



# Arena European Masters Championships Eindhoven 2013

Eindhoven  
**2013**

31 August - 7 Sept.

The Netherlands



## Participant guide

Version 2 - August 28<sup>th</sup> 2013

# TECHNOLOGY FOR CHAMPIONS

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RANOMI KROMOWIDJOJO (NED) - Olympic Champion 50m and 100m Freestyle



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## 1 Welcome

### 1.1. Welcome Mr. Paolo Barelli LEN President



On behalf of LEN I wish all participants, family and friends attending the 14<sup>th</sup> edition of the European Masters Championships in Eindhoven the most pleasant, memorable, and satisfying days in southern Netherlands. We are again full of joy to return to Eindhoven once more for European Aquatics Championships, in this case with our admired Masters athletes who will compete in four aquatic disciplines: swimming, diving, synchronised swimming, and open water swimming.

The European Masters Championships continue to grow with each edition achieving higher levels of participation and this occasion is no exception as record numbers of athletes will give their best with their performances in the many events on the program.

As LEN President I thank the Organising Committee and the Royal Dutch Swimming Federation for their great and constant activity and contribution to the development of Aquatics and to the Masters movement in the Netherlands and Europe. And we are happy to share in KNZB's 125<sup>th</sup> anniversary celebration this year and with this important LEN Event.

We are also grateful to the people of Eindhoven and its Mayor for welcoming us once again. Thank you to title sponsors Arena for their enormous support, and to the other sponsors who have made this event a reality. Finally, we thank the volunteers who offer so much and are so important in making the event a success.

All the best to the European Aquatics Masters family that comes together in Eindhoven.

Enjoy the event.

A handwritten signature in blue ink, reading "Paolo Barelli".

Paolo Barelli  
LEN President

## 1.2. Welcome Mr. Erik van Heijningen President Royal Dutch Swimming Federation



Dear friends,

It is my great pleasure to welcome you all to the Netherlands. This year, our federation celebrates its 125<sup>th</sup> anniversary, and what better opportunity can we have, than the Arena European Masters Championships, with young and a little less young athletes from all over Europe.

You can be proud that you set the best example of a Life Long Swimming, as we are proud that you have chosen to come to Eindhoven to be our guest and celebrate with us.

We thank LEN for granting us the possibility to once more host such an important LEN Championships. To the competitors I wish a successful and sportsmanlike competition for the European titles, but above all a pleasant stay among friends.

A handwritten signature in black ink, consisting of a large, stylized 'E' followed by 'van Heijningen'.

Erik van Heijningen  
President Royal Dutch Swimming Federation

### 1.3. LEN Bureau and committee



Paolo Barelli  
LEN President



Sven von Holst  
LEN Bureau  
Liaison Masters



Erik van Heijningen  
KNZB and  
LOC president



Simon Rothwell  
Chairman LEN  
Masters Committee

### 1.4. Attending LEN committee members

Simon Rothwell (GBR)	Chairman
Andrea Prayer (ITA)	Vice Chairman
Hans-Peter Sick (GER)	Secretary
José Borges (POR)	Member
Cem Görgül (TUR)	Member
Igor Kartashov (RUS)	Member
Jan Novotny (CZE)	Member
Hordur Oddfridarson (ISL)	Member
Geit Patursson (NOR)	Member
Sami Wahlman (FIN)	Member

### 1.5. Organizing committee



Tournament Director  
Paul van den Heuvel



Office Manager  
Ginny Smeenk



Competition Managers  
Harold Matla & Kees-Jan van Overbeeke



Communication  
Manager  
Laura Badoux



Promotion  
Manager  
Niels Cannegieter



Transport  
Manager  
Jan Zweekhorst



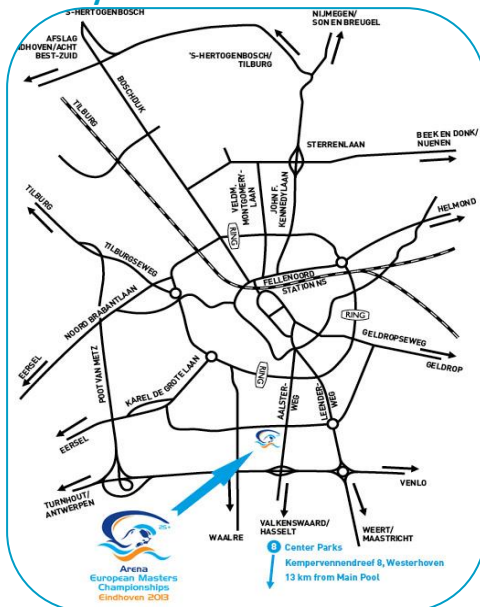
Infrastructure  
Manager  
Erwin Donck

## 2 Transport to Eindhoven

### 2.1. Visa

The Netherlands is part of the Schengen Area: 26 European countries of the European Union with no border controls between them. These countries issue a common visa, the Schengen visa. Whether you need a Schengen visa depends on your nationality. If you are a national of one of [these countries](#), you need a Schengen visa for a stay of up to 90 days. You do NOT need a Schengen visa for a stay of up to 90 days if you are a national of one of [these countries](#). More information for the visa application, [click here](#). If an official letter of invitation and entry confirmation is required please check our website for a request form.

### 2.2. By car



The Pieter van den Hoogenband Swimming stadium is close to the A2 highway. From the A2, take exit 33 “Waalre/Valkenswaard”. Then follow the signs for “Genneper Parken”. At the first traffic lights after about 500 meters turn left. You will see the Swimming Stadium on your left hand side and after a few more meters a parking where you can park your car for free. From the parking you can walk to the Pieter van den Hoogenband Swimming stadion. Address: Pieter van den Hoogenband zwemstadion. Antoon Coolenlaan 1, 5644 RX Eindhoven, The Netherlands

**Note: Parking places at Pieter van den Hoogenband Swimming stadium are limited. Please use the Public transport or Shuttle service from and to Center Parcs.**

On weekdays during rush hours (morning between 7:00 to 09:00 am, and afternoon from 17:00 to 19:00 pm) it is very busy in and around Eindhoven. Keep this in mind in your travelling time!

### 2.3. By airplane Schiphol

The main international airport in The Netherlands is situated near Amsterdam at 120 km from Eindhoven, a 75 minute train trip away. Schiphol is a very modern airport and offers a variety of extra services, such as a nice shopping area, restaurants and meeting rooms, banking facilities, car hire and an international train station.

### 2.4. By airplane Airport Eindhoven

Eindhoven Airport is a modern international airport which is specialized in flight connections for the business market. The short check-in and check-out times and a car park right in front of the entrance make flying to and from Eindhoven Airport very comfortable. Eindhoven Airport is a 10 minute drive away from central Eindhoven.



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## 2.5. Transport by train



The Dutch public transport system is excellent. Almost all areas can be reached either by train, bus or tram. Eindhoven Central Station is situated in the city centre. Many national and international trains arrive and depart here.

### Timetable Schiphol – Eindhoven and Eindhoven – Schiphol

#### *Weekdays:*

Every 30 minutes from 06:00 until 20:00 hours – no transfers (travel time  $\pm$  1.28)

Every 30 minutes from 20:00 until 23:45 hours with one transfer in Utrecht (travel time  $\pm$  1.43)

Night train every hour from 01:00 hours no transfers, but more stops (travel time  $\pm$  2:30).

#### *Weekends*

Every 30 minutes from 07:00 until 20:00 hours – no transfers (travel time  $\pm$  1.28)

Every 30 minutes from 20:00 until 22:45 hours with one transfer in Utrecht (travel time  $\pm$  1.43)

Night train every hour from 01:00 hours – no transfers, but more stops (travel time  $\pm$  2:30).

**Note:** no night trains Sunday to Monday night.

### Discount on Train tickets

The organization offers train tickets with a discount from any station in the Netherlands to Eindhoven and vice versa, including the train journey from Amsterdam Airport (Schiphol) to Eindhoven. Order your train ticket online [here](#).

## 2.6. Transport in Eindhoven

The bus station is located at the north entrance of the Central Station. Other parts of the city and the towns and villages nearby are within easy reach by bus. From Eindhoven Central Station bus lines 17, 171 or 172 leave approximately every 15 minutes and will take you to the Pieter van den Hoogenband Swimming stadium. Bus lines from the accommodations to the Swimming stadium can be found under accommodations & transport.

## 2.7. Transport between hotels

The EC Masters organization offers a paid transport service between the hotels and the Pieter van den Hoogenband swimming stadium. You can sign up for transport from the Pieter van den Hoogenband swimming stadium to your hotel at the transport desk in the pool (see [venue map](#)). Here you can also make an appointment to be picked up at the hotel (based on availability). More information and costs can be found at the [website](#).

## 2.8. Rent a bike

Bicycles can be rented through the EC masters organization. You can hire a bike for a day for 15 euros. For 60 euros you can rent it for the whole tournament. Bikes can be booked through [transport@ekmasters2013.nl](mailto:transport@ekmasters2013.nl)

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### 3 Accommodations & transport

The organizing committee has contracted different accommodations with the best possible packages for the EC Masters 2013 accommodation program.



#### 3.1. Hotels

You can find a map of Eindhoven with an overview of the hotels above. If you want more information about transport to the hotels, take a look at the website [www.9292.nl/en](http://www.9292.nl/en). 9292 is a daily source of travel information for public transport in the Netherlands for all kinds of passengers. Below you find more information about the hotels.

##### 3.1.1 Hotel Van der Valk Eindhoven



Van der Valk Hotel is located within walking distance, just 1,4km, from the National Swimming Centre in Eindhoven. Distance to Pieter van den Hoogenband Swimming stadium:

By public transport: 10 minutes

From the hotel you can take bus 7, 171 or 172 to the Pieter van den Hoogenband Swimming stadium. From Eindhoven Central Station it is possible to take bus 7, 170, 171 or 172 to Hotel Van der Valk. These buses all stop next to the hotel.

By car: 3 minutes. Address: Aalsterweg 322, 5644 RL Eindhoven

##### 3.1.2 Mercure Hotel Eindhoven (Accor Group)



The Mercure Eindhoven is located close to the city center. Distance to Pieter van den Hoogenband Swimming stadium:

By public transport: 8 minutes

From the hotel you can take bus 7 or 17 to the Pieter van den Hoogenband Swimming stadium. From Eindhoven Central Station it is possible to take bus 7, 12(4min walk), 17, 171, 173 to Mercure Hotel Eindhoven. These buses all stop next to the hotel.

By car: 4 minutes. Address: Leenderweg 80, 5615 AB Eindhoven

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### 3.1.3 Park Plaza Hotel Eindhoven



Park Plaza Eindhoven is located in the center of the city and only 2,5km away from the Pieter van den Hoogenband Swimming Stadium as well as shops, bars, pubs, restaurants and several key attractions of the city. The Central Station (train) is only a ten minute walk. Distance to Pieter van den Hoogenband Swimming stadium:

By public transport: 12 minutes

From the hotel you can take bus 17(4min walk), 171, 172 to the Pieter van den Hoogenband Swimming stadium. From Eindhoven Central Station it is possible to take bus 12, 20, 24, 171, 172, 173 to Park Plaza Hotel Eindhoven. The bus stops next to the hotel (2min walk).

By car: 6 minutes. Address.: Geldropseweg 17, 5611 SC Eindhoven

### 3.1.4 Best Western Premier Art Hotel Eindhoven



Best Western Premier Art Hotel Eindhoven is located in the Centre of the city and just 4.2km away from the Pieter van den Hoogenband Swimming stadium. Next to the hotel there is a large parking garage. In front of the hotel is a bus stop which has direct bus connection to the Pieter van den Hoogenband Swimming stadium. The hotel is just a 5-minute walk from the central station. Distance to Pieter van den Hoogenband Swimming stadium:

By public transport: 19 minutes

From the hotel you can take bus 7, 17, 171 to the Pieter van den Hoogenband Swimming stadium. From Eindhoven Central Station it is possible to walk to Best Western Premier Art Hotel.

By car: 9 minutes. Address: Lichttoren 22 (navigation Mathildelaan 1), 5611 BJ Eindhoven

### 3.1.5 Hotel Pullman Eindhoven Cocagne (Accor Group)



Pullman Eindhoven Cocagne is a luxurious 4-star hotel set in a prime location in the centre of Eindhoven. Guests of the hotel will have easy access to Van Abbemuseum, City Centre Eindhoven and DAF Museum. Both Eindhoven University of Technology and Philips Stadium are also not far away. Distance to Pieter van den Hoogenband Swimming stadium:

By public transport: 16 minutes

From the hotel you can take bus 17, 171, 172 to the Pieter van den Hoogenband Swimming stadium. The bus stops next to the hotel (3 min walk). From Eindhoven Central Station it is possible to walk to Hotel Pullman Eindhoven Cocagne (10 min).

By car: 10 minutes. Address: Vestdijk 47, 5611 CA EINDHOVEN

### 3.1.6 NH Koningshof



Surrounded by beautiful lush greenery, the NH Conference Centre Koningshof hotel in Veldhoven is the largest and most centrally-located conference hotel in the Benelux region. Hiking and biking are easily accessible from our hotel, and the Genderstein golf club is just a five-minute walk away. The bus – which stops in front of our hotel – can bring you to Eindhoven city.

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By public transport: 53 minutes

From the hotel you can take bus 149 or 150 to MMC Veldhoven. From here you can take bus 7 or **171** to the Pieter van den Hoogenband Swimming stadium.

From Eindhoven Central Station to NH Koningshof: Upon arrival at Eindhoven Central Station, leave the platform and turn right towards the bus station. Take bus line 150/149 direction Reusel or line 15 towards NH Koningshof. These buses are scheduled every half hour during the week and every hour on the weekend. Get off the bus at the stop in front of NH Koningshof. This bus ride will take approximately 30 minutes.

By car: 13 minutes. Adress: Locht 117, 5504 RM Veldhoven.

### 3.1.7 Novotel Eindhoven (Accor Group)



Novotel Eindhoven is near Eindhoven Airport and ten minutes by car from the city center. All hotel rooms flat-screen TV, air-conditioning and Internet access. The hotel offers free Wi-Fi and houses a restaurant and a bar. For a small fee, you can also use leisure facilities located just five minutes away.

By public transport: 50 minutes

From Eindhoven Central Station it is possible to take bus 141 tot Novotel Eindhoven. You get off the bus at the stop Flight Forum and than you have to make a 10min walk. From the hotel to the Pieter van den Hoogenband Swimming stadium you take bus 141 back tot Central station. From Central station bus 17, 171 or 172 will go to the Pieter van den Hoogenband Swimming stadium.

By car: 13 minutes. Address: Anthony Fokkerweg 101, 5657 EJ EINDHOVEN

### 3.1.8 Carlton De Brug Mierlo



Carlton De Brug is a unique (sports) hotel located in Mierlo, Brabant, between the Peel and Strabrechtse Heide and in the vicinity of the cities Eindhoven and Helmond.

By public transport: 55 minutes

From Eindhoven Central Station it is possible to take bus 20 or 24 to Carlton de Brug Mierlo. You get of at the bus stop Brugstraat, next to the hotel (6min walk). From the hotel to the Pieter van den Hoogenband Swimming stadium you take bus 20 or 24 back tot Central station Eindhoven. From the Central station bus 17, 171 or 172 will go to the Pieter van den Hoogenband Swimming stadium.

By car: 21 minutes. Address: Arkweg 3 -17, 5731 PD Mierlo

### 3.1.9 Mercure Hotel - Tilburg Centrum (Accor Group)



You will find Mercure Hotel Tilburg Centrum in the heart of Tilburg near the central station. A modern hotel with an oldfashioned feeling for hospitality and service. In the friendly centre of the city you will find a wide variety of shops, nice restaurants and pubs, and all kinds of cultural sights, such as the theatre, different museums and 'poptemple' 013. From Mercure Hotel Tilburg Centrum you can easliy reach leisure parcs for example the Efteling or the Beekse Bergen. There is parking space in Carpark Heuvelpoort.

By public transport: 53 minutes

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You'll have to take the train to Tilburg Station, from here it's a 9 min walk to Mercure Hotel Tilburg. From the Central station Eindhoven bus 17, 171 or 172 will go to the Pieter van den Hoogenband Swimming stadium.

By car: 34 minutes. Address: Heuvelpoort 300, 5038 DT Tilburg

### 3.1.10 IBIS Tilburg (Accor Group)



The IBIS Tilburg hotel is located close to the city center of Tilburg and the Efteling amusement park, which is easily accessible via the nearby highway. The hotel offers 72 rooms (including two rooms for guests with limited mobility) with all the standard comforts. The hotel's facilities on offer include: Wi-Fi Internet access, a restaurant, a bar open 24 hours, a terrace area and parking as well as seven meeting rooms for your seminars.

By public transport: 76 minutes

From Tilburg Central Station it is possible to take bus 8 to IBIS Tilburg, you get off at Het Laar West. The bus stops next to the hotel. Take the train tot Central station Eindhoven. From Central station Eindhoven bus 17, 171 or 172 will go to the Pieter van den Hoogenband Swimming stadium.

By car: 36 minutes. Address: Dr. Hub Van Doorneweg 105, 5026 RB Tilburg

### 3.1.11 Mercure Hotel 's-Hertogenbosch - Rosmalen (Accor Group)



Mercure 's-Hertogenbosch-Rosmalen is located just off the A2 highway, exit 20. The city of 's-Hertogenbosch (3.1 miles) offers a wealth of history, attractive shops and terraces. The Efteling theme park and Beekse Bergen safari park are also within visiting distance.

By public transport: 68 minutes

From station 's-Hertogenbosch it is possible to take bus 62, 63, 74 to Mercure Hotel. The bus stops next to the hotel (8 min walk). To the Pieter van den Hoogenband Zwemstadion you take the train tot Eindhoven Central station. From Central station Eindhoven bus 17, 171 or 172 will go to the Pieter van den Hoogenband Swimming stadium.

By car: 36 minutes. Address: Burg Burgerslaan 50, 5245 NH - ROSMALEN

## 3.2 Masters village Center Parcs Kempervennen



As a special arrangement for all participants, supporters, fans and family we give you the opportunity to stay in our Masters Village during the European Masters Championships 2013 in Eindhoven. This beautiful Center Parcs village is situated eleven kilometres from the Pieter van den Hoogenband Swimming Stadium and is available for anyone who is interested. You will be able to stay in one of the lovely bungalows out in the countryside known as the Eden Cottages. For all ages, you can do activities or go on adventures every day at the Masters Village. What do you think about water skiing or indoor skiing, have the time of your life on the Zip Wire; a 100 metre long cable way, 12 metres above the ground.

### 3.2.1 Shuttle service

Everyone accommodated in the master village (booked through the EC Masters landings page) will receive a shuttle pass at the reception of Center Parcs giving access to the shuttle service from and to the pool.

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Guests who have not booked via the EC Masters organization can buy a transport card for € 50,- at the reception of Center Parcs and the transportation desk in the pool. A timetable will be available upon arrival.

### 3.2.2 Public transport

From Eindhoven Station walk to 18 Septemberplein (3 minutes), take bus number 172 going to Luyksgestel and get off at Markt, Valkenswaard. From there take bus number 476 going to Achel (België) and get off at to Kempervennen, Valkenswaard. The bus stops at the entranceway of the park.

### 3.2.3 Route by car

Kempervennendreef 8, 5563 VB Westerhoven

South

From London; Follow the A20 to Dover. Cross the channel. From Calais follow the A18 towards Antwerpen / Gent. At the intersection Zwijsnaarde, take the A14 towards Antwerp. From Antwerp follow the E334 in the direction Eindhoven. Take exit Eersel (30). Turn left at the traffic lights in the direction Valkenswaard-Bergeijk. Continue straight ahead at the roundabout (provincial road). Take exit Bergeijk (to the right, Einderakkers). Follow the road up to the roundabout. Continue straight ahead on the roundabout (Fressevenweg/Bergeijksedijk). Continue up to the next roundabout (N69).

East

From Schiphol: Take the A9 direction Amsterdam. Turn onto the A2/E35 direction Utrecht/'s Hertogenbosch/ Eindhoven. Continue A2/E35 to join A67/E34 towards Venlo and exit Waalre. Shortly after this, look for signs to Valkenswaard (N69). In Valkenswaard take direction Hasselt. About 3 km out of Valkenswaard you will find "De Kempervennen" on your right. From Hoek van Holland: Take the A20/E25 through Rotterdam. Turn off onto the A16/E19 towards Breda. Just past Breda join the A58/ E312 towards Eindhoven. Just before Eindhoven join the A2. Leave the A2 and take the A67 (Antwerpen/Eersel) and exit at Eersel and follow the signs to (Bergeyk) Valkenswaard. Take the exit Bergeyk and drive straight to the N69. Turn left in the direction of Valkenswaard. After 1 km you will find "De Kempervennen" on your left.

## 3.3 Arena European Masters Campsite

The campsite is located within walking distance of the pool. So at the end of the day you can easily walk home. At the campsite you can use the sanitary facilities of the Ice sport centre. In addition to these benefits you enjoy the unique swimming atmosphere with lots of sociability in a social environment and with enough peace and quiet at night. You'll enjoy the outdoors, freedom and people around you at the Masters Campsite!

There are 52 places available for RV's and caravans and 47 for tents of approximately 80m<sup>2</sup> (25 euro for 4 persons). Tent pitches will be created on the grass. RV's and caravans will be placed on the concrete of the ice rink in the stadium. Toilets and showers are available. There will be electricity link-ups (6Ampere) for caravans, RV's and tents. Lockers will be available (accessible between 08.00 and 23.00 hours).



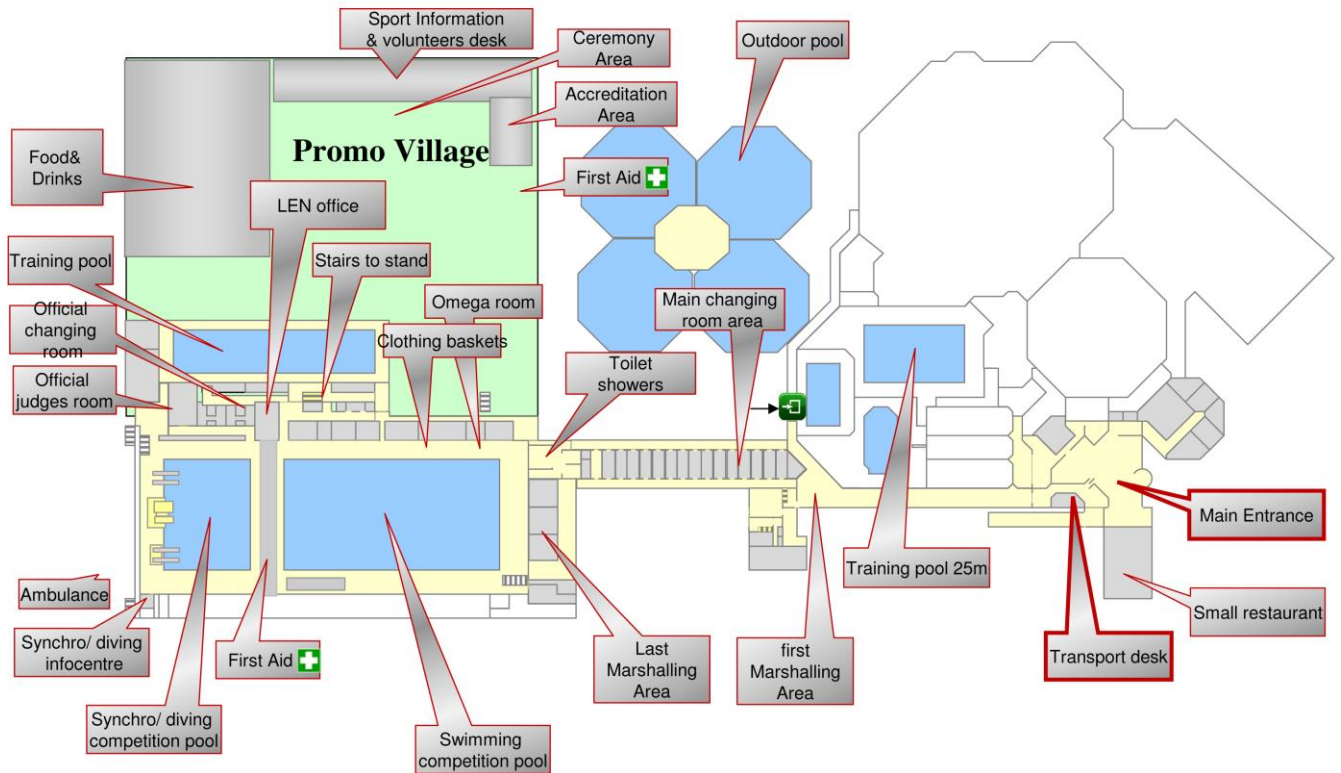
Visit the [website](#) for more information and to make a reservation.

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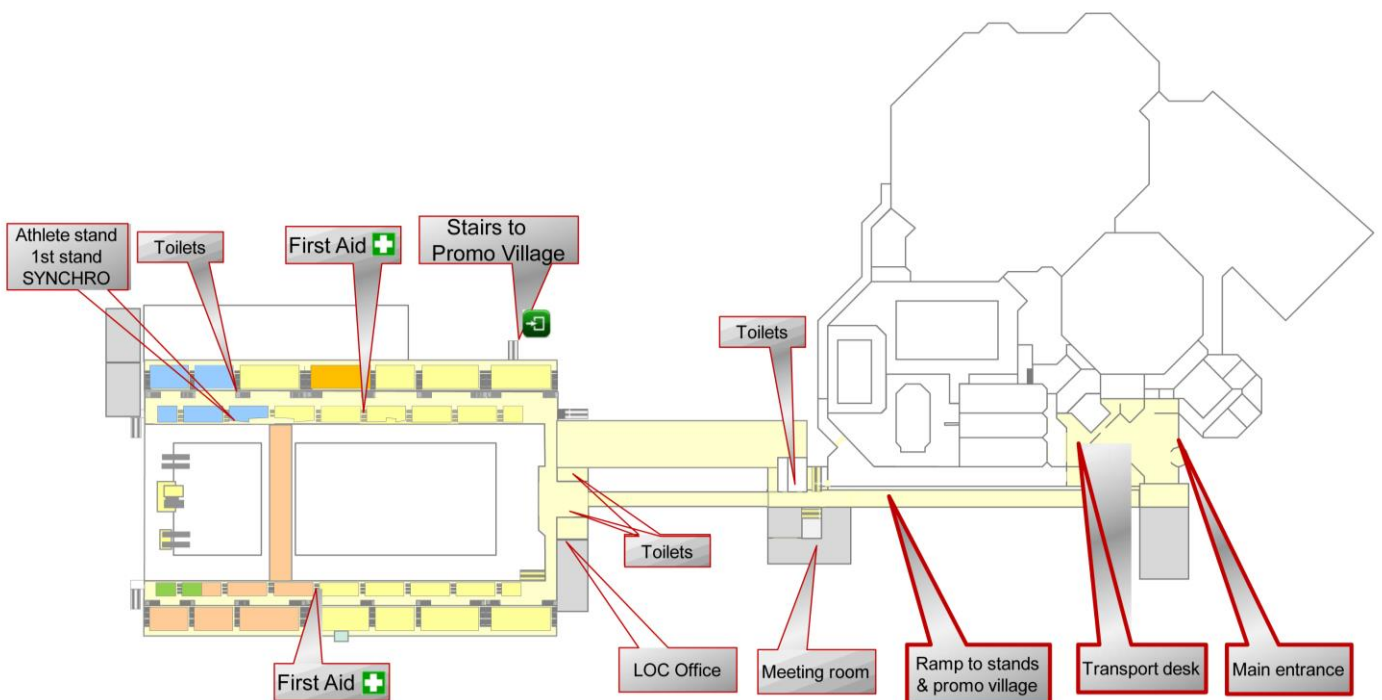
## 4 General information Championships

### 4.1 Venue maps

#### ECM Swimming 2013 – Ground Floor, Competition area

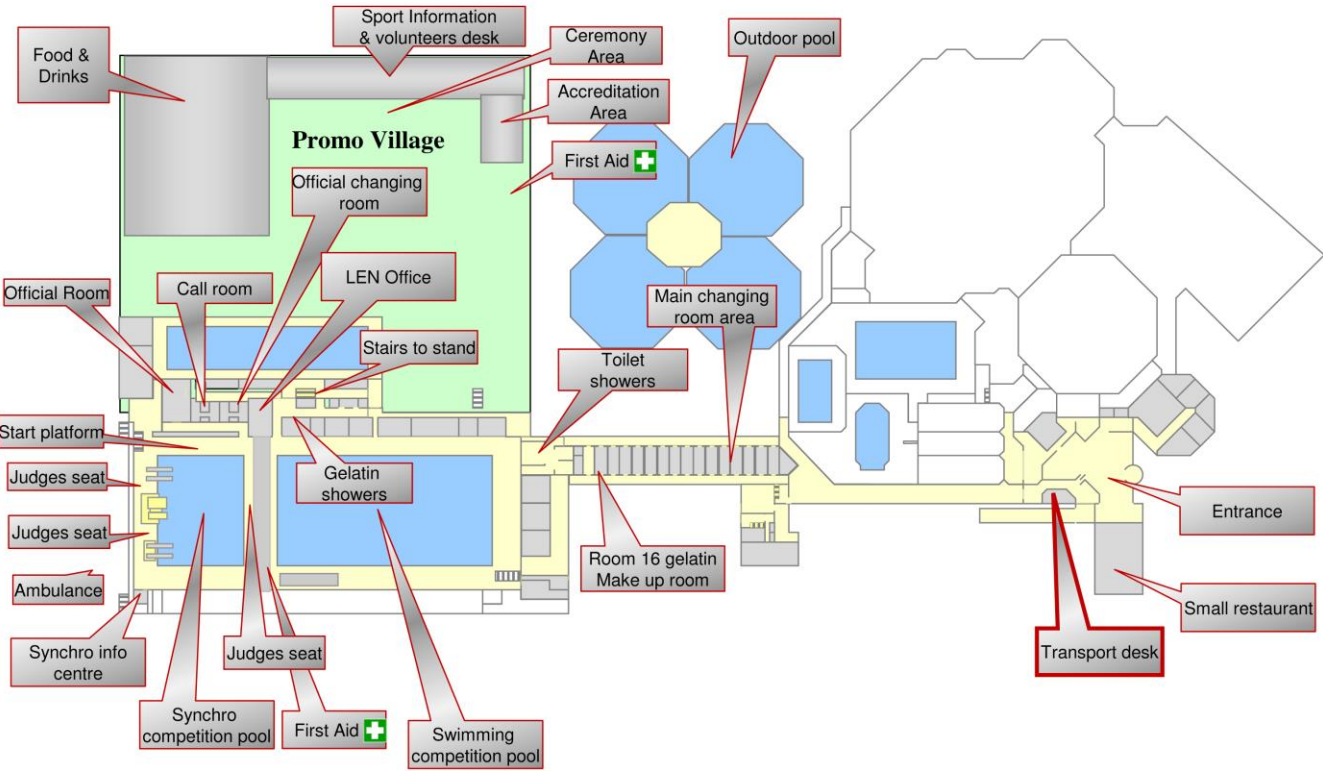


#### ECM 2013 – Top Floor

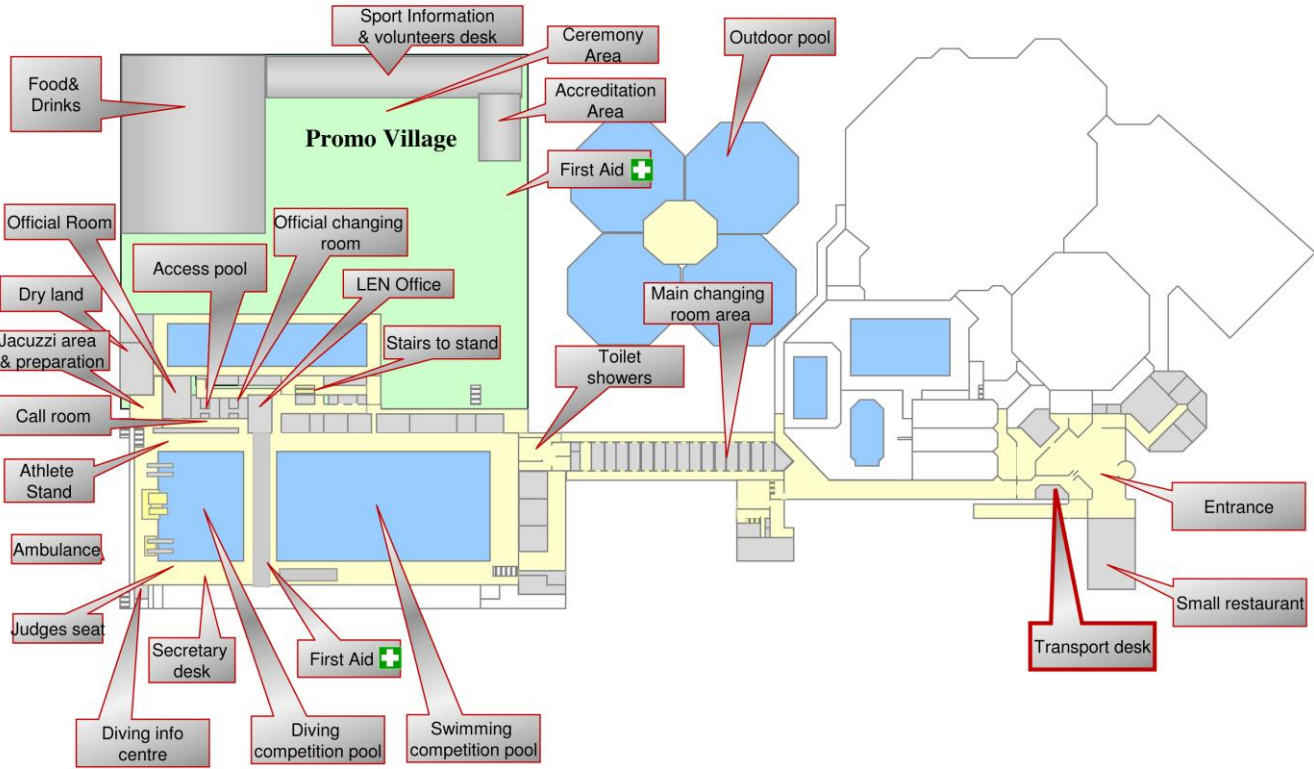


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## ECM SYNCHRO 2013 – Ground Floor, Competition area



## ECM DIVING 2013 – Ground Floor, Competition area





## 4.2. Accreditation

The accreditation cards will be handed out upon arrival at the accreditation centre. The accreditation centre will be situated in the promo village on the field next to the Swimming stadium, from 30<sup>th</sup> August until the end of the Championships. We have our volunteers waiting for you to take your picture and print your accreditation card.

The accreditation must be collected personally after identifying yourself with your legitimation (valid passport or ID-card). And after signing the Release from Liability.

Loss of accreditation card has to be reported immediately. New accreditation will only be released when the athlete presents himself at the Accreditation Centre with his (valid) passport or identity card. A € 10,00 fee has to be paid upon replacement of the accreditation card.

*All data furnished will be treated in compliance with the laws on privacy*

### The opening hours of the accreditation centre

Friday 30 <sup>th</sup>	09.00 hrs. until 21.00 hrs.
Saturday 31 <sup>st</sup>	07.00 hrs. until 21.00 hrs.
Sunday 1 <sup>st</sup>	07.00 hrs. until 21.00 hrs.
Monday 2 <sup>nd</sup> / Friday 6 <sup>th</sup>	07.00 hrs. until 21.00 hrs.
Saturday 7 <sup>th</sup>	08.30 hrs. until 12.00 hrs.

## 4.3. Information centre

The information centre will be situated in the promo village on the field next to the Swimming stadium, from 30<sup>th</sup> August until the end of the Championships. The information centre will include the following offices:

- Information desk
- Accreditation centre
- Reconfirmation desk
- Social Event office
- Lost and found office.

In the information centre you will also be able to reserve your social events.

## 4.4. Safety

Trained life guards and first aid personal will be on duty during both the competition and training sessions. They will provide first aid and notify Pool personnel to organize, supervise and regulate required activities. In the main venue limited medical facility is available. The First aid / Emergency room [25] is located on the pool deck of the PvdH Stadium.

### Medical Insurance

The participants are obliged to get medical insurance for their self's. The LOC only facilitates contacting the medical support. All medication, treatment, laboratory and x-ray analysis will have to be paid in cash to the applicable hospital administration.

Medical emergency procedure

Please note: Within the competition venue there is a special emergency plan.

Please **do not call** the national emergency number but make yourself known to the EHBO points or a volunteer. Assistance can only be organized properly via an internal emergency number.

In case of a medical emergency, the appointed pool staff will organize transportation of the affected person. Information on location of medical facilities and notification of required participant support will be supplied by the Information Desk.

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## Emergency procedure

All participants must be aware of the Emergency plan and emergency exits and what to do when. Participants will be at many different locations during the event. It therefore is very important to know how to leave the building if needed. In case of an Emergency situation leading to an evacuation you must leave the pool as soon as possible. You will be notified by:

- a slow-whoop alarm
- Instructions given via the Local Emergency Announcing system.
- Service employees will identify themselves to visitors, players, staff and volunteers and will guide you to the nearest exit.



We count on your support to make the European Masters Championship not only a successful, sporting but also a safe event.

## Emergency call 112

112 is the single emergency telephone number for the European Union, and also applicable in the Netherlands. Please be aware **NOT TO USE this number within the main venue**. Other emergency protocols have to be followed there to ensure best possible aid.

## 4.5. Opening Ceremony

Of course, the Arena European Masters Championships 2013 will have to be opened in the best way possible. The opening ceremony will take place on Saturday August 31<sup>st</sup> at 18:00 hrs at the swimming pool. The opening will be spectacular! Afterwards, we continue partying at the opening party in the promo village next to the pool! You'll understand that the exact content of the opening ceremony will stay a secret until the very last minute! There will be free entrance to the opening ceremony, so take all your friends and family and join us at this fantastic start of the European Masters Championships!

## 4.6. Farewell party

The farewell party will take place at the open water venue, following the open water races. It will start directly after the last victory ceremony. No doubt that this last night of the European Masters Championships will be a party to remember!

## 4.7. Awards and diplomas

The first three competitors in each event and age group will receive medals, competitors placed from first to eight will receive diploma free of charge. You will get diplomas in the Information Centre. Each competitor will be able to buy a Championships diploma and commemorative medals

## 4.8. Victory ceremonies

Victory ceremonies will take place at the promo village, after each event.

## 4.9. Start lists and seeding

The list of participants is available on the [website](#) where the heat lists can be found too. Seeding of the 400m, 800m, relays and Open Water Swimming will be done after closing of the confirmation, and will be published as soon as possible.

## 4.10 Rules

All disciplines will be conducted according to the rules of the Ligue Européenne de Natation (LEN). Technical guidelines for each discipline event can be found at [www.len.eu](http://www.len.eu)

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## 5 Championships program

The Information and accreditation centre opens Friday 30 August 2013			
Dates		Swimming and open water	Synchronized Swimming
Day 1	Saturday 31 August 2013	Training	01) 10.00 h Solo - Technical Routine 02) 16.00 h Team - Technical Routine
Day 2	Sunday 1 September 2013	01) 800m Freestyle Men 01) 800m Freestyle Women	03) 10.00 h Duet - Technical Routine 04) 18.00 h Team - Free Routine
Day 3	Monday 2 September 2013	03) 200m Ind. Medley Women 04) 200m Ind. Medley Men 05) 400m Freestyle Women 06) 400m Freestyle Men	05) 10.00 h Solo - Free Routine 06) 18.00 h Combination – Free Routine
Day 4	Tuesday 3 September 2013	07) 200m Freestyle Men 08) 200m Freestyle Women 09) 50m Breaststroke Men 10) 50m Breaststroke Women 11) 100m Butterfly Men 12) 100m Butterfly Women 13) 4 x 50m Freestyle Men 14) 4 x 50m Freestyle Women	07) 10.00 h Duet - Free Routine
			Diving
Day 5	Wednesday 4 September 2013	15) 200m Butterfly Women 16) 200m Butterfly Men 17) 50m Backstroke Women 18) 50m Backstroke Men 19) 100m Breaststroke Women 20) 100m Breaststroke Men 21) 4 x 50m Medley Mixed	01) Springboard 3m Men (70-80+) 02) Springboard 1m Women (70-80+) 03) Springboard 3m Men (60-69) 04) Springboard 1m Women (60-69) 05) Springboard 3m Men (50-59) 06) Springboard 1m Women (50-59) 07) Springboard 3m Men (40-49) 08) Springboard 1m Women (35-39) 09) Springboard 3m Men (25-34)
Day 6	Thursday 5 September 2013	22) 200m Backstroke Men 23) 200m Backstroke Women 24) 50m Butterfly Men 25) 50m Butterfly Women 26) 100m Freestyle Men 27) 100m Freestyle Women 28) 4 x 50m Freestyle Mixed	10) Springboard 3m Women (70-80+) 11) Springboard 1m Men (70-80+) 12) Springboard 3m Women (60-69) 13) Springboard 1m Men (60-69) 14) Springboard 3m Women (50-59) 15) Springboard 1m Men (50-59) 16) Springboard 3m Women (40-49) 17) Springboard 1m Men (35-39) 18) Springboard 3m Women (25-34)
Day 7	Friday 6 September 2013	29) 200m Breaststroke Women 30) 200m Breaststroke Men 31) 50m Freestyle Women 32) 50m Freestyle Men 33) 100m Backstroke Women 34) 100m Backstroke Men 35) 4 x 50m Medley Women 36) 4 x 50m Medley Men	19) Springboard 1m Men (25-34) 20) Springboard 1m Women (25-34) 21) Springboard 3m Men (35-39) 22) Springboard 3m Women (35-39) 23) Springboard 1m Men (40-49) 24) Springboard 1m Women (40-49)
Day 8	Saturday 7 September 2013	3 km Open Water Women 3 km Open Water Men	25) Platform Women (70-80+) 26) Platform Men (70-80+) 27) Platform Women (50-69) 28) Platform Men (50-69) 29) Platform Women (40-49) 30) Platform Men (40-49) 31) Platform Women (30-39) 32) Platform Men (30-39) 33) Platform Women (25-29) 34) Platform Men (25-29)

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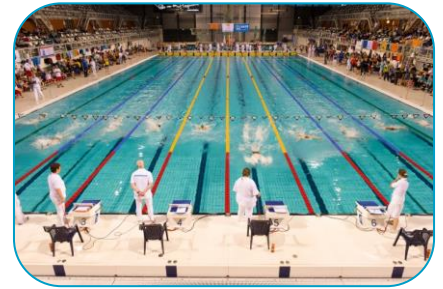
## 6 Swimming

### 6.1. General information

The competition will take place in the indoor 50m 10 lanes swimming pool in the Pieter van den Hoogenband swimming Stadium.

Warm up can be done in the same pool before the start of the competition and in the indoor 50m 4 lane indoor pool.

The competition will start each day at 08.00 a.m.



#### Local organizing committee Swimming

Harold Matla

Technical manager Swimming

Kees-Jan van Overbeeke

Technical manager Swimming

### 6.2. Training schedule

Training opportunities are planned for swimming on the following days and times.

On Friday 30th:

- in the 4x50m training pool from 13:00 to 20:00 hrs.
- in the 10x50m competition pool from 20:00 to 22:00 hrs.

On Saturday 31st:

- in the 4x50m training pool from 08:00 to 20:00 hrs.
- in the 10x50m competition pool from 09:00 to 22:00 hrs.
- with exception during the opening ceremony

On each competition day:

- in the 10x50m competition pool from 6:30 hrs. to 7:45 hrs. and in 30 min after finish until 22:00 hrs.
- in the 4x50m training pool from 7:30 till 20:00 hrs.
- in the 5x25m pool from 7:30-18:00 hrs.

And in the outdoor recreational swimming pool from Monday to Friday 12:00-22:00.

### 6.3. Reconfirmation

Please note that competitors participating in 400m and 800m events shall reconfirm their participation to the Organizing Committee no later than 18:00 hrs on the day prior to the event. The confirmation forms are available at the information desk and a webform will be online at August 30. Please collect and return the applicable form to the Information desk in time.

### 6.4. Relays

Changes in the relays are to be transmitted at the Information desk no later than 18:00 hrs. on the day prior to the event through them modification form. The modification forms will be available at the information desk will also be online at August 30.

### 6.5. Marshalling area

Competitors to an event must report present at the second marshalling area at least 20 minutes prior to the start of their heat. There will be no waiting on swimmers who miss their heat.

### 6.6. Results

Results will be published after the race via livetiming on the website and in the venue (information desk). Swimming and Open Water Swimming can also be followed Real Time with the SplashMe app.

All entries and results available on your smartphone! Please check [page 24](#).

It is almost set that we will be able to put ALL individual swimming races on video, using a 10 camera system. You will be able purchase your own personal race on video via internet if you would like that. Please watch the next daily bulletins for information on this offer.

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## 6.7. Swimming Rules

### Events and age groups

- Individual events are (men and women):
  - o Freestyle 50m, 100m, 200m, 400m, 800m;
  - o Breaststroke 50 m, 100 m, 200 m;
  - o Backstroke 50 m, 100 m, 200 m;
  - o Butterfly 50 m, 100 m, 200 m;
  - o Individual medley 200 m;
- Relay events are (men, women and mixed)
  - o Freestyle relay 4 x 50 m;
  - o Medley relay 4 x 50 m;
  - o Mixed relays consists of 2 women and 2 men;
- Age groups for individual events are:  
25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 – 94  
(and five year age groups as high as is necessary).
- Age groups for relays are:  
100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359 (and forty year increments as high as is necessary). All members of a relay team must be from the same club and have completed the individual entry form. The total age of the team members (determined by the year of birth) determines the age group of the team. A competitor may only compete in one age group in the same relay event.
- Competitors may be entered for a maximum of five individual events, but not for more than two individual events each day.
- The order of the events and the Entry Times shall be decided by the LEN Executive on proposal of the LEN MaC and the LEN Bureau Liaison.

### Lane seeding, start and ordering out of the competition

- Competitors will be seeded according to the submitted entry times, beginning with the oldest age group first and within an age group the slower heats first.
- In 400m and 800m races the competitors will be deck seeded and will be swimming in one lane. The seeding shall be by time only and not by age-group.
- Overhead start will be used in all events.
- Each competitor is responsible to report to the clerk of course at least 20 minutes prior to the designated race at the marshalling area at the pool.
- In individual events of more than 200m the Referee may order out any competitor who passed the standard qualification time for the relevant age group.

### Classification

- Individual swimmers will be listed in the result list with name, name of the club, official country code and split times according to ranking and age group.
- Relay teams will be listed in the result list with the name of the club and official country code according to ranking and age group, including names of swimmers and individual split times.
- Any competitor not starting, disqualified, or not finishing the race within the required entry time will be placed at the end of the result list without ranking and time. The reason shall be mentioned.
- A competitor who has a permanent disability shall not be disqualified in a case where his disability prevents him/her from complying with the rules of a particular stroke, provided that the competitor has notified the disability to the referee or his/her representative before the race takes place. Notification shall be a medical certificate issued by the Medical Officer of the Federation

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## 6.8. FINA Disqualification Codes

### **GENERAL:**

- GA False start
- GB Delay of meet
- GC Unsportsmanlike manner
- GD Interference with another swimmer
- GE Did not swim stroke specified
- GF Did not swim distance specified
- GG Did not finish in same lane
- GH Standing on bottom during any stroke but freestyle
- GI Swimmer swam in wrong lane
- GJ Swimmer made use of aids
- GK Swimmer did not finish
- GL Pulled on lane ropes
- GM Use of not FINA approved swim suit
- GN Use of more than one swim suit
- GO Use of tape on the body
- NT No Time (passed the standard qualification time)

### **FREESTYLE:**

- FrA No touch at turn or finish
- FrB Swam under water more than 15 meters after start or turn
- FrC Walked on pool bottom and/or pushed off bottom

### **BACKSTROKE:**

- BaA Toes over the gutter
- BaB Head did not break surface by 15 meters after start or turn
- BaC Shoulders past vertical
- BaD No touch at turn and/or finish
- BaE Not on back off wall
- BaF Did not finish on back
- BaG Past vertical at turn: non continuous turning action
- BaH Past vertical at turn: independent kicks
- BaI Past vertical at turn: independent strokes

### **BREASTSTROKE:**

- BrA Head did not break surface before hands turned inside at widest part of second stroke
- BrB Head did not break surface of water during each complete stroke cycle
- BrC Arm movements not always simultaneous and in horizontal plane
- BrD Leg Movements not always simultaneous and in horizontal plane
- BrE Hands not pushed forward on, under or over water
- BrF Elbows not always submerged during race
- BrG Feet not turned outward during propulsive part of kick
- BrH Did not touch wall with both hands simultaneously at turn and/or finish
- BrI Body not on breast from beginning of first arm stroke after start and/or turn
- BrJ illegal downward butterfly kick
- BrK Broke Stroke Cycle
- BrL More than one butterfly kick during the first arm stroke after start or turn
- BrM Butterfly y kick after turn not followed by breaststroke kick

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**BUTTERFLY:**

- BfA Head did not break surface 15 meters after start or turn
- BfB More than one arm pull under water after start or turn
- BfC Not toward breast off the wall
- BfD Did not bring arms forward and/or backward simultaneously
- BfE Did not bring arms forward over water
- BfF Did not execute movement of both feet in same way
- BfG Did not touch wall with both hands simultaneously at turn and/or finish
- BfH No touch at turn and/or finish
- BfI Arm movements did not continue throughout race
- BfJ More than one breaststroke kick per arm pull

**INDIVIDUAL MEDLEY:**

- IMA Freestyle swum as backstroke, breaststroke or butterfly
- IMB Not swum in right order
- IMC Stroke infraction - use stroke codes

**RELAYS:**

- RA Early swimmer take-off # (RA#)
- RB Medley not swum in right order
- RC Changed order of swimmers
- RD Non listed swimmer swam
- RE Stroke infraction - use stroke codes and swimmer # (RE#)
- RF Swimmer other than the swimmer designated to swim entered race area before all finished

MEETS  
EVENTS  
HEATS  
RESULTS  
and  
ME!



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## 7 Open Water swimming

### 7.1. General information

The competition will be 3.000 meters and will take place in the Eindhoven canal. The competition will start at 10:00 in waves with 15 minutes interval. It will be held on a one way course, a straight line of 3.000 meter.

#### Local organizing committee Open Water

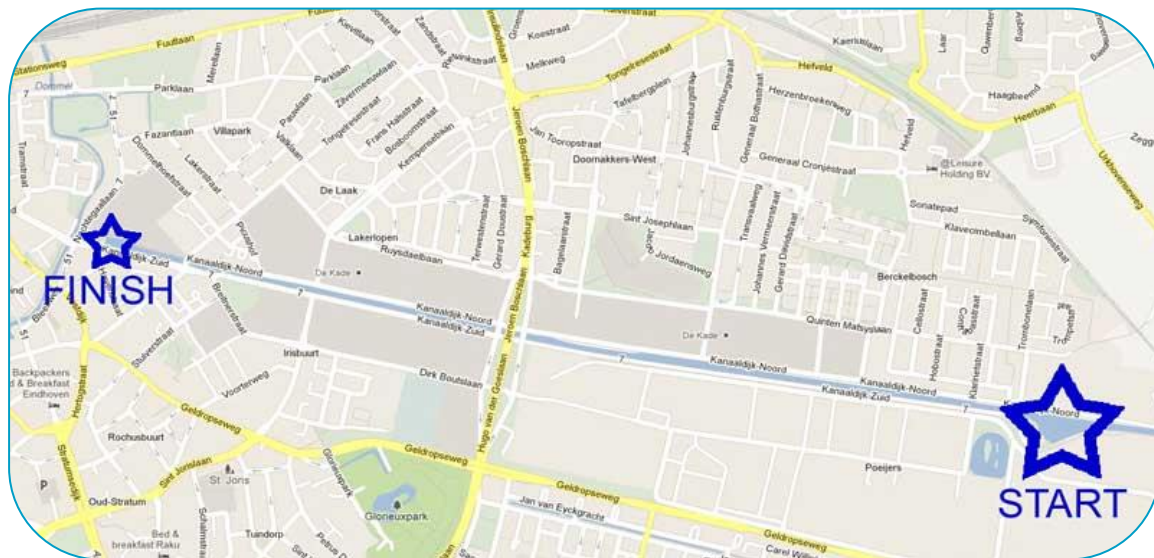
Joost Kuijlaars

Technical manager Open Water

Henk Labordus

Referee

### 7.2. Venue



### 7.3. Transport

Participants will gather at the finish location at least 75 minutes before their start. They will be transported by bus (in starting order) from the finish to the starting location, where participants will arrive 60 minutes before the start of their race.

Between the Pieter van den Hoogenband swimming stadium and the finish will be a shuttle service. Timetables of the busses will be published later.

### 7.4. Technical meeting

The Technical meeting will be on Friday 6th September at 19:00. Place to be confirmed.

### 7.5. Training

There will be a training opportunity in the Eindhoven canal on Friday 6th September from 14:00 - 16:00 hrs. Details can be found at the Information Desk.

### 7.6. Events

Competitors will be seeded in waves according to age groups to assure similar wind and water conditions per age group. Competitors may be selected irrespective of gender. All competitors will receive and must wear a bright coloured cap according to the seeding. All competitors get numbered tattoos on their hands, arms and shoulders. Also they get on both wrists a tag for electronic timing. No wetsuits are allowed. In each wave, the Referee may order out any competitors who have not finished the race within sixty (60) minutes after the arrival of the winner in the same wave and age group. The schedule of the waves will be published later.

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## 7.7. Reconfirmation

Competitors shall confirm their participation at the Information Centre not later than 12:00 on Friday 6th September 2013. The confirmation forms for Open Water Swimming will be online on the website at September at August 30.

## 7.8. Safety

Full medical provision and appropriate safety will be provided during and at the end of the competition. Only well prepared and medically fit swimmers may enter this event. Each competitor is responsible for her/his own medical examination. The Organizing Committee is not responsible for accidents related to inadequate preparation or health matters. Warm drinks and wool cover will be provided at the end of the course free of charge. Showers are available.

## 7.9. Results & Victory Ceremonies

Results will be published after the race on the website and at the venue.

The Victory Ceremonies will be held directly after the competition of each wave and age groups, as soon as possible.

## 7.10. Rules

### Events and age groups

- Events are:
  - o Open Water Swimming (men), up to 3 km;
  - o Open Water Swimming (women), up to 3 km.
- Age groups are:  
25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64 , 65-69 ,70-74, 75+.

### Confirmation of Participation and seeding

- Competitors shall confirm their participation at the Accreditation Centre, by e-mail or by fax not later than twelve o'clock a.m. (12.00) on the day prior to the event.
- Competitors will be seeded in waves according to age groups. Competitors may be selected irrespective of gender.
- All competitors will receive and must wear a brightly coloured numbered cap according to the seeding. No wetsuit is allowed.
- In each wave, the Referee may order out any competitor who has not finished the race within sixty (60) minutes after the arrival of the winner in the same wave and age group.

### Start

- The Referee shall only allow the race to start if the safety requirements are fulfilled. The Referee may be overruled by the Technical Delegate.
- The Technical Delegate may shorten the distance of the event, due to weather conditions, water temperature and/or if the security requirements are not fulfilled.



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## 8 Synchronized swimming

### 8.1. General information

The competition will take place in the Pieter van den Hoogenband Swimming Stadium

The competition will start on Saturday (August 31<sup>st</sup>) till Tuesday (September 3<sup>rd</sup>). Warm up will be in the same pool each day starting from Saturday (August 31<sup>st</sup>), from 1h15 till 15 min prior the start time of each event.



All synchro competition will take place in the Diving pool. The dimensions of the pool are 25m (length) x 20m (wide). Depth will be 5m for the entire pool length. There will be a start podium of approximately 12m wide and 3m deep, height 0,8m available. The water temperature will meet the FINA/LEN regulations of not less than 26° C for all championship sessions.

The synchro competition consists of solo (technical and free routine), duet (technical and free routine), team (technical and free routine) and free combination.

#### Local organizing committee Synchronized swimming

Gabrielle Philipson	Technical manager Synchronized swimming
Hugo van den Berg	Technical manager Synchronized swimming
Natasja van der Leden	Liason with synchronized swimmers

### 8.2. Training schedule

On Friday, August 30th there is ample training possibility in the competition pool (no music, no tapping). The pool is open for training from 08.00hrs - 20.00hrs. At this date, the 50m pool is also available for training for synchro and will be split into two 25m pools by a line. It will be free training, no schedule will be provided.

Date	Pool	start time	end time	Open training for
30-8-2013	diving pool	08.00	20:00	all competitors*
	50m pool (split into 2x 25m)	13:00	20:00	all competitors*
31-8-2013	diving pool	18:30	20:00	duet competitors *
1-9-2013	diving pool	14:30	16:30	team and solo competitors *
2-9-2013	diving pool	15:00	16:30	combination and duet competitors *

\*No music, no ticking in open training.

### 8.3. Technical meeting and Drawing of lots

The draws will be held at the technical meeting for synchronized swimming, which will commence Friday, 30 August, at 16:00 hours. Information about the exact location of the meeting will be available at the Information Desk upon arrival. A maximum of two representatives per club can attend the meeting. The draws for all events will be done at this meeting. The draws have been prepared according to LEN and FINA regulations. During the meeting, one start order out of a choice of five will be drawn. This will be the definitive start order.

### 8.4. Music

Please bring your music on CD. There should be only one routine per CD, formatted as audio CD (no MP3). Mark both CD and box with the name of the club, the type of routine (solo, duet, team, combination) and the age group. If you have more than one routine in any event, please make sure we can discern between cd's.

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### 8.5. Marshalling area

Competitors to an event must report present at the entrance of the marshalling area at least 20 minutes prior to the start of their swim.

### 8.6. Reserves

Changes in reserves of duet, team and free combination must be done in writing at the sports information desk no later than 2 hrs before the start of the session. A change to another age group as a result of interchanging a reserve is not possible; any duet and team that changes a swimmer must fulfil the age group they originally entered.

### 8.7. Judging

Judging will take place in accordance with FINA rules. Judges scores will be written down on scorecards, which will be processed by the computer during the next routine. Therefore, preliminary results will only be announced after the next routine has been performed.

### 8.8. Changing rooms

The changing rooms are in the general entry area of the pool. Please use the changing rooms for changing only, not to leave your belongings in. You can put your bags and belongings in lockers, which are available in the swimming stadium.

### 8.9. Gelatine and showers

In the venue, a designated gelatine area will be created with hot water available to make gelatine and a limited amount of gelatine powder. Unused gelatine may not leave this area and has to be brought back to the supervisor to properly dispose of. In or close to the gelatine area, there will be mirrors and make-up facilities.

Please do not make and use gelatine in your hotel or in the Masters Village cottages. A fine may apply if the system gets clogged due to the use of gelatine.

To rinse out the gelatine, a special shower area will be made available in the venue (see the venue map 4.1). Please use only these showers to rinse out the gelatine. Thank you for understanding.

### 8.10. Results

The finalised results will be made digitally available on the website and at the Information Desk. For solo, duet and team the results of the technical routine and the free routine will be added up to provide the final results.

### 8.11. Victory ceremony

After the results of the free routine have been finalised, the victory ceremony will take place at the promo village.

### 8.12. FINA and LEN rules

LEN Masters rules apply to the synchro competition. When LEN Masters rules are inconclusive about any item, FINA Masters rules will apply. In all cases, the latest version of the rules as can be found on the LEN and FINA websites are applicable.



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## 8.13. Rules

### Events

- Events are (women):  
Solo, Duet and Team, each with Technical Routine & Free Routine, and Free Combination. Teams shall consist of a minimum of four (4) and a maximum of eight (8) members. Free Combinations shall consist of a minimum of four (4) and a maximum of ten (10) members.
- For Duets one (1) reserve and for Teams and Free Combinations a maximum of two (2) reserves may be entered.

### Age Groups

- Age Groups for Solo are: 25-29, 30-39, 40-49, 50-59,60-69,70-79,80+
- Age Groups for Duet are: 25-29, 30-39, 40-49, 50-59, 60-69,70-79, 80+ with the age determined by the average age of the competitors.
- Age Groups for Teams are: 25-34, 35-49, 50-64, 65+ with the age determined by the average age of the competitors.
- Age Group for Free Combinations is: 25+

### Competitions

- The Technical Routine shall be performed according to the FINA required elements for Masters Technical Routines (Appendix I to FINA Masters Synchronised Swimming Rules). Technical Routines have to include all required elements. Music selection is optional and may be the same music as used in the Free Routine.  
There are no restrictions for Free Routines neither in regard to choice of music nor in regard to content of choreography.
- Scoring will be calculated as in FINA Rule SS 19.1. In Duets and Teams the competitors' Technical Routine scores will be added and the total divided by the number of competitors for a final Technical Routine Scores.
- The order of events shall be decided by the Bureau Executive after consultation of the MaC and the Bureau Liaison to this Committee.
- The order of appearance for Technical Routines and Free Routines shall be decided by draw for each event in each age group. The age group to start is pulled, and the age groups are drawn by lot. The draw shall take place at the Technical Meeting to be held no later than twenty-four (24) hours before the beginning of the first part of the competition and shall be conducted in public under the direction of the Technical Delegates.
- The order of appearance for each event and each age group shall be decided by draw. The draw shall take place at the Technical Meeting to be held no later than twenty-four (24) hours before the beginning of the first part of the competition and shall be conducted in public under the direction of the Technical Delegates.

### Time Limits

- Time limits for the Technical and Free Routines for Solo, Duet, Teams, and for Free Combinations shall be in accordance with FINA Masters Synchronised Swimming Rules.

### Confirmation of participation and composition of duet and team events

- Competitors participating in Duet and Team events shall confirm their participation to the Organising Committee no later than six p.m. (18.00 hrs) on the day prior to the event.
- Reserve swimmers may be substituted up to two hours prior to the start of the first routine of the relevant event

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## 9 Diving

### 9.1. General information

The competition will take place in 20x25 m indoor diving pool in the Pieter van den Hoogenband Swimming Stadium.

The Competition will start each day at 9:00 am. There will be no preliminary or final contests.

#### Local organizing committee Diving

Frits Adelmeyer

Ronald van der Voort and Hana Novotna

Irma van der Made

Inge Oosterbosch

Technical manager Diving

Competition managers Diving

Secretary manager Diving

Volunteer/Pooldeck Manager Diving

### 9.2. Facilities

The diving pool has an area of 25m x 20m with a depth of 5m.

The water temperature will meet FINA regulations of not less than 28°C for the Championships.

The following diving facilities will be available:

1 x 10m Platform

1 x 7.5m Platform

1 x 5m Platform

1 x 3m Platform

1 x 1m Platform,

2 x 3m Springboards (maxiflex B)

2 x 1m Springboards (maxiflex B)

There is a bubble bath in the athlete preparation area.

Showers approximately 15m from the competition pool



#### Dryland Facilities:

Diving dryland facilities will be available near the diving pool located approximately 15m from the competition pool in a separate hall. The following facilities will be available:

1 x trampoline, 1 x dry board, tumbling, landing mats and stretching mats.

#### Athlete Preparation and Stretching Area:

The gym (dryland facilities) will be used for athlete preparation and stretching during competition. This gym is just 15 m. from the divingpool.

### 9.3. Technical meeting (combined with judges meeting)

The Technical meeting will be on 3 September at 18:00 hours. Information about the exact location of the meeting will be available at the Information Desk upon arrival. The Technical Meeting will provide the most current sport-specific information for all athletes and team officials. The meeting will be conducted in English. During the meeting the start order for the competitions will be draw. The judges schedule will be discussed.

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## 9.4. Training Schedule

Training sessions will be held at the competition pool.

Date		Training	Time
August 31	Saturday	Open Practice	20.00 – 21:00 hrs.
September 1	Sunday	Open Practice	20.00 – 21:00 hrs.
September 2	Monday	Open Practice	20:00 – 21:00 hrs.
September 3	Tuesday	Open Practice	14.00 – 21:00 hrs.
September 4	Wednesday	According to the schedule of competitions	6.30 – 9.00 hrs. during the long break, and after competitions until 21.00 hrs.
September 5	Thursday	According to the schedule of competitions	6.30 – 9.00 hrs. During the long break, and after competitions until 21.00 hrs.
September 6	Friday	According to the schedule of competitions	6.30 – 9.00 hrs. During the long break, and after competitions until 21.00 hrs.
September 7	Saturday	According to the schedule of competitions	6.30 – 9.00 hrs. During the long break

Dry land training will be available for all teams at the times that water training is being conducted. During the competitions of synchronised swimming or diving the dry land facility can only be reached via the training pool.

## 9.5. Competition format

The Championships diving competition will be conducted from Wednesday September 4<sup>th</sup> until Saturday September 7<sup>th</sup>. The following events will be conducted:

Men	Women
1m Springboard	1m Springboard
3m Springboard	3m Springboard
5m, 7,5m or 10m Platform	5m, 7,5m or 10m Platform

The divers can freely choose the dives from the dive table given in the FINA Handbook. The only requirement is that in age groups 25-69 years, each dive performed has a different dive number. In age groups 70-80+, dives with the same dive number can be repeated, if performed in a different position (straight, pike, tuck or free position). All divers will perform a full series of dives in their age group and there will be no preliminary or final contests.

## 9.6. Judging

A panel of seven (7) judges will judge the individual competitions. Panels will be determined by the Organizing Committee. The Technical meeting will be held at Tuesday September 3<sup>rd</sup> at 18:00 hrs. Information about the exact location of the meeting will be available at the Information Desk upon arrival. Judges can still apply until August 31, 2013 via the [website](#).

## 9.7. Changing Rooms

Changing rooms are available for competing athletes and judges. There are male and female changing rooms including showers and toilets.

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### **9.8. Dive Sheets**

A complete list of dives for each competitor must be submitted preferably 24 hours prior to the commencement of their event session. This can be done by using the program Divesheets in [Diverecorder](#). You can find the diving program [here](#).

If you are not able to use this program, you can fill out a blank dive sheet (to be obtained at the Information Desk, at the Technical Meeting or at the Diving Information Centre at the Pool Deck. Please submit the completed Dive Sheets at the Diving Information Centre at the Pool Deck (situated in the corner of the diving pool at the 3m springboards).

The divers are all requested to sign their divesheet, preferably max. 6 hours before the competition. The divesheets will be available at the Diving Information Centre. Changes, withdrawals and final dive sheets are all organized by the Diving Information Centre. Changes of dives preferably 6 hours before the event at the Diving Information Centre. Changes must be requested by a “change of dive” form, withdrawals by a “withdrawal” form. Every dive sheet has to be signed by the competitor, preferably 3 hours prior to the competition. Dive sheets can be signed at the Diving Information Centre.

Lists of participants, detailed start lists with dives and results will be posted on results’ boards placed on the wall behind the 1m springboards and at the Information Desk.

Once the competition session begins all matters pertaining the competition will be handled at the Resolution Table on the pool deck (situated at the Diving Information Centre). In the event of a protest, Team Leaders are to take the matter to the LEN Masters Committee at the Resolution Table who will take up the matter with the Referee. A fee is payable at the Resolution Table at the time the protest is submitted.

### **9.9. Drawing of lots**

The starting order for all events will be determined by an electronic random draw conducted at the Technical Meeting at 18:00 hrs on Tuesday September 3<sup>rd</sup>. Information about the exact location of the meeting will be available at the Information Desk upon arrival.

### **9.10. Marshalling area**

Competitors to an event must report present at the entrance of the marshalling area at least 30 minutes prior to the start of their heat.

### **9.11. Results**

Results will be published after the race on the website and in the venue.

After the event, a result list will be printed at the Diving Information Centre. After this list has been signed by the referee of this event, the results will be sent to the Information Desk and published on the wall behind the 1m springboards.



## 9.12. Rules

### Events and age groups

- Events are (men and women):
  - o Springboard 1 m;
  - o Springboard 3 m;
  - o Platform 5 m, 7.5 m, 10 m.
- Age groups are:  
25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+ (and five years age-groups as high as is necessary)
- Age groups may be combined.
- The total number of dives required are:

	Springboard diving (1 metre resp. 3 metre)		Age groups	Platform diving (5 metre, 7.5 metre or 10 metre)	
	Men	Women		Men	Women
7	6		25 – 29	6	6
7	6		30 – 34	6	6
7	6		35 – 39	6	6
7	6		40 – 44	6	6
7	6		45 – 49	6	6
6	5		50 – 55	5x	5x
6	5		55 – 59	5x	5x
6	5		60 – 64	5x	5x
6	5		65 – 69	5x	5x
5	4		70 – 74	4x	4x
5	4		75 – 79	4x	4x
4	3		80+	3x	3x

x) 10 m limited : Only feet first entries are allowed from the 10 m platform and any performed dive from the 10 m must not exceed degree of difficulty of 2.0.

- The order of the events shall be decided by the LEN
- Executive on proposal of the LEN MaC and the LEN Bureau Liaison to this Committee

### Confirmation of participation and list of the dives

- Competitors shall confirm their participation and submit the list of the dives to the Technical Delegate or the nominated member of the LEN MaC no later than six o'clock p.m. (18.00 hrs) on the day prior to the event.
- The Technical Delegate may accept later confirmations and/or submissions of the list of the dives up to three (3) hours prior to the event, subject to a fine; the amount of the fine shall be decided by the Bureau and circulated by the Organising Committee.
- No changes on the list of the dives shall be accepted after the deadline of three (3) hours prior to the event.

## 10 Promo Village

We like to welcome you to our Welcome to our official EC Masters promo village. The place to be during your stay in Eindhoven. The place where you can collect your information, accreditation, buy Arena official merchandise and where you can have your breakfast, lunch and dinner. It is in our ambition to make it as cosy and pleasant as it can get, so after a well-deserved swim or dive you can relax and make it yourself comfortable.

Enjoy your stay in Eindhoven.

### 10.1. Location

The promo village is located directly near the competition pool. The entrance is situated in next to the (athletes) stands so it is a very short walk to the "Place to be".

In the promo village you will find for example a sit-down restaurant, food corners with smoothies, healthy drinks, sandwiches, fast food corners, the official merchandise store and our outlet for social events.

When you arrive in Eindhoven, you will get more detailed information about the outlets present



### 10.2. Pricing

You don't like commercial prices? Neither do we! We like to welcome you in our promo village and that's why we price everything as low as possible.

In all of our promo outlets and food corners you can pay with EURO's (EUR) and/or most credit cards (VISA/Mastercard) and bank cards (Maestro).



### 10.3. Merchandise

In our promo village you will find one outlet for all your Arena merchandise. During the event you can buy lasting memories in this Arena Official Merchandise store! You can buy caps, clothes, bags, caps from Arena and Sportemotion and the mascot. You will also find unique Dutch goodies like miniature windmills, the Tulip-pen, small wooden shoes and Vincent van Gogh items. Curious about our offer? Keep an eye on the website for the product catalogue. In the promo village you can also buy a commemorative medal and engrave your own medal. More than enough reason to shop in the promovillage.

Don't want to wait? Please go to [www.ecmasters2013.com](http://www.ecmasters2013.com) and order now!

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## 10.4. Restaurant

To serve you in the best way possible we arranged a sit-down restaurant in our promo village. The restaurant can host 300 – 500 people at once and as a good service we offer breakfast, lunch and dinner. We like to invite you every day to use our restaurant. Please find below the menu's and the reduced (pre-order) prices:

### **Breakfast (buffet) - Price: € 7,25:**

Various types of bread  
Various types of soft and crispy bread rolls  
Various types of breakfast spreads  
Yoghurt, cornflakes, muesli, Fruit  
Including coffee, tea, milk, orange juice and water

### **Lunch (buffet) - Price: € 9,75:**

Various types of bread  
Various types of soft and crispy bread rolls  
Various types of breakfast spreads  
Yoghurt, cornflakes, muesli, Fruit  
Soup  
Various fried snacks  
Pasta salad and vegetable salad  
Including coffee, tea, milk, orange juice and water

### **Diner (3 types of buffet) - Price: € 14,75:**

#### 1) Dutch buffet:

Various types of meat dishes, for example beef stroganoff, lamb kofta in curry sauce  
Various types of vegetables, for example cauliflower, white cabbage in curry sauce  
Various types of potatoes  
Various types of vegetable salads.  
Including coffee, tea, milk, orange juice and water

#### 2) Italian buffet:

Various types of pasta dishes, for example macaroni, spaghetti, lasagne.  
Various types of vegetables  
Various sauces  
Various vegetable salads  
Including coffee, tea, milk, orange juice and water

#### 3) Oriental buffet

Various types of meat dishes, for example babi pangang, chicken sate and meatballs in ketjap sauce.  
Various types of rice and mie dishes  
Various side dishes  
Including coffee, tea, milk, orange juice and water

### **Get discount! Pre-order now!**

Don't want to cook or go shopping for groceries? Pre-order your meals now! Via our website ([www.ecmasters2013.com](http://www.ecmasters2013.com)) you can pre-order your breakfast, lunch and dinner for even less.

Breakfast: € 5,25

Lunch: € 7,25

Dinner: € 12,50

All prices are including drinks mentioned above.

**For only € 25,-** you can eat breakfast, lunch and dinner a day! Is that a great deal or what?

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## 10.5. Masters Evenings

Saturday August 31<sup>st</sup> we will have our welcome night in the Promo Village.

Monday September 2<sup>nd</sup> it is time already to say goodbye to our Synchro athletes.

Friday September 6<sup>th</sup> we will have a 'last night in the pool' party, on the last day of Swimming.

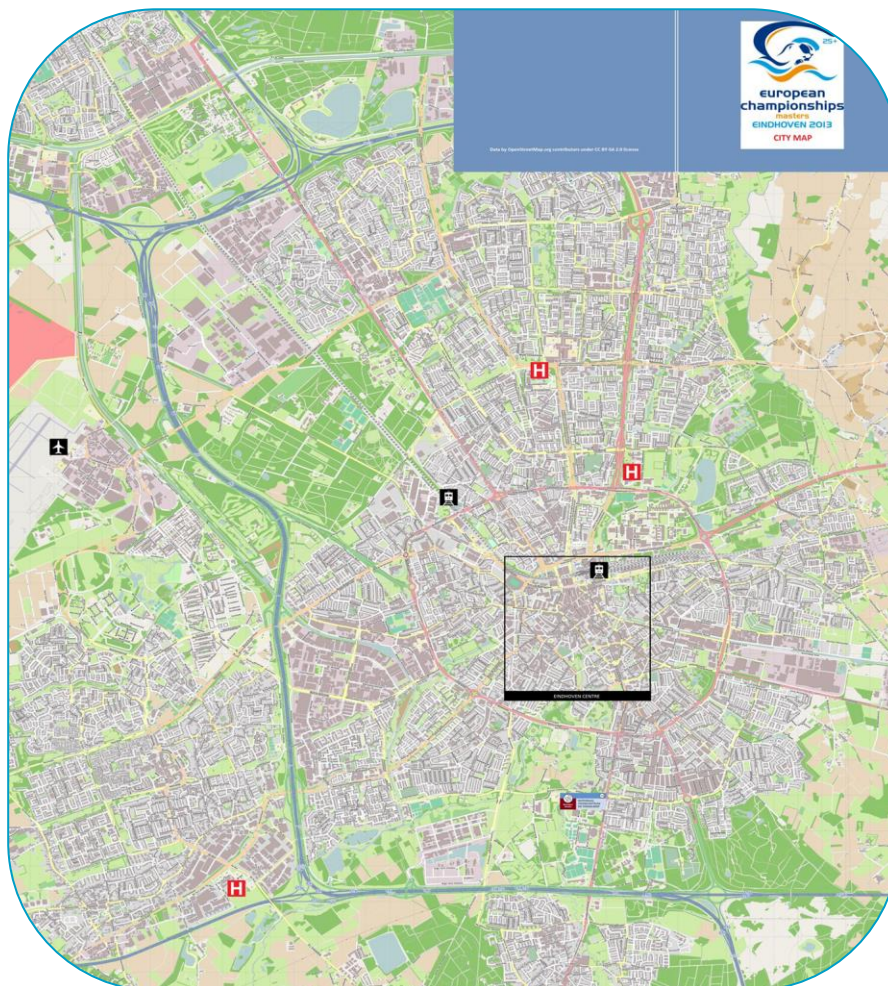
Each day you are invited to stay after dinner for some music and drinks.

Saturday September 7<sup>th</sup> you are all invited to join us at the finish of the Open Water track to celebrate the end of the 14<sup>th</sup> European Masters Championships.

Please be advised that on Sunday, Tuesday, Wednesday and Thursday, Center Parcs Kempervennen is preparing a special dinner or social meeting in the Master Village.

## 10.6. Citymap

In the goodie bag which you received during accreditation you will find the European Masters 2013 Citymap. This citymap will guide you around Eindhoven showing both the swimming venue and the cooperating hotels. This map will also show you some important locations like train stations, the airport and hospitals. On top of that the citymap shows a variety of shops and activities. Remember to display your citymap of accreditation when visiting one of the shops or activities on the citymap, to benefit from discounts and special offers.



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## 11 Social events

Of course you are welcome in our venue every day (chapter 10), but if you don't want to spend every day in the pool? Then the Social Events are the perfect solution! Social Events are all kind of fun activities for all participants in the EC Masters 2013. Read the descriptions of all Social Events below and make your choice!

### How does it work?

- Choose from all the Social Events below the Events you want to visit during the EC Masters 2013.
- Go to our website 'www.ecmasters2013.com/tourism/social-events'.
- Click 'reserve now', fill in your info and click for every Social Event you want to visit the number of tickets you would like to reserve. Click on 'send' when you're finished.
- You will receive a confirmation of your reservation in your e-mail. So make sure your e-mail address is correct!
- During the EC Masters you can take the confirmation of your reservation to the stand of the Social Events in the pool. You can pick up and pay your tickets there. Online payment prior to the EC Masters is not possible. Without payment at the stand, the tickets cannot be handed to you. With the tickets you can visit the Social Events of your choice. Have fun!

Do you want to know what the exact content and the prices of the Social Events are? Visit our website at [www.ecmasters2013.com/tourism/social-events](http://www.ecmasters2013.com/tourism/social-events)!

### 1. Bavaria Beer Brewery Café



With a tasting glass in your hand, you can experience step by step how we brew our beer. You will discover why Bavaria is the best in blind taste tests every single time. Test it yourself when tasting the beer and learn how to tap your own perfect glass of Bavaria.

The Bavaria Beertour is a program of 2 to 2,5 hours, and consists of:

- Welcome at the Bavaria Beer Brewery Café with coffee/tea
- Introduction of the program
- Tour through the Bavaria Brewery led by a tourguide
- Return in the Bavaria Brewery Café
- End of the program with something to eat and drink
- At the end of the program, every visitor will get a Bavaria souvenir

### 2. Efteling



Fairy tales do come true. Every day!

For more than 60 years Efteling has been a magical world full of enchanting fairytales, breathtaking attractions and stunning natural scenery, of which you could never grow tired.

Efteling is the place to relive cherished memories and create new ones.

Take a stroll through the Fairy tale Forest where you'll laugh at the forest's latest fairy tale, The Emperor's New Clothes. Climb on board the wooden racer rollercoaster George and the Dragon, if you dare, and scream your lungs out. Then sit yourself down in the impressive Raveleijn arena and get carried away with the adventures of riders and ravens in the revamped Raveleijn park show. Be sure not to miss Aquanura; Europe's biggest water show! A spectacle of water, light and fire, in which coloured fountains shoot high above the Pagode. Aquanura provides a fitting finale to an enchanting Efteling day. Efteling is open 365 days a year and is closer than you think!

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### 3. Philips Museum



A modern museum has opened on the Emmasingel in Eindhoven, on the very site where Philips produced its first incandescent lamps back in 1891.

Take an unforgettable journey through time through the impressive history of the global corporation that is Philips. Be inspired by the company's founders and the fantastic innovations of Philips pioneers down through the years.

The Philips museum has many wonderful stories to tell, taking you from the very first days of the company to the innovations of tomorrow.

### 4. PSV Museum & Stadium Tour



50 years after the first national championship in professional football, 25 years after winning the Europa Cup I and after 2500 professional football matches, the PSV Museum will open its doors on August 31<sup>st</sup>. In this museum, on the east side of the Philips Stadium, you will find everything about 100 years PSV. You can be one of the first people to visit it! Also, you can combine your visit with the PSV Stadium Tour. During the one-and-a-half hour Stadium Tour you will see places you usually don't, like

the press center and the luxurious Business Club. One of the highlights is of course the visit to the field, the players tunnel and the renewed changing rooms.

### 5. Genneper Parken



Genneper Parken is one of the largest sports and recreational areas in the Netherlands. There are various possibilities in the area, suitable for all ages and there is something to do for everyone. Take a beautiful walk through nature of experience farmers life. Swim in subtropical waves, play some golf on the (mini)golf course or discover how to survive in prehistory. The Pieter van den Hoogenband Swimming Stadium is also situated in Genneper Parken.

Together with different partners in the area and on sports park Eindhoven-North, another unique sports and recreational area in Eindhoven, we have composed this discount card for you. Now you can fully enjoy your stay in Eindhoven. Good luck and have fun!

### 6. Madame Tussauds



Are you ready for Amsterdam's most fun and interactive attraction? Then step into the amazing wax world of Madame Tussauds. Madame Tussauds is located in the city centre and very easy to reach with public transport, and just a 10 minute walk from Amsterdam Central Station. Be as beautiful as Doutzen Kroes on the catwalk or sing on stage together with the outrageous Lady Gaga. Play football with Rafael van der Vaart or test your IQ with Albert Einstein. And starting from the beginning of July, Grammy winning superstar Adele will be joining us in Amsterdam! But that won't be all! Because also in July there will be a temporary exhibit of the world famous Swedish band ABBA until the end of September. So don't forget your camera when you visit Madame

Tussauds and remember, who do you want to meet? Don't forget to bring your camera!

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## 7. Cruise through the Amsterdam canals



Would you like to admire the beautiful canals of Amsterdam during a one-hour cruise? In a luxurious canal boat you will navigate along the fine, impressing houses besides the canals with their different facades. Also, you will see the 'Magere Brug' over the Amstel, the VOC-ship and the harbor. It's a cruise to remember!

## 8. Walking tour through the Jordaan (Amsterdam)



Go out with our guides through the Jordaan in Amsterdam during the Jordaatour! During this city walk you will visit the 'quartier latin' of Amsterdam with her beautiful courtyards, headstrong people and sociable bars.

When you walk besides the beautiful canals in Amsterdam our guide will tell you everything about the turbulent moments in this district, about Johnny Jordaan and Tante Leen and the typical Jordaan people. This is one of the best tours in Amsterdam!

## 9. Walking tour through the Wallen (Amsterdam)



Show your courage and come with us to the red light district of Amsterdam, possibly the most mysterious part of Amsterdam!

With our guides you will take a relaxed walk along the scantily dressed women and the best known places of the Amsterdam red light district, such as the Bananenbar, the Oude kerk, Casa Rosso, Moulin Rouge, the Schreierstower, the Bloedstraat, café the Old Sailor, the Zeedijk and Chinatown. During the well-known Wallentour you will hear the best

stories and anecdotes of this part of Amsterdam. This is one of the most beloved tours in Amsterdam!

## 10. Train tickets



You would like to visit a Social Event in Amsterdam, but you don't know how to get there? Now you can reserve return train tickets from Eindhoven to Amsterdam together with your tickets to the Social Events! In only an hour and a half you can get from Eindhoven to the center of Amsterdam. From the Central Station in Amsterdam, all Social Events there are within walking distance!

## 12 Sponsors / Partners

The Arena European Masters Championships are sponsored by:



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## 13 Contact information



### Arena European Masters Championships Eindhoven 2013

#### Organizing Committee Arena European Masters Championships Eindhoven 2013

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*See You in  
Eindhoven*

[www.ECMasters2013.com](http://www.ECMasters2013.com)

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