



## ODMC 2016 long course!

These will be organised  
from Thursday 5 until Sunday 8 May 2016

in

Pieter van den Hoogenband Zwemstadion  
Antoon Coolenlaan 1, 5644 RX Eindhoven



### Organisation

PSV Masters Swimming i.c.w.  
KNZB Taskforce Masters Swimming

## Program

### ODMC 2016 long course

Day 1 Thursday afternoon session 1			
1	1500m	free style	Women
Break 15min			
2	1500m	free style	Men

Day 2 Friday morning session 2			
4	400m	free style	Men
5	400m	free style	Women
Break 15min			
6	100m	breaststroke	Men
7	100m	breaststroke	Women

Day 2 Friday afternoon session 3			
8			
9	200m	butterfly	Women
10	50m	backstroke	Men
11	50m	backstroke	Women
12	100m	free style	Men
13	100m	free style	Women
Break 15min			
14	200m	medley	Men
15	200m	medley	Women
Break 5min			
16	4x200m	free style	Women/Men/Mixed

Day 3 Saturday morning session 4			
17	800m	free style	Women
Break 15min			
18	400m	medley	Men
Break 5min			
19	4x100m	free style	Women/Men/Mixed

Day 3 Saturday afternoon session 5			
21	50m	breaststroke	Women
22	50m	breaststroke	Men
23	200m	backstroke	Women
24	200m	backstroke	Men
25	200m	free style	Women
Break 15min			
26	200m	free style	Men
27	100m	butterfly	Women
28	100m	butterfly	Men
Break 5min			
29	4x50m	medley	Women/Men/Mixed

Day 4 Sunday morning session 6			
30	800m	free style	Men
Break 15min			
31	400m	medley	Women
Break 5min			
32	4x100m	medley	Women/Men/Mixed

Day 4 Sunday afternoon session 7			
34	50m	butterfly	Men
35	50m	butterfly	Women
36	200m	breaststroke	Men
37	200m	breaststroke	Women
Break 15min			
38	50m	free style	Men
39	50m	free style	Women
40	100m	backstroke	Men
41	100m	backstroke	Women
Break 5min			
42	4x50m	free style	Women/Men/Mixed

Overview sessions				
Day	Session	Warmup	Start	End
Thursday	1	12:30	13:30	19:00
Friday	2	8:00	9:00	12:30
Friday	3	12:30	13:30	18:30
Saturday	4	8:00	9:00	12:30
Saturday	5	12:30	13:30	18:30
Saturday	Masters Buffet		18:30	20:00
Sunday	6	8:00	9:00	12:30
Sunday	7	12:30	13:30	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 4 lanes 50m pool.



# Open Dutch Masters Championships Swimming 2016 long course

## Regulations

### General

- Indoor pool, length 50 meters, 10 lanes, electronic timing.
- **Pieter van den Hoogenband Zwemstadion:** Antoon Coolenlaan 1,5644 RX Eindhoven, 040-238 1139
- 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+ 1992-1996 | - 50+ 1962-1966 | - 80+ 1932-1936 |
| - 25+ 1987-1991 | - 55+ 1957-1961 | - 85+ 1927-1931 |
| - 30+ 1982-1986 | - 60+ 1952-1956 | - 90+ 1922-1926 |
| - 35+ 1977-1981 | - 65+ 1947-1951 | - etc.          |
| - 40+ 1972-1976 | - 70+ 1942-1946 |                 |
| - 45+ 1967-1971 | - 75+ 1937-1941 |                 |

### 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 14<sup>th</sup> 2016. The closing date for entries is Monday, April 18<sup>th</sup> 2016 at 21:00h.** 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 (masters)swimming secretariat of the club in question.
- Entries without an entry time will not be accepted. Entry times have to be verifiable and swum from **May 1<sup>st</sup>, 2014** onwards.
- 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 swum in 25m and 50m pools may be used.
- 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 of the year of competition). Relay 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).





## Open Dutch Masters Championships Swimming 2016 long course

### Limitation, cancellation or other adaptation of the ODMC

- If there are at the closing more entries than can be processed per planned session duration, the organization reserves the right to limit the entries. This in consultation with the KNZB Taskforce Masters Swimming. Limitation will be based on a percentage of the World Masters Records (WMR) according to the following formula:
  - $\text{Points} = \text{WMR}/\text{entry time} * 1000 + \text{Category Age}$
  - 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 at the closing date for entries there are fewer than 2000 starts, 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 after 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:
  - 2016-05-05=(Your Swim Club name)-ODMC2016lc-entry.lxf
  - 2016-05-05=(Your Swim Club name)-ODMC2016lc-entry.pdf
  - 2016-05-05=(Your Swim Club name)-ODMC2016lc-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 ODMC2016lc + 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 holidays and 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 C14.1](#))
- 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).



# Open Dutch Masters Championships Swimming 2016 long course



- 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.

## Results, Ceremonies, and prizes

- Results will be posted on central locations in the pool and placed as soon as possible on the [KNZB](#) website and 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 50 t/m 400m € 8,00 per start
    - Individual events 800 & 1500m € 10,00 per start
    - Relays € 20,00 per start
    - Saturday evening dinner: Masters buffet (not only for swimmers)
      - § The mastersbuffet is inclusive drinks
      - § Signed up with entries € 15,00
      - § During tournament € 2,50 **extra** (limited availability only!)
      - § Children 10 and under € 5,00 discount
      - § Please indicate in advance (with your entry) if you'd like a vegetarian meal.
  - Foreign participants must pay per club 100 euros deposit.  
The deposit will be returned as soon as possible after the tournament with deduction of possible fines.
  - In case of sickness or cancellations after the close date of registration (14 April, 21:00) the entry fees are still indebted.
  - **Foreign clubs** must transfer the entry and buffet fees including € 100 deposit before the closing date for entries to:
    - From : PSV Masters Swimming
    - Plaats : Eindhoven
    - IBAN : NL92 RABO 0146 1270 56
    - BIC/SWIFT : RABONL2U
    - With payment details: Entry fee ODMC2016lc-"name swim Club"
- Please note all bank charges are 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.

## Accommodation

- Participants can book their room with a special fee at [Van der Valk Eindhoven](#) . Reservations can only be made by phone (+31 40 211 60 33) or email ([Reservations@eindhoven.valk.com](mailto:Reservations@eindhoven.valk.com)) with the following code: *GF76102*



# Open Dutch Masters Championships Swimming 2016 long course



## Inquiries

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## 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) 40 238 1142 and e-mail: [mastersinschrijvingen@knzb.nl](mailto:mastersinschrijvingen@knzb.nl)

Competition and other information on  
Website [KNZB](#) & [PSV Masters Swimming](#)

