



NATIONAAL ZWEMCENTRUM DE TONGELREEP

Thuisbasis voor
alle zwemmers



**Genneper
Parken**

Nationaal Zwemcentrum de Tongelreep is uniek in Europa!

Het Pieter van den Hoogenband zwemstadion, de thuisbasis van een groot aantal topspringers en -zwemmers, is uitgerust met een 50 meter wedstrijdbassin en een 25 meter springbassin. Het bijbehorende trainingscentrum is dé plek waar zwemmers hun prestatievermogen optimaliseren met behulp van innovatieve trainingsfaciliteiten. In het zwemcentrum is ruimte voor recreatiezwemmen, zwemlessen, speciale groepen, individuele breedtesporters in verenigingsverband, maar ook voor de individuele baantjeszwemmers, subtoppers én de absolute nationale- en wereldtop.

Antoon Coolenlaan 1 | Eindhoven | 040- 238 11 57 | www.tongelreep.nl

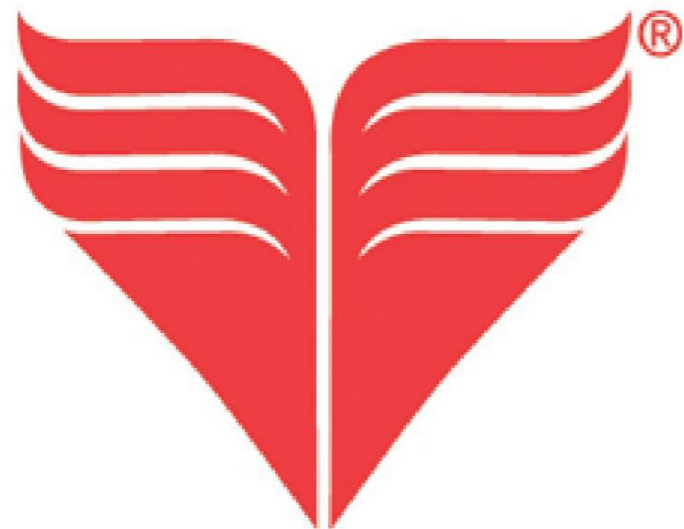
Open Dutch Masters
Championships Swimming
(Long Course)

7/8/9 May 2010



Information booklet





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Bovendien wil TYR graag sponsor van uw vereniging worden!



Open Dutch Masters Championships Swimming
2010



These championships were made possible by

PSV Masters Swimming
KNZB Taskforce Masters Swimming
Maddy & Corry & Kees-Jan
All Officials
All volunteers

Nationaal Zwemcentrum De Tongelreep
Gemeente Eindhoven
Hotel Van der Valk
Grand Café SwimmerS
OnkoSport

THANKS FOR YOUR CONTRIBUTION

Inschrijving WMK Göteborg 2010

De Wereld Masters Kampioenschappen worden in 2010 gehouden in Zweden te Göteborg en Borås van 30 juli t/m 7 augustus.

Inschrijfprocedure

Bij inschrijvingen voor de WMK wordt geen controle door de KNZB gevraagd. Deelnemers moeten dus zelf inschrijven via www.2010finamasters.org/. Via de banner helemaal bovenin met de tekst 'online registration and booking accommodation now open' kom je direct bij de inschrijfformulieren. Kies 'registration and book hotel'. Dan kom je bij de pagina waar je via allerlei vragen je inschrijving kan doen. Eventueel dus ook voor accommodatie. Heb je dat zelf al geregeld dan vul je bij de vraag 'book hotel' "no" in.

De inschrijving sluit op **22 mei** (bij online inschrijven).

Er wordt gevraagd naar een **Registration Card**: daarbij wordt het startnummer bedoeld. In de bepalingen wordt genoemd dat deze mogelijk moet worden getoond bij accreditatie. De taakgroep zal hierover contact opnemen met de organisatie (Nederland kent geen registratiekaarten).

Denk er wel aan dat er een **'toestemming buitenland'** via het wedstrijdsecretariaat van je vereniging moet worden aangevraagd. Daar zijn geen kosten aan verbonden.

Supporters en coaches

Dit keer is er ook mogelijkheid tot inschrijving van supporters en coaches, dat gaat op dezelfde wijze als de individuele inschrijving.

Overige informatie

In verband met een infoboekje, mogelijke kledingaanbiedingen, reistips e.d. zouden we graag willen weten wie er naar Göteborg gaat en waaraan je gaat deelnemen. Stuur een e-mailtje met deze gegevens naar Lidia van Bon (lidia@vanbon.net) of Harold Matla (harold.matla@capgemini.com)

Mochten er vragen zijn: neem dan gerust contact op met Kees-Jan van Overbeeke (masters@knzb.nl) of Lidia van Bon (lidia@vanbon.net). Bij de ONMK in Eindhoven zal de taakgroep masterszwemmen via de Zwemmers Info Desk bereikbaar zijn voor vragen.

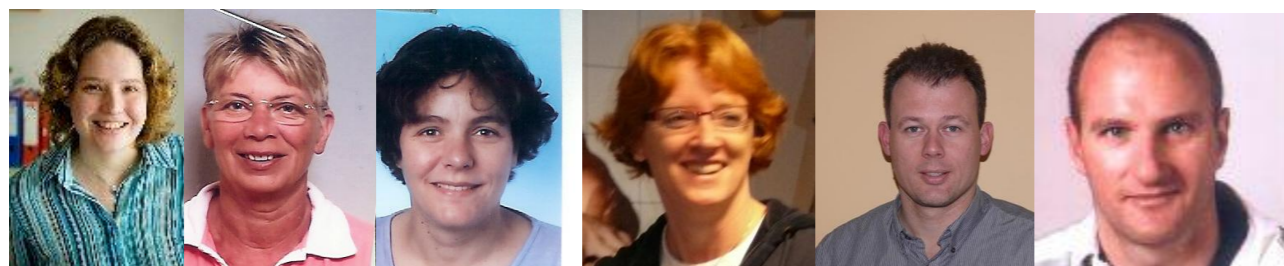
Zie ook: <http://www.knzb.nl/wedstrijdsport/zwemmen/masters/wmk>

- voor een link naar het Informatie boek - [Entry booklet WMK2010.pdf](#)
- en tips voor een accommodatie met enkele [aanbiedingen](#).

Met vriendelijke groet,

Taak Groep Masters Zwemmen

TgMZ@mastersprint.nl



v.l.n.r.: Laura Badoux (DAW), Loekie van Huissteden (AZ&PC), Lidia van Bon (AZ&PC), Margriet Grove (Oceanus), Harold Matla (PSV), Kees-Jan van Overbeeke (PSV)

Contents

Map of the pool.....	5
Drinks, Lunch & Masters buffet	6
List of participating teams.....	7
Timetable Friday	8
Timetable Saturday	8
Lunch break + warming up	8
Masters buffet 18:45 - 20:45	8
Timetable Sunday	8
Lunch break + warming up	8
Swimming information	9
ODMC Championships Records (2000-2009, long course)	10
ODMC Championships Records (cont.)	11
Uw (actie)foto van het NK Masters2010	12
Action pictures during ODMC 2010.....	12
Claudia's Mobile Sewing Service.....	12
Announcements.....	13
Dutch Masters Badmutsen	13
Inschrijving WMK Göteborg 2010	14



Preface Swimming

After the **Open Dutch Masters Championships** in 2007, 2008 and 2009, this is the fourth time we are hosting this great event in Eindhoven. We are happy to see that we can welcome several participants of previous years. We can also welcome several new Masters Friends from all over Europe who also found their way to our beautiful *Pieter van den Hoogenband Zwemstadion* in Eindhoven.

New this year is the 4x100m freestyle relay. This will be a record breaking event! Many teams seized the opportunity to participate in this event to set some new world records.

This year the competition is led by referee Arthur Becht, assisted by deputy referee Paul Chaudron and starters Wim Houtman and Henk van den Brink. During sessions 3 and 5 we will work with 2 starters, one for the men and one for the women.

Take note of the new swimwear rules

As of January 1st, 2010 there are restrictions on the wearing of swimsuits. KNZB rules are the same as FINA's. *You will be disqualified if you do not comply with these rules.*

On this tournament there will be a swimwear stand from OnkoSport on Saturday and Sunday.

For Dutch Masters Swimmers with questions about WMC Göteborg or Dutch Masters Swimming, members of the Dutch Task Force Masters Swimming are available during the whole weekend. You may contact them directly or through the Swim Info Desk.

At this desk you can also buy swim caps with the Dutch Masters logo on it for only €7,00.

We'd like to thank all people who have helped with the preparations and those who will lend a hand during the tournament to make it a big success again. Especially those who handled the many emails with entries, changes and questions have had to work hard. Special thanks therefore to Maddy, Corry and Kees-Jan, who have devoted a great deal of time to processing the entries

On behalf of the organisation we should like to wish everyone an enjoyable tournament with good achievements in the water.

Harold, Jolanda, Joop, Kees-Jan, Kitty, Liselotte, Peter



Announcements

Zuidelijke Cirkel 2010

The 'Zuidelijke Cirkel' is a very popular set of competitions in the South of the Netherlands. More info and programme details on: www.knzbkringbrabant.nl/zwemmen/masters.php

MasterSprint Newsletter and site

For more info and the latest news on Dutch Masters you can join the MasterSprint Newsletter by sending an e-mail to masters@knzb.nl. See also www.mastersprint.nl



Masters on Hyves

Extend your social network on Hyves and join <http://hollandmastersswimming.hyves.nl/>



Masters on linkedin

Extend your social network on LinkedIn and join <http://www.linkedin.com/groups?gid=1862048>



EMC 2011 in Jalta (UKR) – 5/9 September 2011

There is no weblink yet, but information can be found on www.psvmasters.nl/wedstrijden/emk2011

Dutch Masters Badmutsen

Speciaal voor de WMK in Göteborg zijn badmutsen ontworpen met het Nederlandse Masters logo erop.

Deze zijn te koop op zaterdag en zondag voor €7,- bij de Zwemmers Info Desk.

Ook leuk als je niet aan de WMK mee doet uiteraard.



Uw (actie)foto van het NK Masters2010

Gedurende het hele kampioenschap loopt onze fotograaf Kees-Jan rond. Vraag hem rustig vooraf als je graag een bepaald soort foto wilt hebben. Zie je hem niet? Vraag het aan de infodesk.

Een zijaanzicht, vooraanzicht, laag of hoog, start of zwemmend. Je vraagt het hem maar.

Geef natuurlijk ook op:

- ✚ naam opdrachtgever
- ✚ naam te fotograferen Master (indien anders)
- ✚ vereniging
- ✚ e-mailadres
- ✚ mobiel nummer
- ✚ programma en serie nr.



Benieuwd naar zijn foto's? Kijk op <http://kjvo.nl/fotografie/knzbknkzwemmen>, daar komen ook de foto's van dit kampioenschap.

De kosten voor digitale kopieën zijn:

Prijs € 5,00 voor 1, € 8,00 voor 2 en € 9,00 voor 3 stuks.

Alle soorten afdrucken bestellen kan ook.

Meer informatie te vinden op bovengenoemde webpagina in:

[Bestellen foto's KNZB NK 2009-2010.pdf](#)

Action pictures during ODMC 2010

During the tournament our photographer Kees-Jan will be taking pictures.

You can ask him to take pictures of your team, your race, etc.

If you don't see him, ask the swim info desk, or leave a message with details:

- ✚ Your name
- ✚ Person to be photographed
- ✚ Team
- ✚ E-mail
- ✚ Cell-phone number
- ✚ Program, heat, lane, etc.

For an impression of his pictures, see <http://kjvo.nl/fotografie/knzbknkzwemmen>.

On this website his pictures of these championships will also be published.

Costs for digital copies are:

€ 5,00 for one, € 8,00 for two and € 9,00 for three pictures

You can also order all kinds of printed photos.

More information on the website at: [Bestellen foto's KNZB NK 2009-2010.pdf](#)

Claudia's Mobile Sewing Service

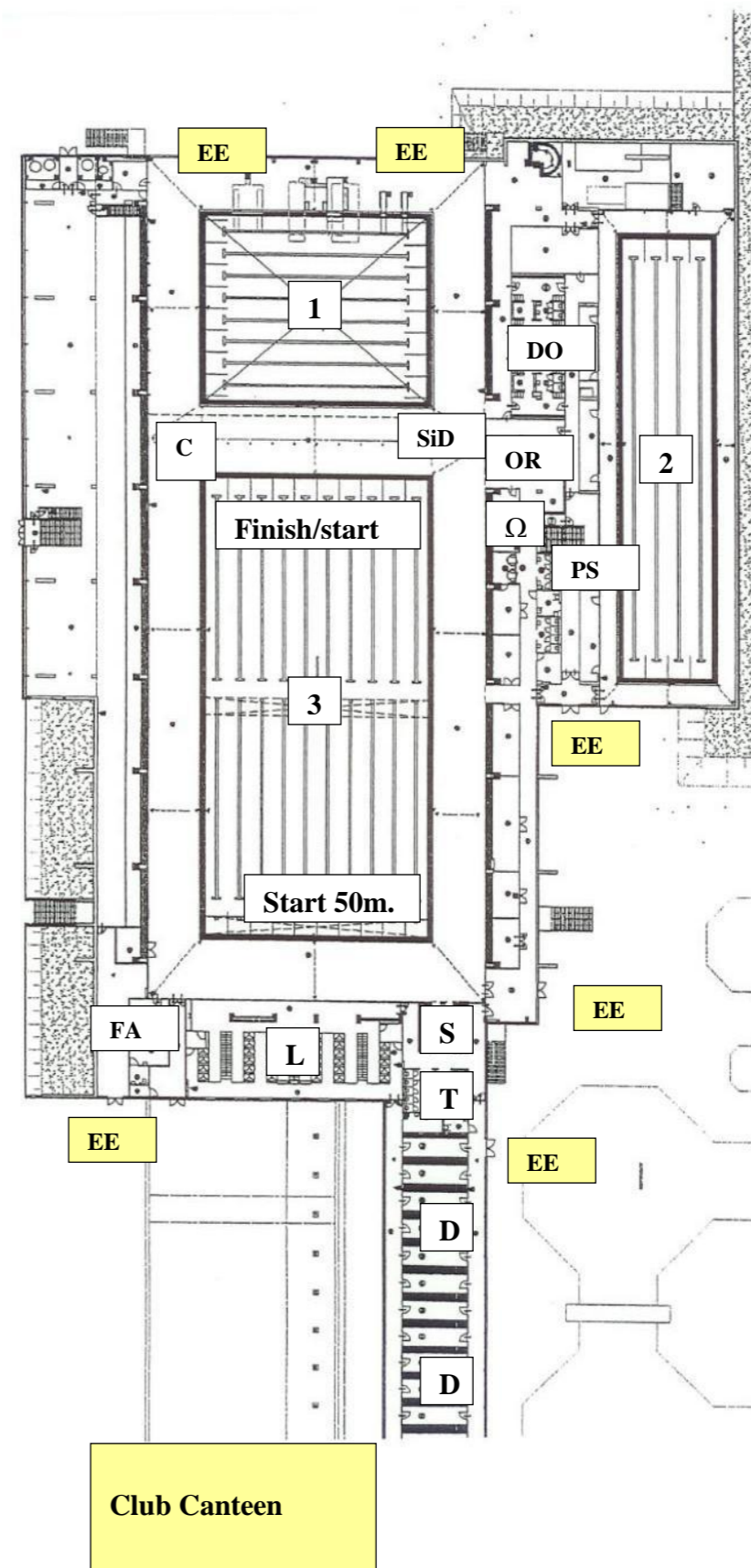
During the ODMC Claudia Macher will be present with her Mobile Sewing Service.

She can sew all kind of logos, names, text on your clothing.

Claudia's Mobiler Sticksservice : www.cmmss.de



Map of the pool



Pools

1. Diving Pool
2. Training/Warmup Pool
3. Competition Pool

Pools

- D. Dressing Rooms
- L. Lockers
- DO. Dressing Rooms Officials
- T. Toilets
- S. Showers
- PS. Stairs to Public Stands

Official rooms

- OR. Official Room
- Ω. OMEGA Room

In case of emergency

- FA. First Aid
- EE. Emergency Exit

Competition details

- SiD. Sports Info Desk
- C. Ceremony / Awards
- Finish / Starts 100+m
- Starts 50m

Via Public Stands:

- Entrance / exit
- Emergency exits
- Seats
- Toilets
- Club Canteen

Drinks, Lunch & Masters buffet

Club canteen

During the weekend the club canteen is open for drinks and relaxing during the following hours:

Friday	11:30-13:00	
Saturday	08:00-09:30	12:00-14:30
Sunday	08:00-09:30	12:00-14:30

Masters Lunch 2010

During lunch hours at Grand Café SwimmerS there are several lunches possibilities.



Masters Buffet 2010

The Masters Buffet takes place on Saturday from 18:45 until 20:45 in Grand Café Swimmers at the main entrance of the Swimming Stadium.

Before the buffet you have to change your dinner voucher for an armband at the entrance desk.

This year's menu is Indonesian:

- ✚ bami goreng (baked noodles)
- ✚ rijst (rice)
- ✚ sajoer boontjes
- ✚ saté ajam (chicken sate)
- ✚ koude Pepesan salade (fish salad)
- ✚ kroepoek (prawn crackers)
- ✚ sambal

Drinks are included.



ODMC Championships Records (cont.)

Men		20+	25+	30+	35+	40+	45+
50	fly	0:26,84	0:24,72	0:25,88	0:26,96	0:27,42	0:27,83
100	fly	0:59,00	0:59,03	1:01,13	1:03,90	1:02,71	1:01,81
200	fly	2:36,34	2:12,82	2:12,77	2:26,75	2:22,44	2:17,94
50	back	0:27,57	0:28,25	0:29,54	0:28,83	0:28,95	0:30,65
100	back	1:00,53	1:01,37	1:03,57	1:03,76	1:04,38	1:07,19
200	back	2:17,75	2:15,98	2:21,29	2:34,61	2:25,35	2:30,58
50	breast	0:31,55	0:29,36	0:31,81	0:29,31	0:32,17	0:34,41
100	breast	1:10,90	1:04,61	1:08,31	1:05,65	1:13,79	1:16,22
200	breast	2:41,53	2:34,27	2:27,30	2:35,11	2:46,11	2:48,72
50	free	0:24,89	0:23,40	0:24,73	0:25,25	0:25,32	0:26,29
100	free	0:54,45	0:51,37	0:55,30	0:54,80	0:55,37	0:57,42
200	free	2:09,62	1:54,22	2:00,33	2:00,38	2:02,66	2:12,00
400	free	4:24,45	4:12,70	4:15,90	4:41,12	4:29,88	4:42,56
800	free	9:01,43	8:41,99	9:17,72	9:31,86	9:24,08	9:55,42
1500	free	17:39,53	16:44,41	17:30,09	18:17,21	18:30,78	19:06,69
200	ind. medley	2:29,69	2:18,51	2:17,93	2:22,85	2:24,92	2:20,91
400	ind. medley	5:28,04	4:57,19	5:16,69	5:17,99	5:14,51	5:07,68

Men		50+	55+	60+	65+	70+	75+	80+
50	fly	0:27,10	0:29,07	0:34,08	0:37,27	0:39,43	0:40,82	0:41,36
100	fly	0:59,67	1:07,17	1:19,44	1:30,53	1:43,84	1:41,93	
200	fly	2:15,06	2:38,64	3:02,16	3:23,90	3:53,64		
50	back	0:33,16	0:34,27	0:34,57	0:37,52	0:45,47	0:41,91	0:43,34
100	back	1:12,65	1:15,11	1:17,96	1:22,29	1:39,51	1:41,34	2:00,23
200	back	2:33,95	2:53,63	2:55,29	3:03,87	3:27,27	3:43,83	4:27,02
50	breast	0:34,51	0:36,82	0:39,33	0:40,01	0:40,64	0:46,52	0:45,82
100	breast	1:15,25	1:21,94	1:26,48	1:29,66	1:36,11	1:50,54	
200	breast	2:49,80	2:58,46	3:07,27	3:17,29	3:36,07	4:10,18	
50	free	0:26,08	0:27,78	0:30,78	0:32,40	0:32,22	0:33,79	0:34,23
100	free	0:58,19	1:01,18	1:08,93	1:16,83	1:14,18	1:18,88	1:21,86
200	free	2:08,84	2:18,50	2:27,36	2:23,44	2:46,34	3:02,89	4:19,61
400	free	4:43,78	4:57,61	5:09,68	5:46,08	5:49,34	7:54,39	9:23,33
800	free	10:00,42	10:05,33	10:24,91	12:23,46	12:26,90	15:00,93	59:59,00
1500	free	19:33,51	19:25,15	20:04,60	23:16,69	23:52,88	28:17,70	34:41,81
200	ind. medley	2:30,02	2:29,65	2:53,53	3:14,91	3:29,07	3:55,27	
400	ind. medley	5:06,60	5:38,24	6:02,91	6:36,34	7:21,76	8:48,10	

Relay			80+	100+	120+	160+	200+	240+	280+
4x50	free	Women	2:02,28	2:05,90	2:02,14	1:59,01	2:11,27	2:35,10	3:43,85
4x50	medley	Women	2:21,56	2:23,62	2:15,58	2:27,79	2:28,18	3:26,00	3:54,55
4x50	free	Men	1:44,94	1:46,05	1:40,56	1:45,11	2:00,31	2:50,78	2:30,39
4x50	medley	Men	1:56,96	1:56,76	1:55,60	1:59,88	2:09,83		
4x50	free	Mixed	1:55,84	1:53,40	1:49,73	1:53,95	2:03,51	2:17,00	2:34,59
4x50	medley	Mixed	2:14,48	2:04,54	2:02,97	2:04,30	2:20,43	2:38,26	3:12,13
4x100	free	Women							
4x100	free	Men							
4x100	free	Mixed							

ODMC Championships Records (2000-2009, long course)

The Championships Records are the fastest times ever swum in a particular age group at the past 5 long course Open Dutch Masters Championships.

Since 2009 there are also 20+ records. In previous years this group swam in separate programmes as pre-masters.

Women		20+	25+	30+	35+	40+	45+
50	fly	0:31,25	0:29,93	0:30,09	0:31,77	0:30,96	0:32,61
100	fly	1:13,12	1:06,86	1:08,29	1:10,23	1:09,97	1:13,37
200	fly	2:44,53	2:33,77	2:33,32	2:42,78	2:35,98	2:50,04
50	back	0:34,18	0:32,24	0:34,21	0:35,66	0:35,35	0:35,08
100	back	1:11,44	1:11,51	1:15,96	1:15,23	1:13,23	1:13,64
200	back	2:44,74	2:32,88	2:44,76	2:40,91	2:37,28	2:53,80
50	breast	0:34,76	0:34,18	0:35,39	0:36,11	0:38,70	0:37,98
100	breast	1:15,83	1:16,61	1:16,59	1:21,88	1:25,93	1:24,61
200	breast	2:48,09	2:59,04	2:48,76	2:57,90	2:55,06	2:59,16
50	free	0:27,55	0:27,85	0:27,91	0:29,25	0:28,70	0:29,59
100	free	1:00,49	1:00,34	1:01,04	1:03,84	1:02,47	1:03,47
200	free	2:13,13	2:12,91	2:16,06	2:17,46	2:20,88	2:19,94
400	free	4:33,11	4:46,67	4:49,39	4:49,20	5:01,97	4:46,38
800	free	9:16,61	9:53,49	9:54,68	9:50,01	10:30,42	10:46,52
1500	free	17:30,58	18:38,51	18:49,57	18:37,27	20:00,34	20:25,89
200	ind. medley	2:31,87	2:37,19	2:35,64	2:40,94	2:43,15	2:43,56
400	ind. medley	5:30,99	5:37,45	5:33,36	5:45,34	5:29,40	5:57,08

Women		50+	55+	60+	65+	70+	75+	80+
50	fly	0:32,61	0:32,24	0:33,81	0:48,49	0:43,13	0:40,84	0:42,85
100	fly	1:13,37	1:13,83	1:26,41	1:52,12	1:57,56	2:17,03	
200	fly	2:50,04	2:46,59	4:29,97	4:10,53	4:23,76	4:56,21	
50	back	0:35,08	0:38,06	0:40,13	0:48,44	0:46,63	0:43,84	0:52,08
100	back	1:13,64	1:20,22	1:25,24	1:49,22	1:42,49	1:33,61	1:44,66
200	back	2:53,80	2:56,56	3:07,78	4:04,24	3:39,79	3:27,58	4:42,24
50	breast	0:37,98	0:40,62	0:41,62	0:46,00	0:45,12	0:47,20	0:47,68
100	breast	1:24,61	1:34,37	1:29,59	1:41,35	1:41,21	1:46,66	1:46,04
200	breast	2:59,16	3:24,91	3:11,46	3:38,80	3:45,13	3:58,92	3:57,34
50	free	0:29,59	0:29,91	0:30,77	0:40,13	0:35,70	0:36,64	0:37,88
100	free	1:03,47	1:06,21	1:08,27	1:25,81	1:28,19	1:24,91	1:32,15
200	free	2:19,94	2:23,62	2:34,07	3:05,36	3:11,06	3:02,46	3:07,41
400	free	4:46,38	5:24,26	5:33,86	6:40,96	6:37,85	6:08,98	6:26,75
800	free	10:46,52	11:03,34	11:25,79	14:05,43	13:53,99	14:00,74	13:46,97
1500	free	20:25,89	21:19,24	21:44,99	27:09,75	26:24,78	26:37,42	36:38,30
200	ind. medley	2:43,56	2:51,19	3:05,64	3:40,88	3:38,15	3:30,86	
400	ind. medley	5:57,08	6:04,40	6:43,81	7:44,81	8:16,24	9:07,16	

List of participating teams

A special welcome to our foreign guests.

Belgium

AZSC
AZV
BRABO
CHAT
CHTHN
CNBA
CNSW
Embourg Natation
KRZV
LZV

Nivelles Swimming
Team
RVN
SHARK
France
ASL Janville Lardy
Florange Natation
Germany
EOSC
SC Wiesbaden 1911
e.V.

SG Gladbeck
SV Blau-Weiss Bochum
1896
SV Langenfeld 1912
TV Idar-Oberstein
Hungary
Budapesti Delfinek
Sprint Fortuna
Totkomlosi Rozmar
Szenior

Italy

SS Lazio Nuoto
Luxembourg
Swimming Luxembourg
Swimming Club 'le
Dauphin' Ettelbruck
Serbia
S.C. Zlatni Delfin

Groningen

De Pinquin
GZVW
Trivia
ZwemGoud

Friesland

HZPC
ZCNF'34

Drente

De Spatters
MZ&PC De Reest

Overijssel

De Veene
Dedemsvaart AC
Deltasteur
Swol 1894
WS Twente
ZVZ

Gelderland

Aqua-Novio '94
Aquapoldro
De Hokseberg
De Rijn
DWK
EZZ
Neptunus
Octopus
Olympia
WWV
ZC '90
ZPCM
ZZZ

Utrecht

AZ&PC

The Netherlands

De Amer
De Duinkickers
De Fuut
De Haaien
IJZPC
NAT Utrecht
Z&PC de Zwoer
ZV Utrecht

Amsterdam/Het

Gooi

De Aalscholver
De Dolfijn
De Futen
De Otters Het Gooi
GSA
Het Y
Kon. AZ 1870
Oceanus
Triton
Upstream
ZPCH

Noord-Holland

DAW Finenzo
De Bron
De Zeeschuiemers
DWT
OEZA
Sg Haerlem'04
WZ&PC Purmerend
ZV AQUARIUS
ZV Hoorn

Gouwe

Rijnstreek

De Zijl/LGB

De Columbiaan
De Zijl LGB
Electrolux AZC
Hoogenboom Tours
BZ&PC
Katwijk
LZ1886
NZ&PC
Van Vliet Barracuda
Z&PC De Gouwe

Haaglanden

AZL
D'elft
DES
Plons
WAVE
WVZ
WZK
ZC Ooievaar (SG)
Zv Westland Dijkglas
ZV Zoetermeer

ZRO

De Duck
De Geul
De Lansingh
De Stelle
DWF
LAC
MNC Dordrecht
PCG
RSW (SG)
SCOM
Vlaardingen
zc De Schotejil
ZOB'66
ZPB H&L

ZV Strijen

Zeeland

De Schelde
De Stormvogel
Luctor et Emergo

Noord Brabant

Arethusia
DBD
De Biesboschzwemmers
De Dommelbaarzen
De Warande
Den Doorn
DZT '62
Nayade
Neptunus '58
Njord
Old Dutch
PSV
SBC2000
TRB-RES
Tritium (SG)
Z&PC DIO
Zegenwerp
ZVDO '74

Limburg

Aquamigos
De Rog
HZPC
KZ&PC
NIMO
Panningen
RZ
ZV Brunssum



Timetable Friday

12:00 warming up
12:30 1. women 1500 freestyle
break 15 minutes
2. men 1500 freestyle
break 15 minutes
3. women 200 backstroke
4. men 200 backstroke
5. women 400 individual medley
6. men 400 individual medley

Timetable Saturday

08:30 warming up
09:00 8. men 400 freestyle
9. women 400 freestyle
break 15 minutes
10. men 200 breaststroke
11. women 200 breaststroke
12. men 100 backstroke
13. women 100 backstroke
14. mix 4x50 medley relay

Lunch break + warming up

12:30 warming up
14:00 16. men 800 freestyle
17. women 200 freestyle
break 30 minutes
18. men 50 freestyle
19. women 50 freestyle
20. men 200 butterfly
21. women 200 butterfly
22. men 50 breaststroke
23. women 50 breaststroke
break 10 minutes
24. men 4x50 freestyle relay
25. women 4x50 freestyle relay

Masters buffet 18:45 - 20:45

Timetable Sunday

08:30 warming up
09:00 27. women 800 freestyle
28. men 200 freestyle
break 15 minutes
29. women 100 breaststroke
30. men 100 breaststroke
31. women 100 butterfly
32. men 100 butterfly
33. mix/W/M 4x100 freestyle relay

Lunch break + warming up

12:30 warming up
14:00 35. women 50 butterfly
36. men 50 butterfly
37. women 4x50 medley relay
38. men 4x50 medley relay
39. women 200 individual medley
40. men 200 individual medley
41. women 50 backstroke
42. men 50 backstroke
break 10 minutes
43. mix 4x50 freestyle relay
45. women 100 freestyle
46. men 100 freestyle



Swimming information

Pool rules

Outdoor shoes are not allowed on the pool deck. Blue plastic shoe covers are available if necessary. Please throw your rubbish in the bins.

Warming up/training

Please leave the competition pool 5 minutes before the competition starts. There is no warming up in the competition pool during the short breaks. During the sessions the training pool is available for warming up, cooling down or training, with the exception of the lunch break.

Friday	diving pool	12:00-16:00
	training pool	16:00-19:00
Saturday+Sunday	training pool	08:30-12:30 / 14:00-end
Saturday+Sunday	competition pool	12:30-13:55 (during lunch break)

Starting procedures

There will be overhead starts.

It is a one-start competition. There is no marshalling area, so please be on time.

Withdrawals and not starting in events

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 or not starting in an event 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.

Relay changes

Please submit a new starting card before the warming up of the session in which the relay is swum. Changing the original age group is not allowed.

Results

Results will be published in the pool, on live timing and on the websites of KNZB and PSV Masters. They will be sent by e-mail to the representatives of each club, after the competitions. There will be no results on paper.

Medals, ceremonies, awards

In the individual events there will be three medals per age group. Medals may be picked up from the Sports Info Desk. They will not be sent by mail.

Swimmers who swam a World, European or National masters record may be called for an extra award.

In the relay events there will be three times four medals per age group. Medals may be picked up from the Sports Info Desk for the whole relay team at once. They will not be sent by mail.

Children

Children are not allowed to play in the training pool. Children and adults may use the recreational pool of the Tongelreep at a discount on Saturday and Sunday. Children under 8 years of age must be accompanied by an adult. Discount tickets may be obtained from the Sports Info Desk.

Children under 16	€ 1,50
Adults and over 16	€ 3,00

Swimsuits

The ODMC and KNZB follow FINA regulations for swimsuits.

The organisation can only be reached during the competition at: +31 (040) 238 1140.