



Open Dutch Masters Championships  
2019 short course  
From 24<sup>th</sup> until 27<sup>th</sup> January Zwolle  
Programme & regulations



# Open Dutch Masters

# Championships

# 2019 short course

# From 24<sup>th</sup> until 27<sup>th</sup> January

# Zwolle



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## General

The ODMC 2019 short course will be organised from Thursday 24<sup>th</sup> until Sunday 27<sup>th</sup> January in Zwolle, 'Zwembad De Vrolijkheid'. Address: Ossenkamp 7, 8024 AG Zwolle, phone number (038) 4550689. Indoor pool, length 25 meters, 8 lanes, electronic timing.

Organized by SWOL 1894 in cooperation with the Taskforce Masters Swimming of the KNZB.

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## 1. Programme and timetable

| Day 1 Thursday afternoon session 1 |       |           |       |
|------------------------------------|-------|-----------|-------|
| 2                                  | 1500m | freestyle | Men   |
| Break 15min                        |       |           |       |
| 3                                  | 1500m | freestyle | Women |

| Day 2 Friday morning session 2 |      |           |       |
|--------------------------------|------|-----------|-------|
| 4                              | 400m | freestyle | Men   |
| 5                              | 400m | freestyle | Women |
| Break 15min                    |      |           |       |
| 6                              | 100m | butterfly | Men   |
| 7                              | 100m | butterfly | Women |

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

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

| Overview sessions        |        |       |       |
|--------------------------|--------|-------|-------|
| Session                  | Warmup | Start | End   |
| Thursday 24 January 2019 |        |       |       |
| 1                        | 11:30  | 12:30 | 18:00 |
| Friday 25 January 2019   |        |       |       |
| 2                        | 08:00  | 09:00 | 12:30 |
| 3                        | 12:30  | 13:30 | 18:00 |
| Saturday 26 January 2019 |        |       |       |
| 4                        | 08:00  | 09:00 | 12:30 |
| 5                        | 12:30  | 13:30 | 18:00 |
| Masters Buffet           |        | 18:00 | 20:00 |
| Sunday 27 January 2019   |        |       |       |
| 6                        | 08:00  | 09:00 | 12:30 |
| 7                        | 12:30  | 13:30 | 17:30 |

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

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

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



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## 2. Regulations ODMC short course 2019

### 2.1 Age groups

#### Individual

- |                 |                 |                 |
|-----------------|-----------------|-----------------|
| - 20+ 1995-1999 | - 50+ 1965-1969 | - 80+ 1935-1939 |
| - 25+ 1990-1994 | - 55+ 1960-1964 | - 85+ 1930-1934 |
| - 30+ 1985-1989 | - 60+ 1955-1959 | - 90+ 1925-1929 |
| - 35+ 1980-1984 | - 65+ 1950-1954 | - enz.          |
| - 40+ 1975-1979 | - 70+ 1945-1949 |                 |
| - 45+ 1970-1974 | - 75+ 1940-1944 |                 |

#### Relays

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

### 2.2 Individual

- A swimmer may enter a maximum of 2 individual events per session.
- Entry times have to be verifiable and swum **from January 1st, 2017** onwards. Entries without an entry time will not be accepted.
- Entry times need to be:
  - swum at an official competition sanctioned by a national swimming federation
  - found on [www.swimrankings.net](http://www.swimrankings.net).
  - 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. Recommended is to choose the track length that gives the most points (see the information on 'Limitation').
- 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.

### 2.3 Relays

- 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 (Women/Men/Mixed).



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## 3. Entries

### 3.1 General

- Sending entries is possible **from Saturday, December 1<sup>st</sup> 2018**. The closing date for foreign clubs is on **Monday, December 24<sup>th</sup> 2018, 23:59h (CET)**  
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.
- If a swimmer wishes to attempt a European Masters Record, this should be noted at the KNZB entry form (MS Word). The record form can be found on the KNZB website.

### 3.2 Entry procedure

- The entry can only be made with the aid of a computer program that is Lenex v3 compatible.
- The lxf invitation file can be found on the [KNZB website](#).
- You can send your registration with accompanying files only via [this form](#)
- You must upload the following files in the form:
  - 1 x lxf (Lenex v3 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 record request form (if necessary).
- So, three files, including in all files **the name of your club**, according to the following format:
  - 2019-01-24=(Your Swim Club name)-ODMC2019sc-entry.lxf
  - 2019-01-24=(Your Swim Club name)-ODMC2019sc-entry.pdf
  - 2018-01-24=(Your Swim Club name)-ODMC2019sc-recordform.doc (if necessary)
- Note: All file names should include your club name.
- Note: Please fill in your correct email address, otherwise we cannot reply.
- Note: The lxf-file must contain the contact details of the (masters) competition secretariat.
- When you register via [the form](#), you will receive a confirmation of receipt twice:
  1. An automatic notification that the [entry form](#) is received. Call or e-mail if you have not received it (see the last sheet of these regulations for inquiries).
  2. 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.



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### 3.3 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](#))
- Lists of participants will be published on the [KNZB website](#) once the entries have been processed. After this, changes in the entries and new entries will not be processed.
- Incomplete entries and entries that have been received after publication of the participants cannot be processed.

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

- All heats will be seeded on entry times.
- Start lists will be published on the [KNZB Live Timing website](#) 24 hours before the start of the session at the latest.
- 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
- 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.
- Not started (NG) will be sanctioned per start!
- The referees may decide to take a participant out of the competition if this swimmer will exceed his entry time by a large margin.

### 5. 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 2900 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.

### 6. Start procedure

- There is no marshalling area. Swimmers have to make sure themselves to be at the start at time. There will be no waiting.
- There will be overhead starts (except the relays).



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- 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.

## 7. Results, Ceremonies and prizes

- Results will be posted on central locations in the pool and placed as soon as possible on the [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 golden, silver and bronze medals awarded per age group in each individual event.
- For the relays golden, silver and bronze medals will be awarded individually by age group and per category (Women/Men/Mixed relays).

## 8. Entry fees, rates and payment

### 8.1 Entry fees

Entry fees for the Dutch Championships are:

- Individual events 50 t/m 400m € 8,50 per start
- Individual events 800 & 1500m € 10,00 per start
- Relays € 20,00 per start

### 8.2 Other rates

- Admittance is free.
- Start lists per session by pre-order € 1,-- Note: number of start lists entered in the entry form
- Start list per session (sale during ODMC) € 1,50 Note: while they're still available
- Masters buffet after session 5 (not only for competitors):
  - Entered in the entry form (pre-order) € 15,00
  - During tournament € 17,50 (register not later than Saturday 26<sup>th</sup>, 6 pm, limited availability only!)
  - Children up to 10 years old € 10,00
- Please indicate in the entry form whether there are allergies that need to be taken into account and what kind of allergies these are.
- In case of sickness or cancellations after the close date of registration the entry fees are still indebted.

### 8.3 Payment

- Foreign participants must pay per club 100 euros deposit. The deposit will be refunded after the championships by bank transfer, less any applicable sanctions.
- **Foreign clubs** must transfer the entry fees (including fees for start lists and buffets) and the



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€ 100 deposit before the closing date (December 24<sup>th</sup>) but **no later than December 28<sup>th</sup>** to:

Name : SWOL 1894  
City : Zwolle  
IBAN : NL 62INGB0000885290  
BIC/SWIFT : INGB NL2A

With payment details: Entry fee ODMC2019sc-"*name swim Club*".

Please note all bank charges are for own account.

*\*Only if the entry fees have been transferred to the organization in time, i.e. by Friday December 28<sup>th</sup> at the latest, the entries of the club will be processed and will be published on the entry list (date of publication December 31<sup>st</sup> 2018).*

## 9. Other matters

### 9.1 Performance enhancing pharmaceutical or technical aids

- Doping checks are contained in the doping regulations of the KNZB. The procedures are described 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).
- The KNZB is following the FINA-rules regarding swimming suits:  
<https://www.fina.org/content/fina-approved-swimwear>
- The complete Regulations Swimming of the KNZB can be found [here](#) (in Dutch).

### 9.2 Photography and film/video

- During the ODMC, it is allowed to photograph and film as long as participants, officials, volunteers and public will not be hindered and not be affected in their personal privacy. When making action recordings, use of artificial lighting, such as flash, is not permitted.
- On entry the participant gives permission for publication of photos, audio and/or video of him/her that was made by the organization during the tournament. Of course taking into account the previous.
- Professional photography and video is permitted only after receiving permission of the KNZB Task Force Masters Swimming. Prior to the ODMC a request can be submitted by [masters@knzb.nl](mailto:masters@knzb.nl). Appointments will be made during the tournament.





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## 10. Inquiries and access during the ODMC

### 10.1 Inquiries

- Annet Kootstra (SWOL 1894 en KNZB Masters) t: 06-25416608, [e-mail](#)
- Kees-Jan van Overbeeke (KNZB Masters) t: 0543-533717, [e-mail](#)

### 10.2 Access during the ODMC

The organization can be reached during the competition by phone number +31-6-12251681 and by e-mail: [mastersinschrijvingen@knzb.nl](mailto:mastersinschrijvingen@knzb.nl)

**NB cancellations and changes can only be passed through this [e-mail address](#)!**

## 11. Final conditions

- 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.