



Open Dutch Masters
Championships Swimming
2010 long course



Join the ODMC 2010 long course

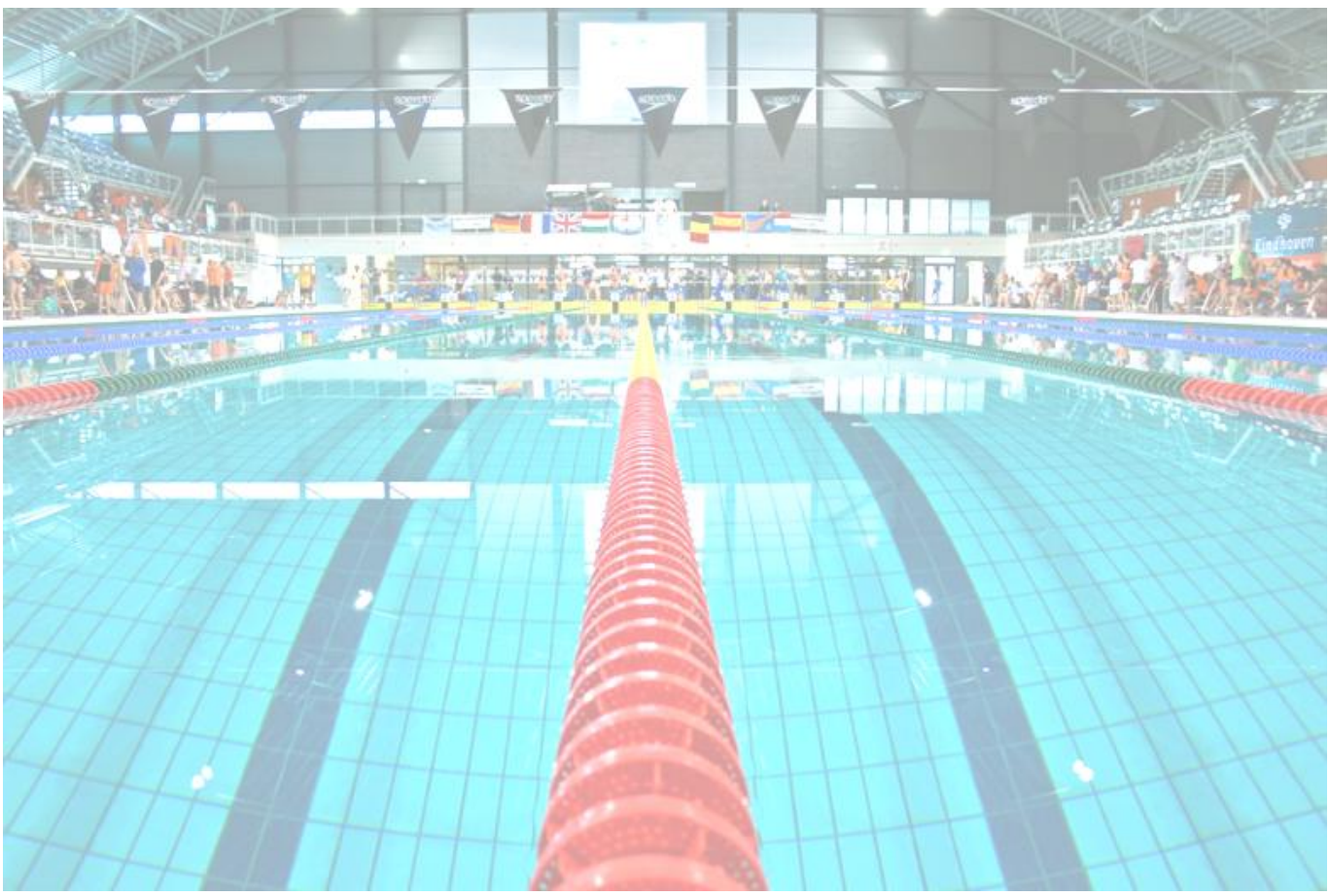
These will be held

From Friday 7th up to Sunday 9th May 2010

in the

Pieter van den Hoogenband Swim stadium

Antoon Coolenlaan 1, 5644 RX Eindhoven



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





Open Dutch Masters Championships Swimming 2010 long course

Programme

Friday 7 May

day 1 Afternoon Session

12:00 warming up

12:30 competition

1	1500 free style	Women
PAUSE (15 min)		
2	1500 free style	Men
PAUSE (15 min)		
3	200 back	Women
4	200 back	Men
5	400 Ind. medley	Women
6	400 Ind. medley	Men

Saturday 8 May

day 2 Morning Session

07:30 warming up

08:00 competition

8	400 free style	Men
9	400 free style	Women
PAUSE (15 min)		
10	200 breast	Men
11	200 breast	Women
12	100 back	Men
13	100 back	Women
14	4x50 Medley	Mixed

Sunday 9 May

day 3 Morning Session

07:30 warming up

08:00 competition

27	800 free style	Women
28	200 free style	Men
PAUSE (15 min)		
29	100 breast	Women
30	100 breast	Men
31	100 fly	Women
32	100 fly	Men
33	4x100 free style	Women/Men/Mixed

Saturday 8 May

day 2 Afternoon Session

12:00 warming up

13:30 competition

16	800 free style	Men
17	200 free style	Women
PAUSE (30 min)		
18	50 free style	Men
19	50 free style	Women
20	200 fly	Men
21	200 fly	Women
22	50 breast	Men
23	50 breast	Women
PAUSE (10 min)		
24	4x50 free style	Men
25	4x50 free style	Women

Sunday 9 May

day 3 Afternoon Session

12:00 warming up

13:30 competition

35	50 fly	Women
36	50 fly	Men
37	4x50 medley	Women
38	4x50 medley	Men
39	200 Ind. medley	Women
40	200 Ind. medley	Men
41	50 back	Women
42	50 back	Men
PAUSE (10 min)		
43	4x50 free style	Mixed
45	100 free style	Women
46	100 free style	Men

19:30-21:30

Mastersbuffet

Sessions table

Friday 7 May

Session	Warm up	Start	End
Afternoon	12:00	12:30	19:30

Saturday 8 May

Session	Warm up	Start	End
Morning	08:00	08:00	12:30
Afternoon	12:30	14:00	19:30
Mastersbuffet		19:30	21:30

Sunday 9 May

Session	Warm up	Start	End
Morning	08:00	08:00	12:30
Afternoon	12:30	14:00	17:30

Remark

Timelines under restriction.
Based on the number of entries this can alter.

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 the 4-lane 50m training pool next to the Championships Pool.



Open Dutch Masters Championships Swimming 2010 long course

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 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+ 1986-1990 | - 50+ 1956-1960 | - 80+ 1926-1930 |
| - 25+ 1981-1985 | - 55+ 1951-1955 | - 85+ 1921-1925 |
| - 30+ 1976-1980 | - 60+ 1946-1950 | - 90+ 1916-1920 |
| - 35+ 1971-1975 | - 65+ 1941-1945 | - etc. etc. |
| - 40+ 1966-1970 | - 70+ 1936-1940 | |
| - 45+ 1961-1965 | - 75+ 1931-1935 | |

Age groups Relays

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

Entries

- Sending entries is possible from april 1st. The closing date for entries is Monday 19th April 2010 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 without an entry time will not be accepted. Times have to be verifiable and swum from January 1st, 2008 up to and including 18st April 2010.
- Entry times are verifiable if these are exactly:
 - o To be found on 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.
- 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! Revision: All relays will be placed in the appropriate age group based on the sum of the age of the individual participants. No exception for 80+ teams. 80+ team and 100+ and higher teams with one or more 20+ participants are excluded from European and World Masters record.
- A swimmer will only be allowed to swim in one team in each relay event.
- When replacing swimmers in a relay, it 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 2 individual events per session.
- 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).
- 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, after conferring with the KNZB Taskforce Masters Swimming, reserves the right to select entries based on a percentage of World Masters Records (WMR) corrected with the age of the age category according to the formula:
 - o $Points = WMR/entrytime * 1000 + CategoryAge$
 - o The WMR will be used from the course in which the entry time is swum.
 Swimmers in age categories 65+ and older will not be limited on their 50m entries.
 In case of limitation there will be reserves 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 can only send your entries via email:

- The entry can only be made with the aid of a computer program that is Lenex v2, or v3, 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.
 - o If Splash software not is being used by your club, you may download the free Entry Editor from the [Splash website](#).
- With the entry you need to attach the following files:
 - o 1 x lxf (Lenex v2, or v3, compatible, at least TM build 2006.1560 and Entry Editor build 2008.1343) with all digital data for the competition program.
 - o 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.
 - 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 2010-05-07=(Your Swim Club name)-ODMC2010lc-entry.lxf
 - o 2010-05-07=(Your Swim Club name)-ODMC2010lc-entry.pdf
 - o 2010-05-07=(Your Swim Club name)-ODMC2010lc-entryform.doc
- Entries for several days must be sent as 1 complete file.
 - o PS. Please indicate which swimmers will take part in the Masters Buffet.
- All files can be mailed to mastersinschrijvingen@knzb.nl.
 - o Please use as subject line of the email: "**Entry ODMC2010lc + your swim 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.

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 [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.
- 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.
- 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 website. Live timing via KNZB 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 3 times 4 medals for relays in each age group.



Entry fees and payment

- Entry fees for the Dutch Championships are:
 - o Individual events € 7,00 per start
 - o Relays € 10,00 per start
 - o 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

PSV zwemmen en waterpolo inz. Masters

At: Eindhoven

IBAN : NL92RABO0146127056

BIC/SWIFT: RABONL2U

With Payment details: Entry fee ODMC2010 Ic-" *Your Swim Club name*"

Please note all bank charges for own account.

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](#) (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.
- There is enough seating for swimmers and spectators in the pool.

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 info@psvmasters.nl

Kees-Jan van Overbeeke

Tel. +31 543-533717 / +31 6-10223226

e-mail: Masters@knzb.nl

Final condition

- The organization and the 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

mastersinschrijvingen@knzb.nl and tel. +31(0)40-2381140



Accommodation

For accommodations look at the website of [PSV Masters](http://www.psvmasters.com) for addresses and special offers.

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: www.vandervalk.com



The hotel is at ± 1500 metres 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, sports facilities and free parking 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.

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

