



## Program

ODMC 2014 short course			
Day 1 Friday morning session 1			
01	1500m	freestyle	Men
02	800m	freestyle	Women
Day 1 Friday afternoon session 2			
03	4 x 200m	freestyle	Women/Men/Mixed
05	50m	breaststroke	Men
06	50m	breaststroke	Women
07	200m	individual medley	Men
08	200m	individual medley	Women
09	100m	butterfly	Men
10	100m	butterfly	Women
11	200m	freestyle	Men
12	200m	freestyle	Women
13	4 x 50m	medley	Men
14	4 x 50m	medley	Women
Day 2 Saturday morning session 3			
16	400m	freestyle	Women
17	400m	freestyle	Men
18	200m	butterfly	Women
19	200m	butterfly	Men
20	50m	backstroke	Women
21	50m	backstroke	Men
22	4 x 100m	medley	Women/Men/Mixed

Day 2 Saturday afternoon session 4			
24	4 x 50m	freestyle	Women
25	4 x 50m	freestyle	Men
26	200m	breaststroke	Women
27	200m	breaststroke	Men
28	100m	freestyle	Women
29	100m	freestyle	Men
30	50m	butterfly	Women
31	50m	butterfly	Men
32	100m	backstroke	Women
33	100m	backstroke	Men
34	4 x 50m	medley	Mixed
36	400m	individual medley	Women
37	400m	individual medley	Men
Day 3 Sunday morning session 5			
39	800m	freestyle	Men
40	1500m	freestyle	Women
Day 3 Sunday afternoon session 6			
41	4 x 100m	freestyle	Women/Men/Mixed
43	200m	backstroke	Men
44	200m	backstroke	Women
45	100m	individual medley	Men
46	100m	individual medley	Women
47	50m	freestyle	Men
48	50m	freestyle	Women
49	100m	breaststroke	Men
50	100m	breaststroke	Women
51	4 x 50m	freestyle	Mixed

Overview sessions			
Friday 24 January 2014			
Session	Warmup	Start	End
1	8:00	9:00	12:30
2	13:00	14:00	18:00
Saturday 25 January 2014			
Session	Warmup	Start	End
3	8:00	9:00	12:30
4	13:00	14:00	18:00
Mastersbuffet		17:00	20:00
Sunday 26 January 2014			
Session	Warmup	Start	End
5	8:00	9:00	12:30
6	13:00	14:00	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 pool.



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## Regulations

### General

- Indoor pool, length 25 meters, 8 lanes, electronic timing.
  - o Zwembad De Vrolijkheid, Ossenkamp 7, 8024AG Zwolle, Tel: 038-4550689..
- 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+ 1990-1994 | - 50+ 1960-1964 | - 80+ 1930-1934 |
| - 25+ 1985-1989 | - 55+ 1955-1959 | - 85+ 1925-1929 |
| - 30+ 1980-1984 | - 60+ 1950-1954 | - 90+ 1920-1924 |
| - 35+ 1975-1979 | - 65+ 1945-1949 | - etc.          |
| - 40+ 1970-1974 | - 70+ 1940-1944 |                 |
| - 45+ 1965-1969 | - 75+ 1935-1939 |                 |

### 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 1<sup>st</sup>. The closing date for entries is Friday, December 27<sup>th</sup> at 12:00h pm.** 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. Times have to be verifiable and swum from **January 1<sup>st</sup>, 2012** 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 limit period.
- 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.
- **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 2014). 80+ team and 100+ and higher 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 not allowed to change the age group of the relay.
- 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).
- If there are more starts at the closing of the entries then can be processed per planned session duration, the organization reserves the right, in consultation with the KNZB Taskforce Masters Swimming, to select the entries based on a percentage of the World Masters Records (WMR) according to the following formula:
  - $Points = WMR / \text{entry time} * 1000 + \text{Category Age}$
  - 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.



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In case of limitation there will be a reserve list in order of points.

- If there are fewer than 1600 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 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:
  - 2013-01-24=(Your Swim Club name)-ODMC2014sc-entry.lxf
  - 2013-01-24=(Your Swim Club name)-ODMC2014sc-entry.pdf
  - 2013-01-24=(Your Swim Club name)-ODMC2014sc-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 ODMC2014sc + 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.
  - First: an automatic notification that the e-mail is received.
  - 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.

### Unlawful, incomplete or late entries

- Incomplete entries and entries that have not been received in time 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
- 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 (that is before the first warming up of that day).
- 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.



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## Results, Ceremonies, and prizes

- Results will be posted on central locations in the pool and placed as soon as possible on the [KNZB website](#). 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 to 400m € 8,50 per start
    - Individual events 800 & 1500m € 10,00 per start
    - Relays € 20,00 per start
    - Saturday evening dinner: Masters buffet (not only for swimmers)
      - § 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 100 euros deposit per club; this will be refunded in cash after the last start of the club, if no sanctions are to be deducted.
  - **Foreign clubs** must transfer the entry and buffet fees including € 100 deposit before the closing date for entries to:
    - Account No : 4363865
    - From : C.J. van Overbeeke
    - At : Winterswijk
    - IBAN : NL48INGB0004363865
    - BIC/SWIFT : INGBNL2A
    - With payment details: Entry fee ODMC2014sc-"name swim Club"
- Please note all bank charges 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.

## Inquiries

- Kees-Jan van Overbeeke Tel. +31-543-533717 e-mail: [Masters@knzb.nl](mailto:Masters@knzb.nl)
- Annet Kootstra Tel. +31-6-12251681 e-mail: [ONMK@swol1894.nl](mailto:ONMK@swol1894.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.

## Competition and other information on Website KNZB

### Accommodation:

We arranged some special ONMK prices with a few hotels (prices are excluding € 0,60 tourist tax per person per night). Please use booking reference "ONMK2014".

- Hotel Lümen (walking distance to the swimming pool, 800m)
  - o Address: Stadionplein 20, 8025 CP Zwolle; Tel: +31-88 147 1471; [www.hotellumen.nl](http://www.hotellumen.nl).
  - o Reservations can be made by telephone or email ([info@hotellumen.nl](mailto:info@hotellumen.nl)).
  - o Friday – Saturday: Comfort Room single use, Breakfast included € 75,00 per night
  - o Friday – Saturday: Comfort Room double use, Breakfast included € 90,00 per night
  - o On Thursday a € 15,00 surcharge applies
- Van der Valk Hotel Zwolle (distance to the swimming pool, 3,5 km)
  - o Address: Nieuwleusenerdijk 1, 8028 PH Zwolle; Tel: +31-38 453 1064, [www.hotelzwolle.nl](http://www.hotelzwolle.nl).
  - o Reservations can be made by email ([receptie@zwolle.valk.nl](mailto:receptie@zwolle.valk.nl)).
  - o Room single use, breakfast included: 1 night € 79,00; 2 nights € 149,00; 3 nights (Thursday till Sunday) € 219,--.
  - o Room double use, breakfast included: 1 nights € 89,00; 2 nights € 169,00; 3 nights (Thursday till Sunday) € 239,--.
- Hotel Campanile Zwolle (distance to the swimming pool, 3,7 km)
  - o Address: Schuttevaerkade 40, 8021 DB Zwolle; Tel: +31-38 455 0444; [www.campanile-zwolle.nl](http://www.campanile-zwolle.nl).
  - o Reservations can be made by telephone or email ([zwolle@campanile.com](mailto:zwolle@campanile.com)).
  - o Room double or triple use, breakfast included: € 30,00 per person per night
  - o Room single use, breakfast included: € 55,00 per night
- You can find other overnight accommodation on the Zwolle tourist information site [www.vvzwolle.nl](http://www.vvzwolle.nl) (Click on "Overnachten").

