

ODMC short course
From January 23rd until 26th 2020 Rotterdam
Programme & regulations



Open Dutch Masters

Championships

2020 short course

From January 23rd until 26th

Rotterdam

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General

The ODMC 2020 short course will be organised from Thursday 23rd until Sunday 26th January in Rotterdam '[Zwemcentrum Rotterdam](#)'. Address: Annie M.G. Schmidtplein 8, 3083 NZ Rotterdam, tel.nr. +31(0)10-4812222. Indoor pool, length 25 metres, 10 lanes, electronic timing. Warmup pool, length 25 metres, 6 lanes. Organised by [Albion Swimming](#) in cooperation with the Taskforce Masters Swimming of the KNZB.

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1. Programme and timetable

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

Day 2 Friday morning session 2		
3	400m freestyle	Women
4	400m freestyle	Men
Break 15min		
5	100m backstroke	Women
6	100m backstroke	Men

Day 2 Friday afternoon session 3		
7	50m butterfly	Women
8	50m butterfly	Men
9	200m breaststroke	Women
10	200m breaststroke	Men
11	100m freestyle	Women
12	100m freestyle	Men
Break 15min		
13	200m medley	Women
14	200m medley	Men
Break 5min		
15	4x200m freestyle	Women/Men/Mixed

Day 3 Saturday morning session 4		
16	800m freestyle	Men
17	400m medley	Women
Break 5min		
18	4x100m medley	Women/Men/Mixed

Day 3 Saturday afternoon session 5		
20	50m backstroke	Men
21	50m backstroke	Women
22	200m butterfly	Men
23	200m butterfly	Women
24	100m medley	Men
25	100m medley	Women
26	200m freestyle	Men
27	200m freestyle	Women
28	100m breaststroke	Men
29	100m breaststroke	Women
Break 5min		
30	4x50m freestyle	Women/Men/Mixed

Day 4 Sunday morning session 6		
31	800m freestyle	Women
Break 15min		
32	400m medley	Men
Break 5min		
33	4x100m freestyle	Women/Men/Mixed

Day 4 Sunday afternoon session 7		
35	200m backstroke	Women
36	200m backstroke	Men
37	50m freestyle	Women
38	50m freestyle	Men
Break 15min		
39	100m butterfly	Women
40	100m butterfly	Men
41	50m breaststroke	Women
42	50m breaststroke	Men
Break 5min		
43	4x50m medley	Women/Men/Mixed

Overview sessions			
Session	Warmup	Start	End
Thursday 23 January 2020			
1	11:30	12:30	18:00
Friday 24 January 2020			
2	08:00	09:00	12:30
3	12:00	13:00	18:00
Saturday 25 January 2020			
4	08:00	09:00	12:00
5	12:00	12:30	18:00
Masters Buffet	18:00	20:00	
Sunday 26 January 2020			
6	08:00	09:00	12:00
7	12:00	13:00	17:30

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2. Regulations ODMC short course 2020

2.1 Age groups

Individual

- | | | |
|-----------------|-----------------|-----------------|
| - 20+ 1996-2000 | - 50+ 1966-1970 | - 80+ 1936-1940 |
| - 25+ 1991-1995 | - 55+ 1961-1965 | - 85+ 1931-1935 |
| - 30+ 1986-1990 | - 60+ 1956-1960 | - 90+ 1926-1930 |
| - 35+ 1981-1985 | - 65+ 1951-1955 | - enz. |
| - 40+ 1976-1980 | - 70+ 1946-1950 | |
| - 45+ 1971-1975 | - 75+ 1941-1945 | |

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, 2018** 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.
 - 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 course 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 Sunday, December 1st 2019**. The closing date to register for foreign clubs is on **Monday, December 23rd 2019, 23:59h (CET)**
Entries that are sent in later, changed or added after December 23rd, 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 programme.
 - 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:
 - 2020-01-23=(Your Swim Club name)-ODMC2020sc-entry.lxf
 - 2020-01-23=(Your Swim Club name)-ODMC2020sc-entry.pdf
 - 2020-01-23=(Your Swim Club name)-ODMC202-sc-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](#) has been 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 organisation that the entry procedure has been followed correctly. Only with this second confirmation has your entry certainly been 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.

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.

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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](#) 1 hour before the start of the session at the latest.
- Withdrawals must be in possession of meet secretariat 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 at the closing date there are more entries than can be processed per planned session duration, the organisation 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 3000 starts, the organisation 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 on time. There will be no waiting.
- There will be overhead starts (except the relays).
- After finishing swimmers must stay in their own lane, to the side and at a distance of least 1 metre 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. Medals are awarded to the Dutch top 3 regardless of overall ranking.

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- For the relays golden, silver and bronze medals will be awarded individually by age group and per category (Women/Men/Mixed relays). Medals are awarded to the Dutch top 3 regardless of overall ranking.

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
- In case of sickness or cancellations after the close date of registration the entry fees are still indebted.

8.2 Other rates

- Admittance is free.
- Start lists per session by pre-order € 1,00 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 (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.

8.3 Payment

- Foreign participants must pay 100 euros deposit per club. The deposit will be refunded after the championships by bank transfer, minus any applicable sanctions.
- Foreign clubs** must transfer the entry fees (including fees for start lists and buffets) and the € 100 deposit before the closing date (December 23rd) but **no later than December 31st** to:

Name : Feijenoord Albion zwemclub
City : Rotterdam
IBAN : NL23RABO0346491789
BIC/SWIFT : RABONL2U

With payment details: Entry fee ODMC2020sc-"*name swim Club*".

Please note all bank charges are for your own account.

**Only if the entry fees have been transferred to the organisation in time, i.e. by Tuesday December 31st at the latest, the entries of the club will be processed and will be published on the entry list (date of publication January 3rd 2020).*

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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.
- 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. Appointments will be made during the tournament.

10. Inquiries and access during the ODMC

10.1 Inquiries

- Annet Kootstra (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 organisation can be reached during the competition by phone number +31-6-54322207 and by e-mail: mastersinschrijvingen@knzb.nl

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

10.3 Information about the ODMC

- [Mastersprint ODMC information page](#)
- [KNZB \(Royal Dutch Swimming Federation\) website](#)
- [Live Timing](#)

11. Final conditions

- The organisation and the KNZB Taskforce Masters Swimming reserve the right to make changes if the circumstances so require.
- Participants can never hold the organisation responsible for the consequences of participating.
- By entering the participant confirms that he or she is fit enough to participate in this competition.
- Within the framework of the GDPR, the participant declares that he/she agrees to include his/her name and competition related data entered during registration, as well as the results to be published and the possibility of the swimmer being photographed/video/audio, which is published by press or organisation (affiliated) persons, can occur. These images/recordings will only be used in direct relation with the ODMC.