational pool may be obtained from the organisation at the sports info desk.
 - o Children under 16 € 1,00
 - o Adults and children over 16 € 2,50

Information:

- Harold Matla Tel. +31 (0) 6 24531775 e-mail: odmc@psvmasters.nl
- Kees-Jan van Overbeeke Tel. +31 (0) 543 533717 e-mail: Masters@knzb.nl

Final condition

- The organisation and the Taskforce Masters Swimming of the KNZB reserve the right to make changes if the circumstance so require.
- Participants may never hold the organisation responsible for consequences of participation.
- By entering this competition the participant confirms that he or she is fit enough to take part.

The swimming pool/ organisation can only be reached at +31 (0) 6 24531775 during the competition.



A special Masters arrangement is available from:
Hotel Van der Valk Eindhoven,
Aalsterweg 322
5644 RL Eindhoven
tel +31 (0) 40 2116033
fax +31 (0) 40 2120774
Website: www.vandervalk.com

The hotel is located ± 1500 meter from the pool with ample parking space.

A luxurious standard room costs € 65,00 (breakfast not included: € 12,50) per night.

If there are two people to a room, the room price will remain the same, but a double breakfast will be charged.

Room prices include the use of the hotel swimming pool and sports facilities.

Swimmers will need to make their own reservations, but they should mention that they wish to make use of the “**PSV Masters arrangement**”. Room prices are based on availability. Prices do not include tourist tax.