

Infobooklet

Open Dutch Masters Championships

Long course

Amersfoort



May 4 to 7 2023

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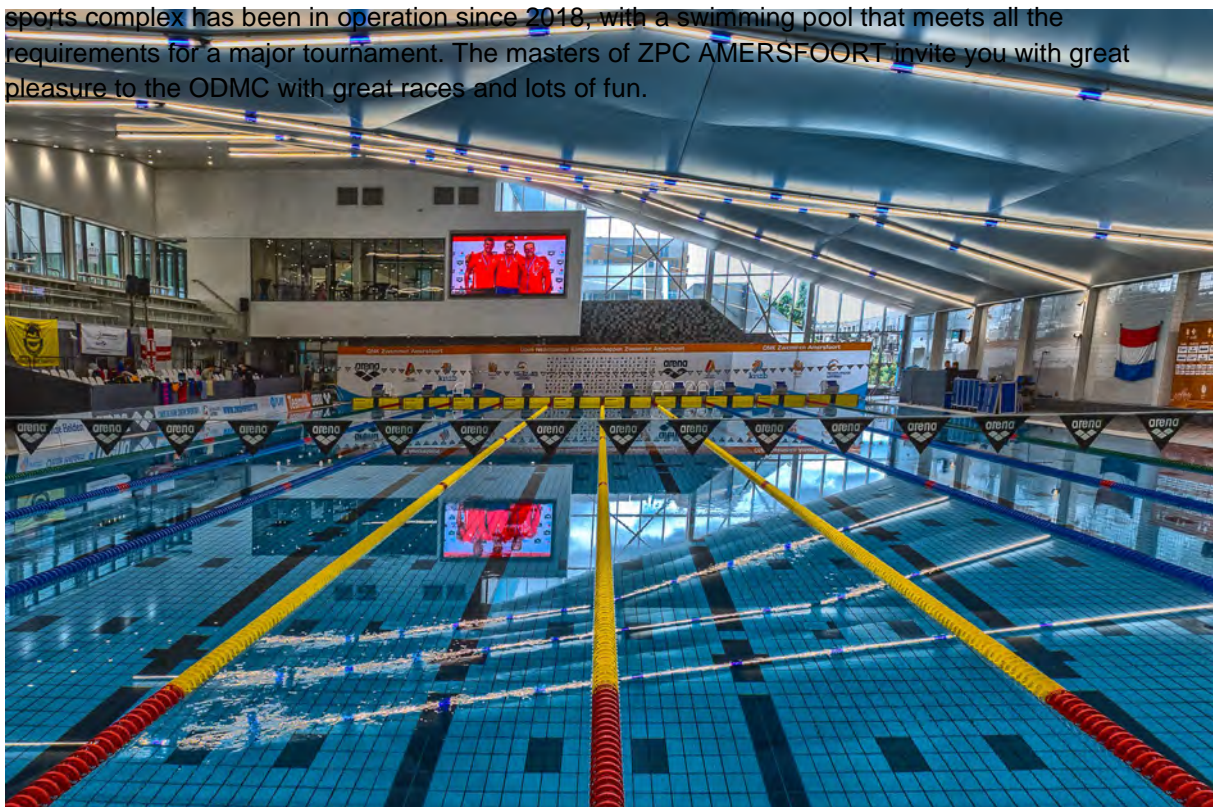
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ABOUT ZPC AMERSFOORT

ZPC AMERSFOORT was founded in 1910 as AZ&PC, with swimming and water polo as branches of sport. In the 1970s, synchronized swimming and diving were introduced with a move to the Sportfondsen pool. From 2015, AZ&PC and the other Amersfoort swimming club De Amer merged and continued together as ZPC AMERSFOORT.

Masters swimming is a large group within the club. From masters who only swim their laps recreationally to masters who passionately participate in many masters competitions, both national and international events and also achieved good results there. In addition, many Masters can also be found as a trainer at the edge of the pool or they have another volunteer position within the club.

ZPC AMERSFOORT has organized many (inter)national competitions in the past. First in the Pesie's bath and later in the Sportfondsenbad, which was renovated and expanded several times. Amerena sports complex has been in operation since 2018, with a swimming pool that meets all the requirements for a major tournament. The masters of ZPC AMERSFOORT invite you with great pleasure to the ODMC with great races and lots of fun.



PREFACE CHAIR ZPC AMERSFOORT

Dear swimmers,

Welcome to the 2023 Open Dutch Masters Championships long course, an event where swimmers from 15 different countries and 167 associations come together to share and celebrate their passion for swimming. This year we have almost 900 swimmers, who together provide more than 3400 individual starts and 371 relay starts. And you are all part of that!

I am very happy to see that our team, ZPC AMERSFOORT, is the largest participant with 42 masters taking part in 171 individual starts and 30 relay teams. This shows us that swimming is not only an individual sport, but also creates a community where everyone is welcome, regardless of age or level.

I would also like to thank the volunteers who responded to our call to help with this event. It's great to see how you have come from all swim groups to support us and help make this event a success.

I hope you all enjoy this ODMC and get the chance to meet new people, set new personal bests and above all have a lot of fun.

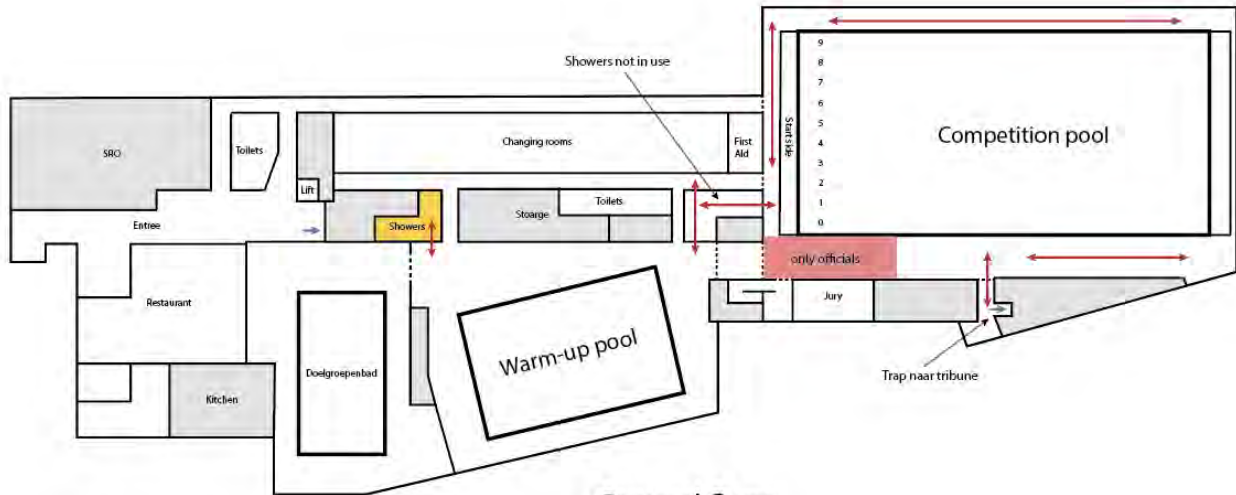
On behalf of the organizers and all volunteers, good luck and fun!

Yours sincerely,

Miriam Olen

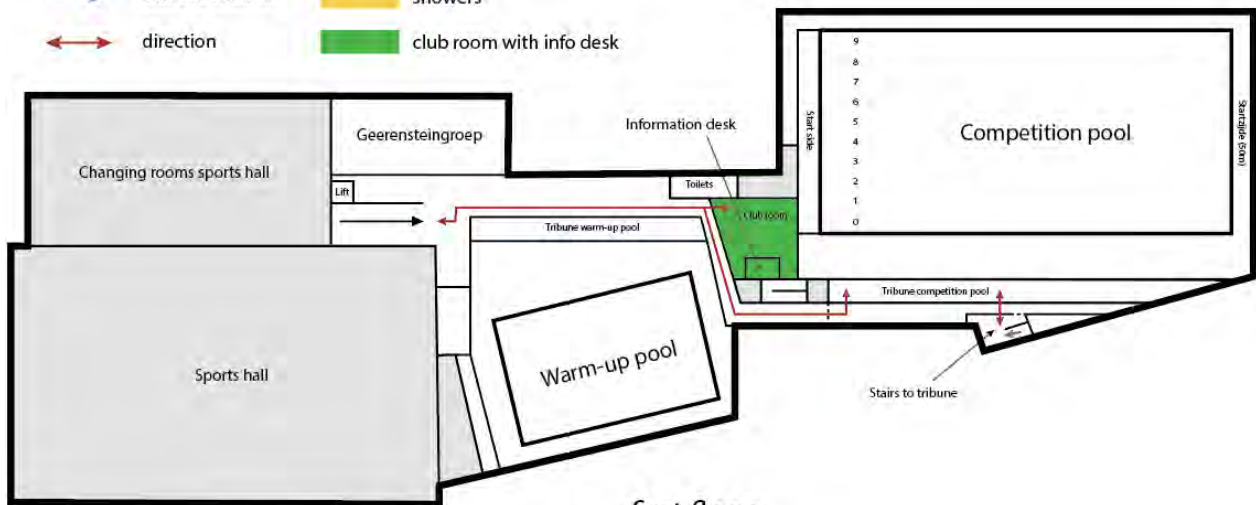
Chair ZPC AMERFOORT

MAP AMERENA



Ground floor

- door
- stairs to tribune
- ↔ direction
- showers
- club room with info desk



first floor

USEFUL INFO

ADDRESS AND PARKING AMERENA

The ODMC takes place in swimming pool Amerena, De Velduil 2, 3815 XT Amersfoort.
 You can park in the parking garage under Amerena. This is cheap, fast and easy: for the first 8 hours you only pay a total of 70 cents. After that it is 3 cents per minute. You can only pay for parking in Amerena with your debit card.
 When the parking garage is full, you have to find a suitable parking spot in the vicinity of Amerena. Always pay attention to the applicable rules for the street in question when parking.

PUBLIC TRANSPORT

Swimming pool Amerena is easily accessible by public transport. The buses depart from Amersfoort Central Station from platform H.

- Syntus regional bus 102, stop Amerena
- Syntus city bus 6 direction Liendert/Rustenburg, stop Kramsvogelstraat
- Syntus city bus 8 direction Schuilenburg, stop Amerena

=> Check the website of 9292ov.nl for the current departure and arrival times.
 If you have a hotel in the center of Amersfoort, you can walk to Amerena in about 15 minutes..

WARM-UP AND COOL-DOWN

In addition to the competition pool, we also have a warm-up pool during the ODMC where you can swim in and out. The indoor pool is open on Thursday from 2:00 PM to 6:00 PM, on the other days from 9:00 AM to 6:00 PM.

TIMETABLE ODMC 4 TO 7 MAY 2023

Overview sessions			
Session	Warmup	Start	End
Thursday 4 May 2023			
1	11:30	12:30	18:00
Friday 5 May 2023			
2	08:00	09:00	12:00
3	12:00	13:00	18:00
Saturday 6 May 2023			
4	08:00	09:00	12:00
5	12:00	13:00	18:00
Masters Buffet		18:00	20:00
Sunday 7 May 2023			
6	08:00	09:00	12:30
7	12:30	13:30	17:30

Attention!
 Breaks of 2 x 15 minutes during the sessions will be determined when the starting lists are published.
 Breaks between the morning and afternoon sessions last at least 1 hour, due to this the afternoon sessions may start slightly later.

ACCESSIBILITY DURING THE ODMC

The organization can be reached during the competitions on telephone number +31(0)543533717 and via mastersinschrijven@knzb.nl. Cancellations and changes in relay races can only be submitted via this e-mail address, or on site at the jury secretariat during the competition.

DOCTOR AND FIRST AID

During the ODMC, a doctor is available and can be called by members of the organization, recognizable by the black shirts.

SEATING

There are many seats at the tribune, benches and the additional stands on the platform. You may bring your own chair. Please note: these may not be used on the long side of the bath (wall-window side) on the opposite site of the tribune, because of the limited width of the platform on that side. You can place your own seats on the tribune side.

INFORMATION DESK

The information desk is located in the club room on the first floor. Medals and prizes for records can be picked up at the info desk. Clubs that have ordered buffets can pick up an envelope with coupons here. You can also register for the Masters buffet at the Infodesk, for as long as supplies last. For this we ask you to pay with cash, the costs are 22.50 euros. No printed programs/startlists will be distributed, these are only available digitally and will be hung near the swimming pool and on top of the tribune.

RESULTS

Results will be hung near in the Torenbad as soon as possible after the end of the program. Results are also published on the [website https://mastersprint.nl/live](https://mastersprint.nl/live) and in the SplashMe app.

MEDALS AND AWARDS

Each swimmer and relay team who placed first, second or third in his or her age group is entitled to a gold, silver or bronze medal respectively. The top 3 of the Dutch swimmers and Dutch relay teams are in any case entitled to the gold, silver or bronze medal in the relevant age group. As a result, as a Dutch swimmer you may finish fourth and still receive a medal because one or more participants from abroad have finished before you. You can pick up medals at the information desk. The dragon is available for swimmers who swim a World Masters record (WMR), European Masters Record (EMR) or Dutch or National Masters record (NMR). WMR and EMR swimmers can be called up for an extra ceremony. This will then take place in the competition pool. Medals and awards that are not collected during the ODMC will not be sent.

SALES STAND

A SportEmotion sales stand is available in the clubhouse on the 1st floor of the Amerena.

LINKS

[Mastersprint website](#) – for news, results and files.

<https://mastersprint.nl/live> – for latest results.

[KNZB website](#) – official competition page.

FOOD AND DRINK

During the ODMC you can go to the Amerena Central Horeca for food and drink, directly at the main entrance. Here you will find delicious coffee, healthy sandwiches and tasty smoothies at an attractive price. You can only pay with a debit card. Payment with cash and credit card is not possible. Please note: smoking is not allowed on the outdoor terrace of the Amerena.

MASTER BUFFET

On Saturday 6 May you can enjoy a delicious Masters buffet in Amerena restaurant from 6 pm. During the ONMK you can still sign up for this, while supplies last. Cost of the buffet upon registration during the tournament is € 22.50 per person. You can register and pay (with the exact amount in cash) at the information desk.

You can enjoy a tasty and varied Chinese-Indonesian buffet:

Masters buffet

Start: Saturday, May 6 from 6 p.m

Location: Amerena central horeca

Menu:

Babi pangang
Foe yong hai (v)
Lo han zeï (v)
Zhong qua ko lu yuk
Gon-bao kai
Daging roedjak
Saté ajam
Mini loempia's (v)
Kroepoek
Nasi
Bami (v)

**The Masters buffet is provided by
Mandarin Chinees-Indisch Specialiteiten Restaurant, Amersfoort**

ABOUT AMERSFOORT

Amersfoort is a beautiful and relaxed city, where everyone immediately feels at home. The city received city rights in 1259 and not long after that it started building a city wall. Because Amersfoort grew very fast, a new wall was built in the middle of the 15th century, which made the city three times bigger. The old wall was now an obstacle and was demolished. With the stones of that wall, houses were built on the exact spot of the old wall: Wall houses. If you look at the city center from above, you can still see exactly where the old city wall used to be.



The Wall houses (“Muurhuizen”) are striking because of their shallow depth (6 meters, the width of the original wall) and enormous width. The widest house (22 meters) and that of none other than Johan van Oldenbarnevelt at 19 Muurhuizen.

Those who go to the city from Amerena enter the center through the Kamperbinnenpoort. As the name suggests a gate that was part of the first wall. The first street on the left is Muurhuizen. Through this long but very picturesque street you walk around the center and you can enjoy many historic houses and beautiful vistas.



© Kees-Jan van Overbeeke

NATURE

In whichever direction you go, from Amersfoort you will be in the middle of nature in no time. For example, take a walk in the Hoevelakense bos, not far from Amerena, or imagine yourself near the sea in the Soesterduinen on the border between Amersfoort and Soest.

CULTURE

Culture lovers will get their money's worth in Amersfoort. Those who love music, theater or film can, for example, visit pop stage Fluor, theater Flint or theater / film house De Lieve Vrouw. More interested in art? That is also possible. For example, visit the Mondriaanhuis at Kortegracht 11. This museum is located in the old primary school where the father of painter Piet Mondriaan was headmaster.

Museum Flehite is a historical museum housed in a wall house, where you will find, among other things, a beautiful model of Amersfoort. Directly opposite the museum is the Koppelpoort, a striking old city gate that is popular with wedding couples for photo shoots.

For modern art you can go to Kunsthal KAdE, located on the Eemplein. The exhibition Maestro Van Wittel can be seen here until 5 May, about an Amersfoort painter of cityscapes who achieved name and fame in 18th-century Italy.

SHOPPING

In Amersfoort you can enjoy shopping. The most famous shopping streets are the Langestraat and the Utrechtsestraat. Here you will find shops that can be found in all major cities. Are you looking for some more exclusive shops? Then dive into the side streets, such as the Krommestraat and the Haversteeg. On Friday morning there is a flower market on the Lieve Vrouwenkerkhof and a fish market on the Groenmarkt. You can visit De Hof all Saturday for the weekly market.

KIDS

There is also plenty to do for children and grandchildren of Masters. DierenPark Amersfoort is of course a nice destination. But climbing the Onze Lieve Vrouwentoren is also great or make a visit to De Vosheuvel petting zoo.

FOOD EN DRINK

Amersfoort is bursting with nice and cozy cafes and eateries. From "Hollandse pot" to Indian curry, Italian pizza and Mexican burritos: we have it all. Feel free to contact one of the Amersfoort Masters if you are looking for something specific and want a tip. A nice place with many pubs and eateries is De Hof. Or settle down on the 'beach' at Zandfoort aan de Eem. There are a few traditional ice cream parlors in the Langestraat and on the Eemplein.

Nice to know: Amersfoort used to be a well-known beer brewing city. The beer was brewed with water directly from the Eem. Only poor people drank water, the other residents drank an average of 1.5 liters of beer (with a low alcohol percentage) per day. Amersfoort still has small, traditional beer breweries. The most famous are De Drie Ringen, near the Koppelpoort and Rock City Brewing, on the Mijnbouwweg. Drinking alcohol during the ODMC is of course not recommended, but taking home a nice bottle of Amersfoort beer as a reward for achievements can do no harm.

**ZPC AMERSFOORT WISHES ALL
MASTERS GOOD LUCK!**

SPONSORS

We would like to thank all our sponsors for their contribution. Without them and the efforts of the volunteers, judges, referee, doctors, employees of Amerena and all other contributions, this ODMC would not have been possible.

The following contributed to this ODMC:



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