



Programme  
&  
regulations



# 21th Open Dutch Masters Championships Short course November 21st until 24th 2024 The Hague





# 21<sup>th</sup> ODMC short course November 21<sup>st</sup> - 24<sup>th</sup> The Hague Programme & regulations



## General

The ONMK long course will be held from Thursday 21 to Sunday 24 November 2024 at Zwembad Het Hofbad in The Hague. Address: Ypenburgse Boslaan 30, 2496 ZA, tel.nr. +31 (0)15 3108396. Indoor pool, course length 25 metres, 8 lanes, electronic timekeeping. The organisation is in the hands of the KNZB Task Force Masters Swimming in cooperation with WVZ Masters.

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## 1. Programme and timetable

| 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 Breaststroke | Women |
| 6                              | 100m Breaststroke | Men   |

| Day 2 Friday afternoon session 3 |                  |                 |
|----------------------------------|------------------|-----------------|
| 7                                | 200m Medley      | Women           |
| 8                                | 200m Medley      | Men             |
| 9                                | 50m Backstroke   | Women           |
| 10                               | 50m Backstroke   | Men             |
| 11                               | 100m Freestyle   | Women           |
| 12                               | 100m Freestyle   | Men             |
| 13                               | 200m Butterfly   | Women           |
| 14                               | 200m Butterfly   | 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 Freestyle | Women/Men/Mixed |

| Overview sessions         |        |       |       |
|---------------------------|--------|-------|-------|
| Session                   | Warmup | Start | End   |
| Thursday November 21 2024 |        |       |       |
| 1                         | 11:30  | 12:30 | 18:00 |
| Friday November 22 2024   |        |       |       |
| 2                         | 08:30  | 09:30 | 12:30 |
| 3                         | 12:30  | 13:30 | 18:30 |
| Saturday November 23 2024 |        |       |       |
| 4                         | 08:30  | 09:30 | 12:30 |
| 5                         | 12:30  | 13:30 | 18:30 |
| Masters Buffet            |        | 18:30 | 20:30 |
| Sunday November 24 2024   |        |       |       |
| 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 Breaststroke | Men             |
| 23                                 | 50m Breaststroke | Women           |
| 24                                 | 100m Medley      | Men             |
| 25                                 | 100m Medley      | Women           |
| 26                                 | 200m Freestyle   | Men             |
| 27                                 | 200m Freestyle   | Women           |
| 28                                 | 100m Butterfly   | Men             |
| 29                                 | 100m Butterfly   | Women           |
| Break 5min                         |                  |                 |
| 30                                 | 4x50m Medley     | Women/Men/Mixed |

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

| Day 4 Sunday afternoon session 7 |                   |                 |
|----------------------------------|-------------------|-----------------|
| 35                               | 50m Freestyle     | Women           |
| 36                               | 50m Freestyle     | Men             |
| 37                               | 200m Breaststroke | Women           |
| 38                               | 200m Breaststroke | Men             |
| 39                               | 50m Butterfly     | Women           |
| 40                               | 50m Butterfly     | Men             |
| 41                               | 100m Backstroke   | Women           |
| 42                               | 100m Backstroke   | 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.

## 2. Regulations ODMC 2024 short course

### 2.1 Age groups

#### Individual

- |                 |                 |                 |
|-----------------|-----------------|-----------------|
| - 20+ 2000-2004 | - 50+ 1970-1974 | - 80+ 1940-1944 |
| - 25+ 1995-1999 | - 55+ 1965-1969 | - 85+ 1935-1939 |
| - 30+ 1990-1994 | - 60+ 1960-1964 | - 90+ 1930-1934 |
| - 35+ 1985-1989 | - 65+ 1955-1959 | - etc.          |
| - 40+ 1980-1984 | - 70+ 1950-1954 |                 |
| - 45+ 1975-1979 | - 75+ 1945-1949 |                 |

#### Relays

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

### 2.2 Individual

- a. A swimmer may enter a maximum of 2 individual events per session.
- b. Entry times have to be verifiable and swum from February 1st, 2023 onwards.
- c. Entry times need to be:
  - I. swum at an official competition sanctioned by a national swimming federation.
  - II. found on [www.swimrankings.net](http://www.swimrankings.net).
  - III. 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').
- d. Times made in unofficial competitions or in unlawful starts will not be accepted.
- e. Times made by the first swimmer in a relay will be accepted, as long as they were marked in the official results.
- f. Split times may be used as entry times, as long as they were marked in the official results.

### 2.3 Relays

- a. More than one relay team per club may be entered in an event.
- b. A swimmer will only be allowed to swim in one team in each relay event.
- c. In connection with the correct functioning of SplashMe, the relays must have a unique sequence number per program number, regardless of gender. The same order number may not appear in the men's, women's or mixed relays. For example, if the women's relay has numbers 1 to 3, the men's relay should start with number 4.
- d. The following requirements apply to the registration times for the relay, where a distinction is made between the requirements according to distance:
  - I. For **4 x 100m** and **4 x 200m relays**, the times of the swimmers must meet the same requirements as those set for the registration times for the individual distances, as stated in Chapter 2.2. It is also permitted to register a relay that has swum a time at the relevant distance within the limit period in the same team composition.
  - II. For **4 x 50m**, team members do not need to have swum an official time at the relevant distance. However, be sure that the entry time of the relay is realistic.
- e. **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.
- f. 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

- a. Sending entries is possible from **Friday, October 4<sup>th</sup> 2024**. The closing date to register for foreign clubs is on **Friday, October 18<sup>th</sup> 2024, 23:59h** (CEST - UTC+2)
- b. One needs to be (licensed) member of a national federation, which is member of World Aquatics.
- c. Entries will only be accepted if they are sent in by the (Masters) swimming secretariat of the club in question.
- d. 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 [Championships website](#).

#### 3.2 Entry procedure

- a. The entry can only be made with the aid of a computer program that is Lenex v3 compatible.
- b. The lxf invitation file can be found on the [Championships website](#).
- c. You can send your registration with accompanying files only via [this form](#)
- d. You must upload the following files in the form:
  - I. 1 x lxf (Lenex v3 compatible) with all digital data for the competition programme.
  - II. 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.
  - III. 1 x doc, the record request form (if necessary).
- e. So, three files, including in all files **the name of your club**, according to the following format:
  - I. 2024-11-21=(Your Swim Club name)-ODMC2024sc-entry.lxf
  - II. 2024-11-21=(Your Swim Club name)-ODMC2024sc-entry.pdf
  - III. 2024-11-21=(Your Swim Club name)-ODMC2024sc-recordform.doc (if necessary)
- f. Registrations for various days must be submitted as 1 total file.
- g. Note: All file names should include your club name.
- h. Note: Please fill in your correct email address, otherwise we cannot reply.
- i. Note: The lxf-file must contain the contact details of the (masters) competition secretariat. Check our [competition web page](#) for instructions.
- j. When registering using [the form](#), you will receive several acknowledgements:
  - I. A verification of your registration to the ODMC (sender: bWFzdGVyc0BrbnpiLm5s=response@formdesk.com), necessary to confirm your email address via the verification link, without this verification your registration is not official.
  - II. Automatically as confirmation that the form has arrived, call or email if you have not received it (see last page of these provisions under information). (sender: bWFzdGVyc2luc2NocmlqdmluZ2VuQGtuemlubmw==response@formdesk.com)
  - III. A personal confirmation from the organisation that the entry procedure has been followed correctly. Only with this third acknowledgement of receipt will your registration be definitively received and accepted by the organisation.
  - IV. Foreign clubs will receive another e-mail after this with the payment details and the amount to be transferred, (see also 8.3)
- k. The first 2 messages will follow quickly, for the third we aim for a maximum of 24 hours. This may be longer around the closure of registration.

#### 3.3 Unlawful, incomplete or late entries

- a. Incorrect and incomplete registrations may be sanctioned (in accordance with the list of rates of the KNZB).
- b. Lists of participants will be published on the [Mastersprint Live Timing webpage](#) once the entries have been processed. After this, changes in the entries and new entries will not be processed.
- c. 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

- a. All heats will be seeded on entry times.
- b. Start lists will be published on the [Mastersprint Live Timing webpage](#) 1 hour before the start of the session at the latest.
- c. The Open Dutch Masters Championships constitute one competition per day, which means that written withdrawals must be in the possession of the meet secretariat no later than before the start of the first officials meeting of the competition day concerned (that is before the first warming up of that day). *With written withdrawals it suffices to send an e-mail to: [mastersinschrijvingen@knzb.nl](mailto:mastersinschrijvingen@knzb.nl).*
- d. Later withdrawals will be sanctioned (in accordance with the list of rates of the KNZB).
- e. 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, please note provision 2.3.f.
- f. Not started (NG) will be sanctioned per start!
- g. Not started without withdrawal (NG ZA) will be sanctioned per start!
- h. 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

- a. 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.
- b. Limitation will be based on a percentage of the World Masters Records (WMR) according to the following formula:
  - I.  $\text{Points} = \text{WMR}/\text{entry time} * 1000 + \text{Category Age}$
  - II. Here the WMR will be used of the course length in which the entry time is swum
- c. 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.
- d. Relays of age category 320+ and older will also not be limited on the 4 x 100m distances.
- e. In case of limitation there will be a reserve list in order of points.
- f. 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

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



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### 7. Results, Ceremonies and prizes

- Results will be posted on central locations in the pool and placed as soon as possible on the [Mastersprint Live Timing webpage](#).
- 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 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.
- 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 € 10,00 per start
- Relays € 25,00 per start
- In case of sickness or withdrawals after the close date of registration the entry fees are still indebted.

#### 8.2 Other rates

- Admittance is free.
- Start lists are no longer on sale. Start lists per session will be published on our [championship page](#).
- Masters buffet after session 5 (not only for competitors):
- Entered in the entry form (pre-order) € 20,00
- During tournament € 22,50 (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 clubs)

- Foreign participants must pay 100 euros deposit per club.
- The deposit will be refunded after the championships by bank transfer, minus any applicable sanctions.
- After you have received the registration confirmation, you will receive a new e-mail with the total amount due and payment details. We request that you wait to transfer money until you receive this mail.
- Only if the entry fees have been transferred to the organisation in time as mentioned in the e-mail the entries of the club will be processed and will be published on the entry list.
- Please note all bank charges are for your own account.



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### 9. Other matters

#### 9.1 Performance enhancing pharmaceutical or technical aids

- Doping controls are laid down in the doping regulations of the Institute for the Sport Judiciary (Dutch: Instituut voor Sport Rechtspraak, ISR). The doping procedures are described herein and apply to all competitive athletes who participate in a competition organised under the responsibility of the KNZB and / or one or more of its members and / or are members of the KNZB, or a member of the KNZB organisation. You can find more information on [the ISR website](#). (Dutch language).
- The KNZB is following the FINA-rules regarding swimming suits: [website World Aquatics / FINA](#)
- 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](mailto:masters@knzb.nl). Appointments will be made during the tournament.

### 10. Inquiries and access during the ODMC

#### 10.1 Inquiries

- Kees-Jan van Overbeeke (KNZB Masters) t: [+31543-533717](tel:+31543-533717) e-mail [Whatsapp](#)
- Annet Kootstra (KNZB Masters) e-mail [e-mail](#)
- John Stoffer (WVZ Masters) t: [+31631915141](tel:+31631915141) e-mail [e-mail](#)

#### 10.2 Access during the ODMC

- The organisation can be reached during the competition by phone number [+31\(0\)610223226](tel:+31(0)610223226), [Whatsapp](#) and by e-mail: [mastersinschrijvingen@knzb.nl](mailto:mastersinschrijvingen@knzb.nl)
- NB withdrawals and changes (in relays) can only be pass through via this e-mail address [e-mail address](#) and in writing at the jury secretariat in the pool during competition!**

#### 10.3 Information about the ODMC

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

### 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 KNZB Masters swimming.