Participants Information Booklet



ZPCH in cooperation with the
KNZB Task Force Masters Swimming
Open Dutch Masters Championships 2026 short course

Your host:

Swimming Club ZPCH (Zwem en Poloclub Hoofddorp) was founded on 18 November 1955. In those days, swimming took place in the Dr. Nanningabad, an outdoor natural swimming pool. Over the years, ZPCH has developed from a local outdoor club into a large and versatile sports association in the Haarlemmermeer region. In addition to competitive swimming, ZPCH has major departments for water polo, swimming lessons, and artistic swimming.

For 70 years, ZPCH has been much more than just a swimming club. The club is known for its dedicated volunteers, sporting achievements, and welcoming club culture. From first swimming strokes to high-level competitions, ZPCH is all about enjoying sport together, personal development, and having fun in the water.

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Welcome to Hoofddorp!

From 26 to 29 November, we are proud to host the Dutch Open Masters Swimming Championships at the Sportcomplex Koning Willem Alexander (SKWA). We are looking forward to welcoming swimmers from across the Netherlands and beyond for four days of masters swimming.

Organizing an event of this size involves a great deal of planning. Over the past months, the organizing committee, volunteers, officials, and the swimming facility worked hard on the preparations. From timing systems to spectator stands, and from volunteer schedules to coffee arrangements, every detail has been carefully considered. It is wonderful to see how many people are contributing to make this event possible.

Of course, there is always some excitement leading up to the event. Our main goal is a smoothly running event and for everyone to feel welcome. Most importantly, we are looking forward to it immensely. In the end, it is all about what happens in and around the pool: the race you have trained for, a personal best, or an exciting relay. But also about reconnecting with friends, cheering for teammates, and sharing stories afterwards. That is exactly what makes masters swimming so special.

We hope you will enjoy great races, look back on the championships with satisfaction, and take time to enjoy the friendly atmosphere during the event.

A special thank you to all volunteers, officials, and everyone else helping to make these championships possible. Together we will make it four memorable days. Good luck and, above all, have a fantastic championship!

On behalf of ZPCH,
Lucas Muntinga
Chairman, Competitive Swimming Division

Programme

Day 1 Thursday afternoon session 1		
1	1500m Freestyle	Women
2	1500m Freestyle	Men

Day 2 Friday morning session 2		
3	400m Freestyle	Women
4	400m Freestyle	Men
5	100m Butterfly	Women
6	100m Butterfly	Men

Day 2 Friday afternoon session 3		
7	50m Backstroke	Women
8	50m Backstroke	Men
9	200m Ind. Medley	Women
10	200m Ind. Medley	Men
11	100m Freestyle	Women
12	100m Freestyle	Men
13	200m Breaststroke	Women
14	200m Breaststroke	Men
	Break 5min	
15	4x200m Freestyle	Women/Men/Mixed

Day 3 Saturday morning session 4		
16	800m Freestyle	Men
17	400m Ind. Medley	Women
	Break 5min	
18	4x100m Freestyle	Women/Men/Mixed

Overview sessions			
Session	**Warmup**	**Start**	**End**
Thursday November 26, 2026			
1	11:30	12:30	18:00
Friday November 27, 2026			
2	08:30	09:30	12:30
3	12:30	13:30	18:30
Saturday November 28, 2026			
4	08:30	09:30	12:30
5	12:30	13:30	19:00
Masters Buffet		19:00	21:00
Sunday November 29, 2026			
6	08:30	09:30	12:30
7	12:30	13:30	18:00

Day 3 Saturday afternoon session 5		
20	200m Backstroke	Men
21	200m Backstroke	Women
22	50m Freestyle	Men
23	50m Freestyle	Women
24	100m Ind. Medley	Men
25	100m Ind. Medley	Women
26	100m Breaststroke	Men
27	100m Breaststroke	Women
28	200m Butterfly	Men
29	200m Butterfly	Women
	Break 5min	
30	4x50m Medley	Women/Men/Mixed

Day 4 Sunday morning session 6		
31	800m Freestyle	Women
32	400m Ind. Medley	Men
	Break 5min	
33	4x100m Medley	Women/Men/Mixed

Day 4 Sunday afternoon session 7		
35	200m Freestyle	Women
36	200m Freestyle	Men
37	50m Butterfly	Women
38	50m Butterfly	Men
39	100m Backstroke	Women
40	100m Backstroke	Men
41	50m Breaststroke	Women
42	50m Breaststroke	Men
	Break 5min	
43	4x50m Freestyle	Women/Men/Mixed

Attention!
Breaks 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.

During the tournament, you can warm-up and cooldown in the 6-lane 25m pool.

Venue address and Parking

Address Sportcomplex Koning Willem-Alexander
Bennebroekerweg 800
2134 AB Hoofddorp

Parking is available in the designated parking areas (see venue map).



Important

There is also enough parking available at Parking Area P2 towards Haarlemmerlyceum Dalton.

On Sunday, a dance event will take place in the sports halls, resulting in increased parking demand. In that case, please proceed directly to P2.

Useful information

Information desk

At the information desk inside the swimming complex, you can collect your QR-code access pass. You can also register for the Masters Buffet and book sports massages. Please note that card payments are not accepted at the information desk. The desk is open in the entrance hall from 30 minutes before warm-up and throughout the warm-up period. When the information desk is closed, assistance is available at the medal table.

Access pass

Each participant will receive an access pass containing a QR code. This QR code must be scanned every time you enter the changing-room area. Therefore, it is important to keep your pass with you whenever you leave the pool deck. Clubs can collect access passes at the information desk (located in the entrance hall or at the medal table). Please return your pass to the information desk in case you don't need to swim and/or cheer on your teammates anymore.

Contact during the Championships

During the event, the organizing committee can be reached by telephone at: +31 6 10 22 32 26. Preferably via whatsapp. You can also contact the organization via: mastersinschrijvingen@mastersprint.nl.

Results& Live Timing

Results will be posted as soon as possible after each event on the glass wall near the instruction pool. Results and Live Timing will also be published at: https://mastersprint.nl/live. Results are also available through the SplashMe app.

Award ceremony

Every swimmer and relay team finishing first, second, or third in their age group is entitled to a gold, silver, or bronze medal respectively. In addition, the top three Dutch swimmers and Dutch relay teams in each age group are always entitled to these medals.

As a result, it is possible that a Dutch swimmer finishes fourth overall and still receives a medal if one or more swimmers from a non-Dutch club finish ahead. Medals can be collected at the medal desk located in the 6-lane pool area. Swimmers who set a World Masters Record (WMR), European Masters Record (EMR), or National Masters Record (NMR) will receive a special gift.
Participants who break a European or World Masters Record may be invited to attend an additional award ceremony. This ceremony will take place at the end of each session or as indicated in the programme.
Medals and record gifts that are not collected during the championships will remain with the organizing committee and will not be sent afterwards.

Chairs

For safety reasons, personal chairs are not permitted inside the swimming hall.

Medical assistance and First Aid

No physician will be present during the championships. First aid services will be provided by the organizing committee.

Massage

During these championships, a sports massage therapists from the Netherlands Society for Sports Massage (NGS**)** will be available to provide sports massages. Massages last 20 minutes and cost €25,-. You can book a massage online with this **link**. The massage room is located in the wet corridor opposite the changing rooms.

Catering and food & beverage sales

Food and drinks, including sandwiches and sports drinks, can be purchased throughout the event from the pool's catering facilities. Both cash and card payments are accepted.
No alcoholic beverages will be served during these championships.

Swimming shop

Robsport will be present during the championships with a sales stand offering a wide range of swimwear, sportswear, and accessories.

Foreign Participants and Deposit Refund

Each foreign swimming team has paid a deposit of €100. This amount will be refunded after the event, minus any applicable penalties.

Lockers

Participants may use the lockers in the swimming complex free of charge. Please note that locker codes are reset at the end of each day and lockers may be reassigned. Therefore, make sure to empty your locker before leaving each day.

Warm-up and Swim-down facilities

Warm-up sessions normally take place in the competition pool.
In addition, a separate 6-lane 25-metre pool is available. From the start of competition sessions, this pool may be used for both warm-up and swim-down activities.

Competition Pool Warm-up Times		
Thursday	11:30 – 12:25 hour	
Friday	08:30 – 09:25 hour	12:30* – 13:25 hour**
Saturday	08:30 – 09:25 hour	12:30* – 13:25 hour**
Sunday	08:30 – 09:25 hour	12:30* – 13:25 hour**

*** Starts immediately after the morning session has finished.**
**** Starts 50 minutes after the previous session has ended.**

Official Photographer

During the championships, photographs will be taken by Wouter van den Bor. The photographs will be available afterwards via his website: https://wbphotography.nl/zwemmen/

Children and Recreational Swimming

Only accredited swimmers are allowed to access the competition pool and warm-up pool (6-lane pool). Children who wish to swim may purchase a ticket for the recreational pool at the Sportcomplex Koning Willem Alexander (SKWA). All visitors must comply with SKWA regulations. Young children without a swimming certificate are required to wear flotation aids while in the water. Children are not permitted to play in the competition or warm-up pools and must remain under the supervision and responsibility of their parent(s) at all times. Young children without a swimming certificate are also required to wear flotation aids around the competition and warm-up pool areas.

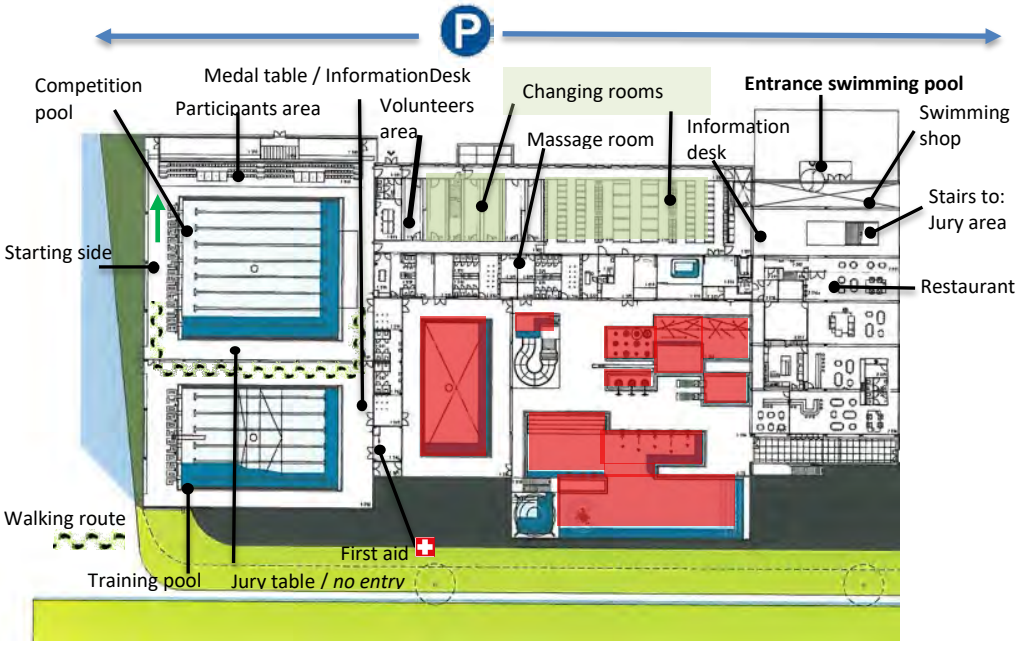
Swimwear and watches

The ODMC en KNZB and the KNZB follow the World Aquatics regulations regarding swimwear. Watches are not permitted during races.

Masters Buffet

The Masters Buffet will take place on Saturday 28 November, after Session 5. The buffet will be held on the first floor above the restaurant, accessible via the staircase in the entrance hall.
The buffet is provided by First Place, the catering partner of the swimming complex. Participants can enjoy a delicious Italian buffet.

Floorplan swimming pool



Welcome to Haarlemmermeer

Haarlemmermeer was once a large lake situated between Amsterdam, Haarlem, and Leiden. The lake became known locally as **"The Water Wolf"** because it continually swallowed surrounding land and even wiped entire villages off the map. Between 1849 and 1852, the lake was drained using three steam pumping stations, creating the Haarlemmermeer Polder.

Today, the municipality of Haarlemmermeer is best known for Amsterdam Airport Schiphol and its central location within the Randstad metropolitan area. The municipality has 166,996 inhabitants (1 January 2026, source: CBS). The largest town**,** Hoofddorp, has almost 80,000 residents.

Cruquius Museum



The Cruquius Museum tells the story of the reclamation of Haarlemmermeer, often called the "Delta Works of the 19th Century." Visitors can experience the power of nineteenth-century steam technology and learn about the centuries-long battle against water. The highlight of any visit is the demonstration of the world's largest steam engine. https://cruquius-museum.nl/

Vier Meren Shopping Centre

In the centre of Hoofddorp and at Vier Meren Shopping Centre, visitors will find a wide variety of shops. The covered shopping centre is easily accessible by car. Additional parking is available throughout the town centre, including street parking, parking garages, and blue-zone parking areas. The bus and railway station are only a few minutes' walk away. A weekly market is held every Friday at Burgemeester van Stamplein.

Train station Hoofddorp

Hoofddorp railway station is a major station on the Schiphol line (Weesp–Leiden), located at Mercuriusplein 30, 2132 HA Hoofddorp (NS station code: HFD). Various 'Sprinter' (local) trains serve the station, with destinations including Amsterdam Centraal, Amsterdam Zuid, Utrecht Centraal, Den Haag Centraal, Leiden Centraal, and Lelystad Centrum. Beneath and right next to the station is a large bus terminal (platforms A through F), offering connections via the R-net network and operators such as Connexxion and Qbuzz.

Bus route 343 (operated by Connexxion/R-net) provides a direct link between **Hoofddorp station** and the **SKWA**. On this route, buses run four times per hour during peak hours, twice per hour during off-peak hours, and once per hour in the evenings and on weekends.

Haarlemmermeerse Bos (forest)

Just north of Hoofddorp is located the Haarlemmermeerse Bos, a peaceful green oasis covering 115 hectares. Developed during the 1970s and officially opened in 1979, the area offers several walking trails that showcase the region's biodiversity. The Tree Trail is 3 kilometres long and features 67 different species of trees and shrubs. The Insect Trail is 1.5 kilometres long and provides information about the many insects that inhabit the forest.

Fort Hoofddorp



Fort Hoofddorp, together with Fort Vijfhuizen and Fort Aalsmeer, forms part of the Defence Line of Amsterdam.
Because Hoofddorp is located below sea level in the Haarlemmermeer Polder, the fort has a unique design compared to most other forts in the defence line.
It is one of only two forts with an additional upper floor, a retractable armoured turret, and just a single casemate.

The fort was designed to house 200 soldiers, although it was never used for its intended military purpose. The rise of aviation made the water-based defence system obsolete. Today, the Defence Line of Amsterdam is recognised as a UNESCO World Heritage Site.

These championships are made possible by:

ZPCH
KNZB Task Force Masters Swimming
All Officials
All Volunteers
Sportcomplex Koning Willem Alexander
Horeca First Place
Robsport.nl

INDOOR WINTERTENNIS



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