



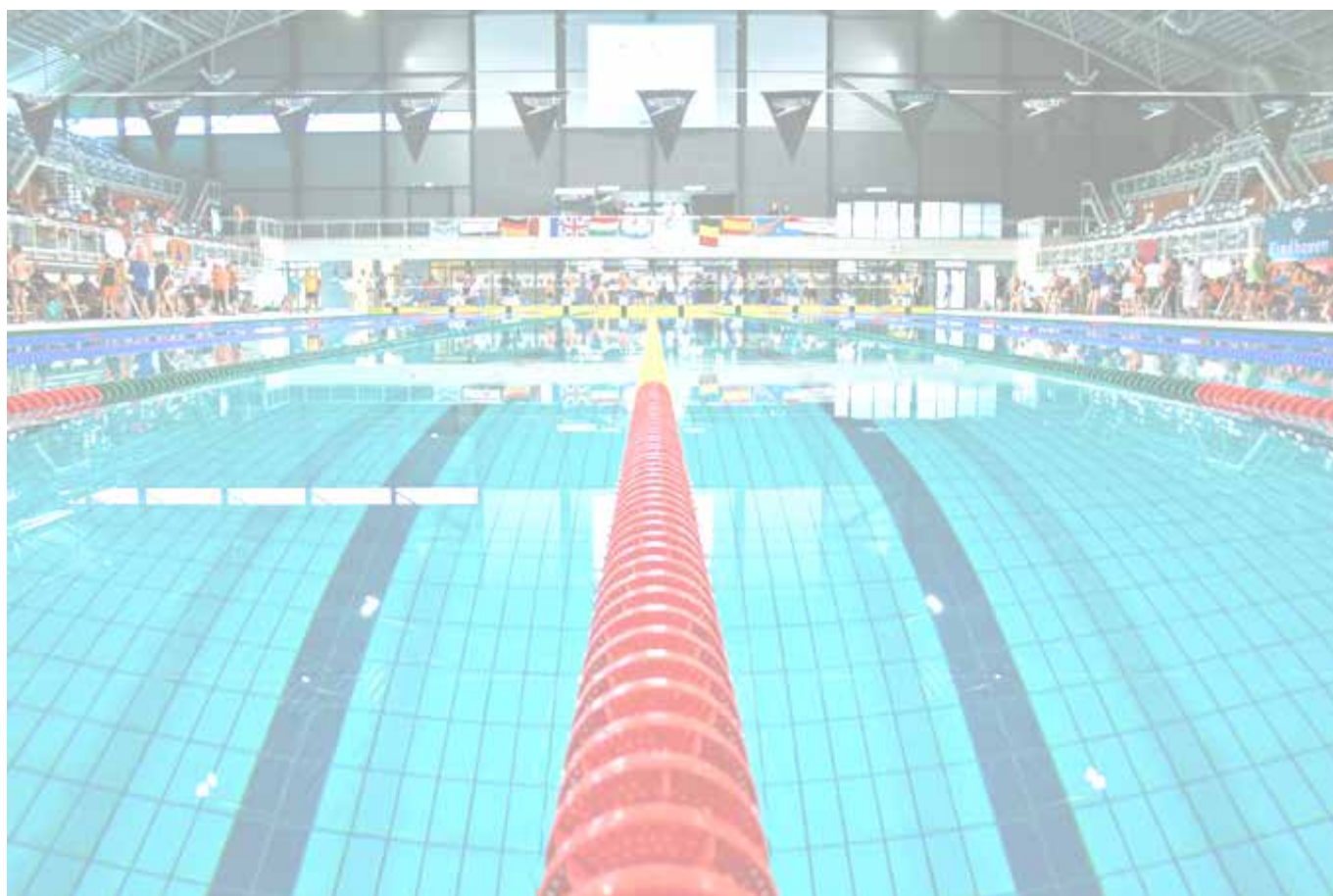
Join the ODMC 2012 long course!

Friday 4 - Sunday 6 May 2012

Pieter van den Hoogenband Swimstadium

[Antoon Coolenlaan 1, 5644 RX Eindhoven](#)

Location of the European Masters Championships 2013



Organisation:

PSV Masters Swimming i.c.w.

KNZB Taskforce Masters swimming





Open Dutch Masters Championships Swimming 2012 long course

Program

Day1 Friday morning May 4th session 1		
08:30 h warming up		
09:00 h start session		12:30 h end session
1	1500m freestyle	Woman
Break		
2	800m freestyle	Men
Day 1 Friday afternoon May 4th session 2		
13:00 h warming up		
14:00 h start session		18.00 h end session
3	4 x 200m freestyle	Woman/Men/Mixed
Short break		
5	200m butterfly	Woman
6	200m butterfly	Men
7	200m breaststroke	Woman
8	200m breaststroke	Men
Break		
9	200m freestyle	Woman
10	200m freestyle	Men
11	200m backstroke	Woman
12	200m backstroke	Men
Short break		
13	4 x 100m ind. medley	Woman/Men/Mixed
Day 2 Saturday morning May 5th session 3		
08:30 h warming up		
09:00 h start session		12:30 h end session
14	400m freestyle	Men
15	400m freestyle	Woman
16	50m butterfly	Men
17	50m butterfly	Woman
Short break		
18	4 x 100m freestyle	Woman/Men/Mixed
Day 2 Saturday afternoon May 5th session 4		
13:00 h warming up		
14:00 h start session		18:00 h end session
19	4 x 50m ind. medleyrelay	Mixed
Short break		
20	100m freestyle	Men
21	100m freestyle	Woman
22	50m breaststroke	Men

23	50m breaststroke	Woman
24	200m ind. medleypers.	Men
25	200m ind. medleypers.	Woman
Break		
26	100m backstroke	Men
27	100m backstroke	Woman
Short break		
28	4 x 50m freestyle relay	Men
29	4 x 50m freestyle relay	Woman
Mastersbuffet		
Day 3 Sunday morning May 6th session 5		
08:30 h warming up		
09:00 h start session		12:30 h end session
31	800m freestyle	Woman
Break		
32	1500m freestyle	Men
Day 3 Sunday afternoon May 6th session 6		
13:00 h warming up		
14:00 h start session		17:30 h end session
33	4 x 50m ind. medleyrelay	Woman
34	4 x 50m ind. medleyrelay	Men
Korte pauze		
35	100m butterfly	Woman
36	100m butterfly	Men
37	50m backstroke	Woman
38	50m backstroke	Men
39	400m ind. medleypers.	Woman
Break		
40	400m ind. medleypers.	Men
41	50m freestyle	Woman
42	50m freestyle	Men
43	100m breaststroke	Woman
44	100m breaststroke	Men
Short break		
45	4 x 50m freestyle relay	Mixed
end		

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.
- During the entire tournament it will be possible to warmup and cool down in the 4 lane training pool.



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+ 1988-1992 | - 50+ 1958-1962 | - 80+ 1928-1932 |
| - 25+ 1983-1987 | - 55+ 1953-1957 | - 85+ 1923-1927 |
| - 30+ 1978-1982 | - 60+ 1948-1952 | - 90+ 1918-1922 |
| - 35+ 1973-1977 | - 65+ 1943-1947 | - etc. |
| - 40+ 1968-1972 | - 70+ 1938-1942 | |
| - 45+ 1963-1967 | - 75+ 1933-1937 | |

Age groups Relays

- 80-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399 etc.

Inschrijvingen

- **Sending entries is possible from March 14th. The closing date for entries is Wednesday, April 11th at 12:00h.** Entries that are sent in later, changed or added, will be processed until the list of participants has been published with an administrative charge (see C 14.1).
- Entries will only be accepted if they are sent in by the swimming secretariat of the club in question.
- Entries without an entry time will not be accepted. Times have to be verifiable and swum from **May 1st, 2010** onwards. Times swum in 25m pools may be used.
- Entry times need to be:
 - o swum at an official competition sanctioned by a national swimming federation
 - o are verifiable if these are exactly to be found on www.swimrankings.net.
 - o if you cannot comply with the above you will need to attach the official results of the competition in question to your entry.
 - o The fastest time of this limit period.
- 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.
- More than one relay team per club may be entered in an event.
- **Attention!** All relays will be placed in the appropriate age group based on the sum of the age of the individual participants (per 31 December 2012). 80+ team and 100+ and higher teams with one or more 20+ participants are excluded from European and World Masters record and LEN and FINA rankings.
- 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 written document to the meet 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 2 individual events per session.
- If a swimmer wishes to attempt a European or World Masters Record, this should be noted at the KNZB entry form (MS Word).
- If there are more starts at the closing of the entries then can be processed per planned session duration, the organization reserves the right, in consultation with the KNZB Taskforce Masters Swimming, to select the entries based on a percentage of the World Masters Records (WMR) according to the following formula:
 - $Points = WMR / \text{entry time} * 1000 + \text{Category Age}$
 - Here the WMR will be used of the course length in which the entry time is swumSwimmers of Age Category 65+ and older will not be limited on the 50m distances. In case of limitation there will be a reserve list in order of points.



- If there are fewer than 1800 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.

You only can send your entries by email:

- The entry can only be made with the aid of a computer program that is Lenex v2/3 compatible.
 - The lxf invitation file can be found on the [KNZB website](#).
 - The record form can be found on the [KNZB website](#).
- With the entry you need to attach the following files:
 - 1 x lxf (Lenex v2/3 compatible) with all digital data for the competition program.
 - 1 x pdf with an overview of all events to be swum, ordered by swimmer, including license number, place and date where the entry time was swum, and the names of relay swimmers.
 - 1 x doc, the entry form of the KNZB.
- So, three files, including in all files **the name of your club**, according to the following format:
 - 2012-05-04=(Your Swim Club name)-ODMC2012lc-entry.lxf
 - 2012-05-04=(Your Swim Club name)-ODMC2012lc-entry.pdf
 - 2012-05-04=(Your Swim Club name)-ODMC2012lc-recordform.doc (if necessary)
- Entries for several days must be sent as 1 complete file.
 - **Note:** All file names should include your club name.
 - **Note:** Please indicate in your entry email which swimmers will take part in the Masters Buffet.
 - **Note:** All files can be only mailed to mastersinschrijvingen@knzb.nl.
 - **Note:** Please use as subject line of the email: "**Entry ODMC2012lc + your swim club name**".
- By sending your entries by email you will receive twice a notification that your email has been received. If you do not receive these notifications, your entries have not been received.
 - First: an automatic notification that the e-mail is received.
 - Second: a personal confirmation from the organization that the entry procedure is correctly followed. Only with this second confirmation your entry is certainly received
 - § The first notification will follow quickly
 - § For the second confirmation we strive to a maximum of 24 hours.

Unlawful, incomplete or late entries

- Incomplete entries and entries that have not been received in time cannot be processed.

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

- Lists of participants will be published on the [KNZB](#) and the [local organisation](#) 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.
- 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 organization 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 (that is before the first warming up of that day).
- Later withdrawals will be sanctioned
- The referees may decide to take a participant out of the competition if this swimmer will exceed his entry time by a large margin.



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Results, Ceremonies, and prizes

- Results will be posted on central locations in the pool and placed as soon as possible on the [KNZB](#) en [PSV Masters](#) websites. Live timing on [KNZB Live Timing 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 National, 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.
- For the relays, three times four medals will be awarded by age group.

Entry fees and payment

- Entry fees for the Dutch Championships are:
 - Individual events € 7,50 per start
 - Relays € 15,00 per start
 - Saturday evening dinner: Masters buffet (not only for swimmers)
 - § Signed up with entries € 15,00
 - § 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:
 - Account No : 146127056
 - From : PSV zwemmen en waterpolo inz. Masters
 - At : Eindhoven
 - IBAN : NL92RABO0146127056
 - BIC/SWIFT : RABONL2U
 - With payment details: Entry fee ODMC2012lc-"name swim Club"
- Please note all bank charges for own account.

Marshalling area

- There is no marshalling area. Swimmers have to make sure themselves to be at the start at time. There will be no waiting.

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](#) (Dutch language).

Spectators

- Admittance is free.
- The cost of an extra program is € 4,00 for all sessions and € 1,00 for a program for one session (while they're still available). Each club will receive one free set.

Children's program

- 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 € 1,50
 - o Adults and children over 16 years € 3,00

Inquiries

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



Final condition

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

The organization can be reached during the competition

by telephone **+31(0)40-2381142**
and e-mail mastersinschrijvingen@knzb.nl

Competition and other information on websites

[KNZB](#) en [PSV Masters](#)

A special Masters Accommodation arrangement is offered by:

Hotel Van der Valk in Eindhoven,
Aalsterweg 322, 5644 RL Eindhoven
tel 040-2116033
fax 040-2120774
Website: en.valk.com

The hotel is within ± 1500 meters from the pool and there is ample parking.

A luxurious standard room costs €65,00 (breakfast at € 14,50 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 (€3,50 p.p.p.n.).

