



# Open Dutch Masters Championships Swimming 2015 long course



## Program

| ODMC 2015 long course                     |        |   |                 |
|---|--------|---|-----------------|
| <b>Day 1 Friday morning session 1</b>     |        | <b>Day 2 Saturday afternoon session 4</b> |                 |
| 1   | 1500m  | free style                                | Men             |
| Break 15min                               |        |   |                 |
| 2   | 800m   | free style                                | Women           |
| <b>Day 1 Friday afternoon session 2</b>   |        | <b>Day 2 Saturday morning session 3</b>   |                 |
| 3   | 100m   | breaststroke                              | Men             |
| 4   | 100m   | breaststroke                              | Women           |
| 5   | 200m   | medley                                    | Men             |
| 6   | 200m   | medley                                    | Women           |
| Break 15min                               |        |   |                 |
| 7   | 200m   | free style                                | Men             |
| 8   | 200m   | free style                                | Women           |
| 9   | 50m    | butterfly                                 | Men             |
| 10  | 50m    | butterfly                                 | Women           |
| Break 5min                                |        |   |                 |
| 11  | 4x200m | free style                                | Women/Men/Mixed |
| <b>Day 2 Saturday morning session 3</b>   |        | <b>Day 3 Sunday morning session 5</b>     |                 |
| 12  | 400m   | free style                                | Women           |
| 13  | 400m   | free style                                | Men             |
| Break 15min                               |        |   |                 |
| 14  | 50m    | backstroke                                | Women           |
| 15  | 50m    | backstroke                                | Men             |
| 16  | 200m   | breaststroke                              | Women           |
| 17  | 200m   | breaststroke                              | Men             |
| Break 5min                                |        |   |                 |
| 18  | 4x100m | free style                                | Women/Men/Mixed |
| <b>Day 2 Saturday afternoon session 4</b> |        | <b>Day 3 Sunday afternoon session 6</b>   |                 |
| 20  | 200m   | butterfly                                 | Women           |
| 21  | 200m   | butterfly                                 | Men             |
| 22  | 100m   | free style                                | Women           |
| 23  | 100m   | free style                                | Men             |
| Break 15min                               |        |   |                 |
| 24  | 50m    | breaststroke                              | Women           |
| 25  | 50m    | breaststroke                              | Men             |
| 26  | 100m   | backstroke                                | Women           |
| 27  | 100m   | backstroke                                | Men             |
| Break 5min                                |        |   |                 |
| 28  | 4x50m  | medley                                    | Women/Men/Mixed |
| <b>Day 3 Sunday morning session 5</b>     |        | <b>Day 3 Sunday afternoon session 6</b>   |                 |
| 29  | 800m   | free style                                | Men             |
| Break 15min                               |        |   |                 |
| 30  | 1500m  | free style                                | Women           |
| <b>Day 3 Sunday afternoon session 6</b>   |        | <b>Day 3 Sunday afternoon session 6</b>   |                 |
| 31  | 4x100m | medley                                    | Women/Men/Mixed |
| Break 5min                                |        |   |                 |
| 33  | 200m   | backstroke                                | Men             |
| 34  | 200m   | backstroke                                | Women           |
| 35  | 400m   | medley                                    | Men             |
| 36  | 400m   | medley                                    | Women           |
| Break 15min                               |        |   |                 |
| 37  | 50m    | free style                                | Men             |
| 38  | 50m    | free style                                | Women           |
| 39  | 100m   | butterfly                                 | Men             |
| 40  | 100m   | butterfly                                 | Women           |
| Break 5min                                |        |   |                 |
| 41  | 4x50m  | free style                                | Women/Men/Mixed |

| Overview sessions          |        |       |       |
|----------------------------|--------|-------|-------|
| <b>Friday 8 May 2015</b>   |        |       |       |
| Session                    | Warmup | Start | End   |
| 1                          | 8:00   | 9:00  | 12:30 |
| 2                          | 13:00  | 14:00 | 18:00 |
| <b>Saturday 9 May 2015</b> |        |       |       |
| Session                    | Warmup | Start | End   |
| 3                          | 8:00   | 9:00  | 12:30 |
| 4                          | 13:00  | 14:00 | 18:00 |
| Mastersbuffet              |        | 17:00 | 20:00 |
| <b>Sunday 10 May 2015</b>  |        |       |       |
| Session                    | Warmup | Start | End   |
| 5                          | 8:00   | 9:00  | 12:30 |
| 6                          | 13:00  | 14:00 | 17:30 |

### 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 warm up and cool down in a separate pool.



## Regulations

### General

- Indoor pool, length 50 meters, 10 lanes, electronic timing.  
Pieter van den Hoogenband Swimstadium, Antoon Coolenlaan 1, 5644 RX Eindhoven, Tel: 040-2381112.
- The one-start procedure will be in effect.
- There will be overhead starts. 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+ 1991-1995 | - 50+ 1961-1965 | - 80+ 1931-1935 |
| - 25+ 1986-1990 | - 55+ 1956-1960 | - 85+ 1926-1930 |
| - 30+ 1981-1985 | - 60+ 1951-1955 | - 90+ 1921-1925 |
| - 35+ 1976-1980 | - 65+ 1946-1950 | - etc.          |
| - 40+ 1971-1975 | - 70+ 1941-1945 |                 |
| - 45+ 1966-1970 | - 75+ 1936-1940 |                 |

### Age groups Relays

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

### Entries

- **Sending entries is possible from March 21<sup>th</sup> 2015. The closing date for entries is Monday, April 20<sup>th</sup> 2015 at 20:00h.** 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 1<sup>st</sup>, 2013** 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](http://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 qualifying 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.
  - o The swimmers in a relay do not have to have official times in the specific distance. However be sure that the entry time of the relay is realistic.
- **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 2015). 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 only allowed if the gender and age group of the relay remains the same.
- 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 than can be processed per planned session duration, the organization reserves the right, in consultation with the KNZB Taskforce



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Masters Swimming, to select the entries based on a percentage of the World Masters Records (WMR) according to the following formula:

- Points = WMR/entry time\*1000 + Category Age
- Here the WMR will be used of the course length in which the entry time is swum

Swimmers of Age Category 65+ and older will not be limited on the 50m distances. Swimmers of Age Category 80+ and older will also not be limited on the 100m distances.

In case of limitation there will be a reserve list in order of points.

- If there are fewer than 2000 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:
  - 2015-05-08=(Your Swim Club name)-ODMC2015lc-entry.lxf
  - 2015-05-08=(Your Swim Club name)-ODMC2015lc-entry.pdf
  - 2015-05-08=(Your Swim Club name)-ODMC2015lc-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](mailto:mastersinschrijvingen@knzb.nl).
  - **Note:** Please use as subject line of the email: "**Entry ODMC2015lc + 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.
  1. First: an automatic notification that the e-mail is received.
  2. 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.
    - **Note:** This can be longer around the moment of entry closing time.

### Unlawful, incomplete or late entries

- Entries that are sent in later, changed or added after the closure date will be processed until the list of participants has been published with an administrative charge (see [Tarievenlijst.C](#) 14.1)
- Incomplete entries and entries that have been received after publication of the of participants cannot be processed.

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

- Lists of participants will be published on the [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.
- All heats will be seeded on entry times
- 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.





**Open Dutch Masters  
Championships Swimming  
2015 long course**



**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 phone on +31(0)40-2381142 and e-mail: [mastersinschrijvingen@knzb.nl](mailto:mastersinschrijvingen@knzb.nl)

**Competition and other information on Website [KNZB](http://www.knzb.nl)**

**Accommodation:**

A special Masters Accommodation arrangement is offered by:

Hotel Van der Valk in Eindhoven,  
 Aalsterweg 322, 5644 RL Eindhoven  
 T : +31 (0)40 211 60 33  
 @ : reservations@eindhoven.valk.com  
 Web : www.hoteleindhoven.nl

Under mentioning **NK Masters**

|                |                                      |
|----------------|--------------------------------------|
| Room (weekend) | : € 67,- per night (Friday/Saturday) |
| Room (weekday) | : € 85,- per night (Thursday)        |
| Extra bed      | : € 12,- per night                   |
| Full pension   | : € 49,25                            |
| • Breakfast    | : € 12,75                            |
| • Lunch        | : € 15,50                            |
| • Diner        | : € 21,00                            |

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

