





ODMC 2016 short course!

These will be organised from Thursday 21 until Sunday 24 January 2016 in

Sports centre Papendrecht

Burgemeester Keijzerweg 110, 3353 CV Papendrecht



Organisation
Z.V. De Geul i.c.w.
KNZB Taskforce Masters Swimming



Open Dutch Masters Championships Swimming 2016 short course



Program

ODMC 2016 short course

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

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

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

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

Overview sessions				
Day	Session	Warmup	Start	End
Thursday		12:30	13:30	19:00
Friday		8:00	9:00	12:30
Friday		12:30	13:30	18:30
Saturday		8:00	9:00	12:30
Saturday		12:30	13:30	18:30
Saturday	Masters	Buffet	18:30	20:00
Sunday		8:00	9:00	12:30
Sunday	7	12:30	13:30	17:30

	Day 3 Saturday afternoon session 5				
21	50m	breaststroke	Men		
22	50m	breaststroke	Women		
23	200	backstroke	Men		
24	200	backstroke	Women		
25	100m	medley	Men		
26	100m	medley	Women		
		Break 15	min		
27	200	free style	Men		
28	200	free style	Women		
29	100m	butterfly	Men		
30	100m	butterfly	Women		
	Break 5min				
31	4x50m	medley	Women/Men/Mixed		

	Day 4 Sunday morning session 6				
32	800m	free style	Women		
	Break 15min				
33	400m	medley	Men		
Break 5min					
34	4x100m	medley	Women/Men/Mixed		

	Day 4 Sunday afternoon session 7				
36	50m	butterfly	Women		
37	50m	butterfly	Men		
38	200m	breaststroke	Women		
39	200m	breaststroke	Men		
		Break 15	min		
40	50m	free style	Women		
41	50m	free style	Men		
42	100m	backstroke	Women		
43	100m	backstroke	Men		
	Break 5min				
44	4x50m	free style	Women/Men/Mixed		

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 25m pool.





Regulations

General

- Indoor pool, length 25 meters, 8 lanes, electronic timing. Sportcentrum Papendrecht: Burgemeester Keijzerweg 110, 3353 CV Papendrecht, 078-7708162
- 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 December 1th 2015. The closing date for entries is Monday, December 28th 2015 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 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 **January 1**st, **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.
 - o if you cannot comply with the above you will need to attach the official results of the competition in question to your entry.
 - 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.
 - 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).

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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:
 - 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 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:
 - 2016-01-21=(Your Swim Club name)-ODMC2016sc-entry.lxf
 - 2016-01-21=(Your Swim Club name)-ODMC2016sc-entry.pdf
 - 2016-01-21=(Your Swim Club name)-ODMC2016sc-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 ODMC2016sc + 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 <u>Tarievenlijst</u>.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 <u>KNZB</u> 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).

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- 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 €. 20.00 per start
 - Saturday evening dinner: Masters buffet (not only for swimmers)
 - Chicken Satay, pork tenderloin in cream sauce, French fries, potatoes with Cajun spices, bread, butter, crackers, various sauces and 1 drink (beer, wine,
 - Signed up with entries € 15,50
 - **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, this will be refunded after last start of the club paid in cash if no sanctions are to be deducted.
- In case of sickness or cancellations after the close date of registration (28 December, 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 : zwem- en polovereniging De Geul

: Papendrecht At

IBAN : NL92INGB0002206666

BIC/SWIFT : INGBNL2A

With payment details: Entry fee ODMC2016sc-"name swim Club"

Please note all bank charges are for own account.

The deposit will be returned as soon as possible after the tournament with deduction of possible fines.

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.

Inquiries

Nancy Roza Tel. +31 (0) 30 751 3248 e-mail: masters@knzb.nl

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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 06-21337713 and e-mail: mastersinschrijvingen@knzb.nl

Competition and other information on Website KNZB & De Geul

Accommodation:

An overview of lodging possibilities can be found on the website of the de organisation



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