



Programme & regulations



20th

Open Dutch Masters Championships





20th ODMC short course February 16th until 19th Heerenveen Programme & regulations



General

The 20th ODMC 2023 short course will be organised from February Thursday 16th until Sunday 19th in [Sportstad Heerenveen](#). Address: Abe Lenstra Boulevard 23Q, 8448 JA Heerenveen, tel.nr. +31 (0) 513614800. Indoor pool, length 25 metres, 8 lanes, electronic timing. Organised by the Taskforce Masters Swimming of the KNZB in cooperation with [HZ&PC Heerenveen](#).

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1. Programme and timetable

2. Please note that the breaks in the sessions will be inserted after creating the start lists.

Day 1 Thursday afternoon session 1		
2	1500m freestyle	Men
Break 15min		
3	1500m freestyle	Women

Day 2 Friday morning session 2		
4	400m freestyle	Men
5	400m freestyle	Women
Break 15min		
6	100m backstroke	Men
7	100m backstroke	Women

Day 2 Friday afternoon session 3		
8	50m butterfly	Men
9	50m butterfly	Women
10	200m breaststroke	Men
11	200m breaststroke	Women
12	50m freestyle	Men
13	50m freestyle	Women
Break 15min		
14	200m medley	Men
15	200m medley	Women
Break 5min		
16	4x200m freestyle	Women/Men/Mixed

Day 3 Saturday morning session 4		
17	800m freestyle	Women
18	400m medley	Men
Break 5min		
19	4x100m medley	Women/Men/Mixed

Overview sessions			
Session	Warmup	Start	End
Thursday 16 February 2023			
1	11:30	12:30	18:00
Friday 17 February 2023			
2	08:00	09:00	12:30
3	12:00	13:00	18:00
Saturday 18 February 2023			
4	08:00	09:00	12:00
5	12:00	12:30	18:00
Masters Buffet	18:00	20:00	
Sunday 19 February 2023			
6	08:00	09:00	12:00
7	12:00	13:00	17:30

Day 3 Saturday afternoon session 5		
21	50m backstroke	Women
22	50m backstroke	Men
23	200m butterfly	Women
24	200m butterfly	Men
25	100m medley	Women
26	100m medley	Men
27	200m freestyle	Women
28	200m freestyle	Men
29	100m breaststroke	Women
30	100m breaststroke	Men
Break 5min		
31	4x50m freestyle	Women/Men/Mixed

Day 4 Sunday morning session 6		
32	800m freestyle	Men
Break 15min		
33	400m medley	Women
Break 5min		
34	4x100m freestyle	Women/Men/Mixed

Day 4 Sunday afternoon session 7		
40	100m freestyle	Men
41	100m freestyle	Women
42	200m backstroke	Men
43	200m backstroke	Women
Break 15min		
39	50m breaststroke	Men
40	50m breaststroke	Women
41	100m butterfly	Men
42	100m butterfly	Women
Break 5min		
44	4x50m medley	Women/Men/Mixed



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2. Regulations ODMC long course 2023

2.1 Age groups

Individual

- 20+ 1999-2003	- 50+ 1969-1973	- 80+ 1939-1943
- 25+ 1994-1998	- 55+ 1964-1968	- 85+ 1934-1938
- 30+ 1989-1993	- 60+ 1959-1963	- 90+ 1929-1933
- 35+ 1984-1988	- 65+ 1954-1958	- etc.
- 40+ 1979-1983	- 70+ 1949-1953	
- 45+ 1974-1978	- 75+ 1944-1948	

Relays

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

2.2 Individual

- A swimmer may enter a maximum of 2 individual events per session.
- Entry times have to be verifiable and swum **from May 1st, 2019** 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 Monday, January 2nd 2023**. The closing date to register for foreign clubs is on **Friday, January 20th 2023, 23:59h (CEST - UTC+2)**
- 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 [Championships 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:
 - 2023-02-16=(Your Swim Club name)-ODMC2023sc-entry.lxf
 - 2023-02-16=(Your Swim Club name)-ODMC2023sc-entry.pdf
 - 2023-02-16=(Your Swim Club name)-ODMC2023sc-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 [Championships 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 [Mastersprint Live Timing webpagina](#) 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.



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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 webpagina](#).
- 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.
- 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 € 9,00 per start
- Individual events 800 & 1500m € 10,00 per start
- Relays € 25,00 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 are no longer on sale. Start lists per session will be published on our championship page - <https://mastersprint.nl/odmc2023sc/?lang=en>
- Masters buffet after session 5 (not only for competitors):
 - Entered in the entry form (pre-order) € 20,00 (subject to change)
 - During tournament € 22,50 (subject to change) (limited availability only!)
 - Children up to 10 years old € 10,00 (subject to change)
- 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 buffets) and the € 100 deposit before the closing date (January 20th) but **no later than January 26th to:**

Name : HZ&PC Heerenveen
City : Heerenveen
IBAN : NL27 ABNA 0500 399 891
BIC/SWIFT : ABNANL2A

With payment details: Entry fee ODMC2023sc-"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 Thursday January 26th at the latest, the entries of the club will be processed and will be published on the entry list.*



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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: <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

- | | | |
|---|-----------------|------------------------|
| • Gerard Eghuizen (Organisation) | t: +31654322207 | e-mail |
| • Annet Kootstra (KNZB Masters) | | e-mail |
| • Kees-Jan van Overbeeke (KNZB Masters) | t: +31543533717 | e-mail |

10.2 Access during the ODMC

The organisation can be reached during the competition by phone number +31654322207 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](#)
- [Live Timing & Stream](#)
- [KNZB \(Royal Dutch Swimming Federation\)](#)

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.