



**Open Dutch
Masters Championships Swimming
2009
long course**



**May 8, 9 and 10
Pieter van den Hoogenband
Swim stadium in Eindhoven**

Antoon Coolenlaan 1, 5644 RX Eindhoven

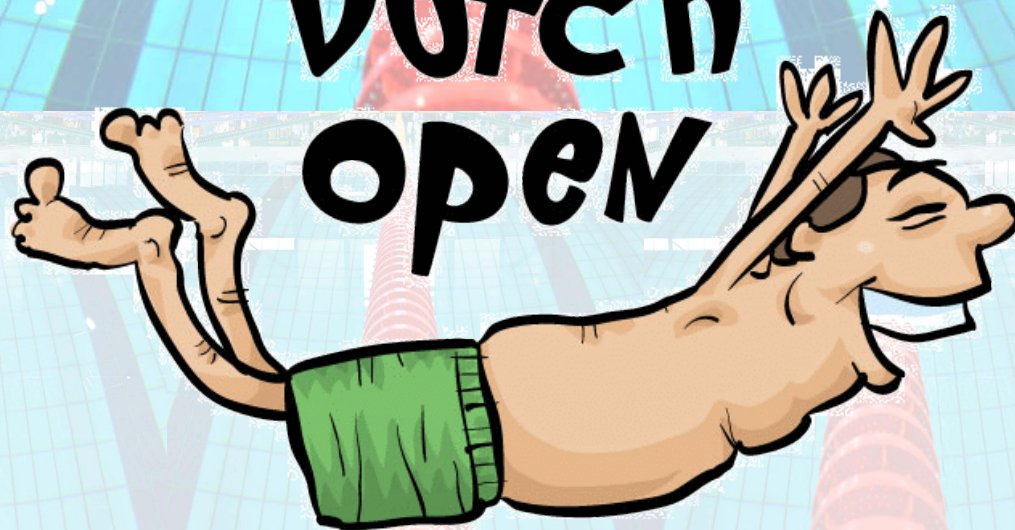
Organized by PSV Masters
and the Task Force Masters Swimming of the KNZB

www.psvmasters.nl

www.knzb.nl

**The location of the EC swimming 2008
and ODMC 2007/2008/2009!**

**Dutch
open**



Masters Championships



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Programme

day 1 Friday afternoon 8 May session 1

12:00 h warming up

12:30 h start session 19:30 h end session

1	400 m. ind. medley	women
2	400 m. ind. medley	men

break

3	1500 m. freestyle	women
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break

4	1500 m. freestyle	men
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5	200 m. backstroke	women
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6	200 m. backstroke	men
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day 2 Saturday morning 9 May session 2

07:30 h warming up

08:30 h start session 12:00 h end session

8	400 m. freestyle	men
9	400 m. freestyle	women

break

10	200 m. breaststroke	men
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11	200 m. breaststroke	women
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12	100 m. backstroke	men
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13	100 m. backstroke	women
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14	4x50 m. freestyle relay	mixed
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day 2 Saturday afternoon 9 May session 3

12:00 h warming up

13:30 h start session 16:15 h end session

16	800 m. freestyle	men
17	200 m. freestyle	women

day 2 Saturday evening 9 May session 4

16:15 h warming up

16:45 h start session 19:30 h end session

18	50 m. freestyle	men
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19	50 m. freestyle	women
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20	200 m. butterfly	men
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21	200 m. butterfly	women
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22	50 m. breaststroke	men
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23	50 m. breaststroke	women
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break

24	4x50 m. freestyle relay	men
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25	4x50 m. freestyle relay	women
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day 2 Saturday evening 9 May

Masters buffet

19:30-21:30

During the entire tournament it will be possible to warm up and cool down in the 4-lane 50m pool under the public stands.

Integration relay

- The 8x50m relay on Sunday must consist of 4 women and 4 men of at least 4 different clubs.
- A relay team can be signed up in its entirety, or individual swimmers can sign up, after which teams will be made.
- Signing up for this relay can be done until Saturday afternoon 18:00h.

day 3 Sunday morning 10 May session 5

07:30 h warming up

08:30 h start session 12:00 h end session

27	800 m. freestyle	women
28	200 m. freestyle	men

break

29	100 m. breaststroke	women
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30	100 m. breaststroke	men
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31	100 m. butterfly	women
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32	100 m. butterfly	men
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day 3 Sunday afternoon 10 May session 6

12:00 h warming up

13:30 h start session 17:30 h end session

33	50 m. butterfly	women
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34	50 m. butterfly	men
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35	4x50 m. medley relay	women
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36	4x50 m. medley relay	men
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37	200 m. ind. medley	women
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38	200 m. ind. medley	men
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39	50 m. backstroke	women
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40	50 m. backstroke	men
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break

42	4x50 m. medley relay	mixed
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43	100 m. freestyle	women
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44	100 m. freestyle	men
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46	8x50 m. freestyle	mixed
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integration relay

Warming up:

- In accordance with FINA regulations the warming up is under the supervision of the organization.
- Warm-up lanes are arranged based on 100m freestyle times. Please follow the directions of supervisors



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Regulations:

General

- Indoor pool, length 50 meters, 10 lanes, electronic timing.
- The one-start procedure will be in effect.
- There will be overhead starts with the exception of the 50 meter events and the relays. After finishing swimmers must stay in their own lane, to the side and at a distance of least 1 meter 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.

Age groups Individual

- | | | |
|-----------------|-----------------|-----------------|
| - 20+ 1985-1989 | - 50+ 1955-1959 | - 80+ 1925-1929 |
| - 25+ 1980-1984 | - 55+ 1950-1954 | - 85+ 1920-1924 |
| - 30+ 1975-1979 | - 60+ 1945-1949 | - 90+ 1915-1919 |
| - 35+ 1970-1974 | - 65+ 1940-1944 | - enz. |
| - 40+ 1965-1969 | - 70+ 1935-1939 | |
| - 45+ 1960-1964 | - 75+ 1930-1934 | |

Age groups Relays

- 80+, 100+, 120+, 160+, 200+, 240+, 280+, 320+, 360+ etc.

Entries

- Sending entries is possible from March 1. The closing date for entries is Monday, April 20 at 20:00h. Entries that are sent in later, changed or added, will be processed with an administrative charge (see C 14.1) until the list of participants has been published.
- Entries will only be accepted if they are sent in by the swimming secretariat of the club in question.
- Entries can only be made with license numbers recognized by KNZB.
- Entries without an entry time will not be accepted. Times have to be verifiable and swum from January 1, 2007 onwards. Times swum in 25m pools may be used.
- Entry times are verifiable if these are exactly:
 - o to be found on swimrankings.net.
 - o swum at an official competition sanctioned by a national swimming federation.
 - o if you cannot comply with the above you will need to attach the official results of the competition in question to your entry
- Times made in unofficial competitions or in unlawful starts will not be accepted.
- Times made by the first swimmer in a relay will be accepted, as long as they were marked in the official results.
- Split times may be used as entry times, as long as they were marked in the official results.
- Times of disqualified swimmers will be accepted, as long as they were included in the official results.
- More than one relay team per club may be entered in an event.
- Attention! In order to comply with international agreements, every relay with one or more swimmers in the age group 20+ will have to be entered in the relay age group 80+.
- A swimmer will only be allowed to swim in one team in each relay event.
- Replacing swimmers in a relay is not allowed to change the age group of the relay.
- Changes in relay teams must be made by submitting a new start card to the secretariat before the start of 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 4 individual events per day. .
- If a swimmer wishes to attempt a European or World Masters Record, this should be noted at the time of entry on the KNZB entry form (MS Word).
- Clubs with more than 4 participants must provide one or more officials. Other clubs may also provide officials. These must be named on the entry form. Officials who are needed will receive an invitation from the organisation. Clubs are responsible for the travel costs. These cannot be compensated by the organisation or KNZB.
- If at the closing of the entries there are more starts than could be processed taking into account the planned duration of the sessions, the organization reserves the right to select entries based on a percentage of World Masters Records (WMR), after conferring with the KNZB Taskforce Masters Swimming.
- If there are fewer than 1600 starts at the closing date for entries, the organization reserves the right to cancel or adapt these championships, after conferring with the KNZB Taskforce Masters Swimming. This will be communicated to those concerned at the latest within a week of the closing date.



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- You only can send your entries via email:

- The entry can only be made with the aid of a computer program that is Lenex v2 compatible.
- o The lxf invitation file and the entry form of these championships can be found on the KNZB website.
- o Instructions can be found there as well.
- With the entry you need to attach the following files:
 - o 1 x lxf (Lenex v2 compatibel, at least TM build 2006.1560 en Entry Editor build 2008.1343) with all digital data for the competition programme.
 - o 1 x pdf with an overview of all events to be swum, ordered by swimmer, including licence number, place and date where the entry time was swum, and the names of relay swimmers.
 - o 1 x doc, the entry form of the KNZB.
- So, three files, including in all files the name of the club, according to the following format:
 - o 2009-05-08=Zwemvereniging-ONMK2009Ib-inschr.lxf
 - o 2009-05-08=Zwemvereniging-ONMK2009Ib-inschr.pdf
 - o 2009-05-08=Zwemvereniging-ONMK2009Ib-inschr-form.doc
- Entries for several days must be sent as 1 complete file.
- o NB. Please indicate which swimmers will take part in the Masters Buffet.
- o All files can be mailed to mastersinschrijvingen@knzb.nl.
- o Please use as subject line of the email:
"Entry ODMC2009Ic + your club name".
- o By sending your entries by email you will receive a notification that your email has been received. If you do not receive this notification, your entries have not been received.
- o If Splash software not is being used by your club, you may download the free Entry Editor from the [Splash website](#).

Unlawful, incomplete or late entries

- Unlawful entries will be fined.
- Incomplete entries and entries that have not been received in time cannot be processed. There will be no correspondence.

Heats, seeding, start lists, withdrawals and taking out of competition

- Lists of participants will be published on the relevant KNZB website once the entries have been processed; after this, changes in the entries are no longer possible.
- Start lists will be published on the websites in question 24 hours before the start of the session at the latest s.
- All heats will be seeded on entry times.
- In case of a large number of swimmers in the 400 m, 800 m. and 1500 m. the organisation may ask swimmers to confirm their participation before the start of the warming up of the session in question. After this confirmation the heats will be seeded.
- Withdrawals must be in possession of the organization at the latest before the start of the first officials meeting of the meet day.
- Later withdrawals 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.
- Swimmers in the 800 m. and 1500 m. freestyle will have to provide for people to count their lanes.

Results, Ceremonies, and prizes

- Results will be posted on central locations in the pool and placed on the KNZB en PSV Masters website. Live timing via [Zwemkroniek website](#).
- Prizes may be picked up at the prizes table. Prizes that are not picked up will not be sent afterwards.
- Swimmers who have swum a Dutch, European or World Masters Record may be called for an extra ceremony. Absence from this ceremony means no prize.
- There will be 3 medals per age group in each individual event.
- There will be no medals for relays, but diplomas or other prizes.



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Entry fees and payment

- Entry fees for the Dutch Championships are:
 - o Individual events € 7,00 per start
 - o Relays free
 - o Saturday evening dinner: Masters buffet (not only for swimmers)
 - Signed up with entries € 16,00
 - During tournament € 2,50 extra (limited availability only!)
 - Children 12 and under € 5,00 discount
 - Please indicate in advance (with your entry) if you'd like a vegetarian meal.
- Foreign clubs must transfer the entry and buffet fees before the closing date for entries to KNZB Nieuwegein, account number 687528704, IBAN: NL40INGB0687528704, BIC: INGBNL2A please mention "Entry fee ODMC2009Ic name-swimteam"

Marshalling area

- There is no marshalling area.

Doping

- Doping checks are contained in the doping regulations of the KNZB. The procedures are described here and apply to all athletes taking part in a competition under the responsibility of the KNZB and/or one of her affiliated members. More information can be found on the KNZB website (www.knzb.nl).

Spectators

- Admittance is free.
- The cost of an extra programme is € 4,00 for all sessions and € 1,00 for a programme for one session (while they're still available). Each club will receive one free set.
- There is enough seating for swimmers and spectators in the pool.

Children's programme

- Children and adults may make use of the recreational pool of De Tongelreep at a reduced price on Saturday and Sunday.
- Children under 8 must be accompanied by an adult.
- Reduced tickets for the recreational pool can be obtained from the swimmers' info desk.
 - o Children up to 16 years € 1,00
 - o Adults and children over 16 years € 2,50

Accommodation

- There is a special accommodations offer at hotel Van der Valk Eindhoven. See details at the bottom of this brochure.

Inquiries:

- Harold Matla Tel. +316-24531775
- Kees-Jan van Overbeeke Tel. +31543-533717 / +316-10223226
- Email: mastersinschrijvingen@knzb.nl

Final condition

- The organisation and the Taskforce Masters Swimming reserve the right to make changes if the circumstances so require.
- Participants can never hold the organisations responsible for the consequences of participating.
- By entering the participant confirms that he or she is fit enough to participate in this competition.

**The organisation can be reached during the competition at
mastersinschrijvingen@knzb.nl en at +3140-2381140.**

**Competition and other information on website
[KNZB](http://www.knzb.nl) en [PSV Masters](http://www.psvmasters.nl)**



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A special Masters accommodation arrangement is offered by:
Hotel Van der Valk in Eindhoven,
Aalsterweg 322, 5644 RL Eindhoven
Tel +3140-2116033
Fax +3140-2120774
Website: www.vandervalk.com

The hotel is at \pm 1500 meters of the pool, with ample parking space.
A luxurious standard room costs €65,00 (breakfast ad €12,50 per person not included) per night.

IF there are two people to a room, the same room price will apply, but two breakfasts will be counted.

The use of swimming pool and sports facilities is included.

Guests need to make their own booking. Doing so, they need to indicate they wish to make use of the "PSV Masters arrangement".

The room price is based on availability. The price does not include tourist taxes.