

Arena European Masters Championships 2013



Arena European Masters Championships Eindhoven 2013

Eindhoven

2013

31 August - 7 Sept.

The Netherlands



arena® 

Entry Booklet

Content

1	Welcome	1
	1.1 Tournament Director	1
	1.2 Introducing LEN Bureau and Committee	1
	1.3 Organizing Committee	2
	1.4 Attending LEN Masters Committee Members	2
	1.5 The Healthy Ageing and Masters Swimming	2
2	Tourism and Tours	3
	2.1 The Netherlands	3
	2.2 The city of Eindhoven	4
	2.3 Social Events	5
3	Pre Event Information	6
	3.1 Accommodation	6
	3.2 Hotels	6
	3.3 Center Parcs – Masters Village	10
4	Transport	11
	4.1 Transport by Air	11
	4.2 Transport by Train	11
	4.3 Shuttle service	11
	4.4 Route by car	11
	4.5 Visa	12
5	Championships Program	13
6	Competition	14
	6.1 General information	14
	6.2 Swimming	15
	6.3 Standard Qualifying times Swimming	16
	6.4 Open water swimming	17
	6.5 Synchronized swimming	18
	6.6 Diving	18
	6.7 Venue	19
	6.8 Accreditation	20
	6.9 Registration	21
	6.10 LEN regulations	23
7	Mascot	24
8	Contact	25

1. Welcome

1.1 Paul van den Heuvel - Tournament director

We are very grateful that in the year of 125th anniversary of the Royal Dutch Swimming Federation, we are given the opportunity to celebrate our wonderful aquatic sports with our Master friends from all over Europe.

Eindhoven has been the host of the European Championships in Swimming, Water Polo, Diving and Synchronized Swimming, but now we have the honour to host the biggest European Championships in our wonderful Pieter van den Hoogenband Swimming Stadium.



Our staff and, more important, our many volunteers will do their outmost best to make your stay in the Netherlands a joy to remember for ever.

Our innovative team is ready to make the Arena European Masters Championships 2013 an excellent experience, using the benefits of modern technology and the Dutch logistic skills, but cherishing the important values of Masters Swimming: Fitness, Friendship and Fun.

In this booklet you will find most information needed to join the Arena European Masters Championships in Eindhoven. I invite you to visit www.ecmasters2013.com where you can find up to date details, to subscribe to our newsletter, book your accommodation, and of course enter the competition.

See You in Eindhoven!

Paul van den Heuvel

Tournament Director

1.2 Introducing 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. Welcome

1.3 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

1.4 Attending LEN Masters Committee Members

Simon Rothwell	Chairman
Andrea Prayer	Vice Chairman
Hans-Peter Sick	Secretary
Jose Borges	Member
Tim Farcnik	Member
Cem Görgül	Member
Igor Kartashov	Member
Jan Novotny	Member
Hordur Oddfridarson	Member
Geir Patursson	Member
Sami Wahlman	Member

1.5 The Healthy Ageing and Masters Swimming

The Healthy Ageing and Masters Swimming is a project within the framework of the Grundtvig Learning Partnership Programme of the European Commission. With Project Coordinator: Leader Comunicare Interculture, and Project Partners: Royal Dutch Swimming Federation, British Swimming - Institute of Swimming, and LEN.

The seminar is planned for September 5th after the competition session, with a presentation of the project and sessions about nutrition and health, with time for Q&A and a get together afterwards.

2. Tourism & Tours

2.1 The Netherlands

The Netherlands may be small in size, but that also makes it a very compact country, offering more opportunities per square kilometre than you can find anywhere else in the world! And there are more reasons why the Netherlands is such a fantastic destination for the Arena European Masters Championships 2013.

The Dutch open and tolerant character is very much evidenced by its hospitality towards foreigners. Throughout the centuries, refugees from other countries have found a new and safe homeland here. Although Dutch is the official language, most people also speak English, German and/or French. As any visitor to this charming land can attest, the Dutch truly enjoy contact with people from abroad and will make you feel at home in no time at all.

The Dutch look beyond their national borders. They are creative, open - minded and pragmatic. They are informal and amicable, even in sports competitions. Thanks to our ample experience in organizing sports events, you may rely fully on our professional volunteers for the organization of the Arena European Championships Masters 2013. The Dutch organizers are friendly, pragmatic and decisive.

The Netherlands welcome about ten million foreign visitors a year. The (business) tourism sector is one of the country's main sources of employment. Foreign visitors come mainly from Germany, followed by the United Kingdom, Belgium, the United States and France.

When people think of the Netherlands, tulips, windmills, cheese and clogs are what mostly come to mind - the Dutch 'classics'. Although part of the heritage and hugely important as a source for tourism, there is so much more to this compact country. The Netherlands offers a vast range of attractions and activities, from beautiful, green polder plains to broad sandy beaches along the North Sea coast and modern world-class cities. Moreover, the Netherlands is a stable country with a high level of prosperity and a rich range of culture on offer, with the highest density of museums per square meter anywhere. Amsterdam alone is home to more than 40 museums and Amsterdam is a 60 minutes driving distance away from Eindhoven.



2. Tourism & Tours

2.2 The City of Eindhoven

Welcome to Eindhoven! Eindhoven is a wonderful place to live, work, study and relax. Our Technical University and the Design Academy rank among the best universities worldwide. We have exquisite facilities for arts and culture such as the renowned contemporary art museum Van Abbe and music centre Frits Philips with its superb acoustics. Furthermore, Eindhoven is a very green city with outstretched parks and far more trees than the other large cities of our country.

Its central location within Europe makes Eindhoven, and surrounding areas, an excellent place for any major event. Important European cities such as London, Paris, Berlin and Brussels are reachable within a short travel distance. With Eindhoven Airport; Amsterdam Airport Schiphol; a modern train station; and an advanced highway network anybody will find a convenient way to come to our city.



2. Tourism & Tours

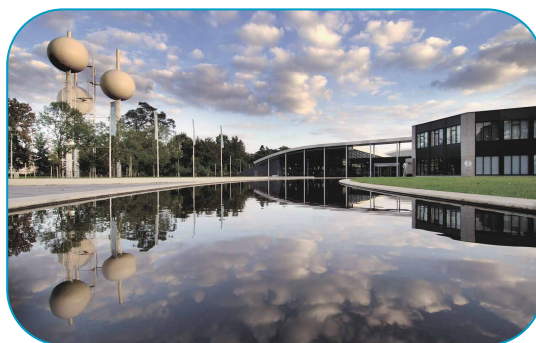
2.3 Social Events

To make this 14th edition of the Arena European Masters Championships even more special, the organizing committee has something special to offer you! Of course swimming is your main reason to visit Eindhoven, but the Netherlands has much more to offer. In Eindhoven, there are plenty of things to do. Museums, nature, relaxation, shops, bars, restaurants, this city has it all. Also our capital city, Amsterdam, cannot be forgotten! Amsterdam is the perfect place to spend a whole day and entertain yourself or be entertained. Of course, the city is known for its many canals and bridges. Also the rich history of the city, visible in the various museums and the architecture throughout the city, is worth to watch. If you want to relax after you went shopping, you can visit the numerous cafes and restaurants all around the city.

Would you like to explore the beautiful city of Eindhoven and its surroundings or Amsterdam? Now you can! The organizing committee is putting together a special program of so called 'social events'. Social events are all kind of activities you can visit during your stay, both in and around Eindhoven as in Amsterdam! For example, you can think about visits to museums, sports related activities or walks in one of Eindhoven's many parks. There will be something interesting for everyone. Of course we are putting together special arrangements and prices for you, so the experience will be even better!

The social events will appear on our website www.ecmasters2013.com and in our newsletter. During the championships, the social events will have their own stand in the promo village. Here you can find all the social events, ask questions and buy the tickets to the event(s) of your choice!

Curious about the social events? The first events will be posted online in June. So check the website regularly and sign up to the newsletter to not miss a thing!



3. Pre Event Information

3.1 Accommodation

The Eindhoven area boasts accommodation ranging from bed & breakfast to holiday parcs and 5-star hotels.

The LOC has developed hotel arrangements especially for all Masters. With these hotels a maximum travel time of 30 minutes to the Pieter van den Hoogenband Swimming Stadium is guaranteed. All arrangements can be booked on our website www.ecmasters2013.com.

3.2 Hotels

The following hotels are available:

Hotel Van der Valk Eindhoven - Preferred Supplier



Van der Valk Hotel is located within walking distance, just 1km, from the Pieter van den Hoogenband Swimming Stadium. The hotel features 269 spacious guest rooms, a cosy bar, 3 restaurants; buffet, à la carte and sushi, a spacious sport centre including indoor fitness, a beauty salon, an indoor swimming pool and solarium and a hotel casino. 040 Congress & Events offers 22 multifunctional rooms, providing all necessary equipment and facilities for team presentations, meetings, press conferences and more. The hotel offers unlimited FREE Wireless Internet

[Book this Hotel](#)

Distance to Pieter van den Hoogenband Swimming Stadium

By foot	1.0 km	10 minutes
By public transport		10 minutes
By car	1,7 km	3 minutes

Mercure Hotel Eindhoven



The Mercure Hotel Eindhoven is located close to the city centre, near Eindhoven Airport. The hotel is at the perfect location for trips to Eindhoven for business or pleasure. The rooms are spacious and comfortable and when staying here you can taste the French-inspired cuisine in our restaurant, La Columbine, or enjoy an evening drink or snack at the bar.

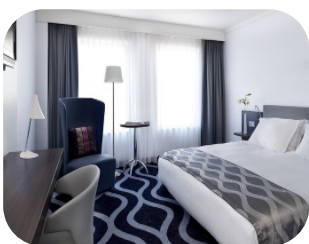
[Book this Hotel](#)

Distance to Pieter van den Hoogenband Swimming Stadium

By foot	1.6 km	20 minutes
By public transport		8 minutes
By car	2.0 km	4 minutes

4. Pre Event Information

Park Plaza Hotel Eindhoven



Park Plaza Hotel Eindhoven is located in the centre of the city and only 2,5 km away from the Pieter van den Hoogenband Swimming Stadium as well as shops, bars, pubs, restaurants and several key attractions of the city. The hotel offers on-site parking facilities. From the Central Station (train) it is only a ten minute walk. Park Plaza Hotel Eindhoven features 104 modern Superior and Executive rooms as well as suites, a gym, pool, two Finnish saunas and is home of the E!Lite Lounge where guests can relax at the fire place after a long day. In all public areas as well as guest rooms free Wi-Fi is available. For participants of the Arena European Championships Masters 2013 a special sports buffet will be prepared and also Group Packages are available.

[Book this Hotel](#)

Distance to Pieter van den Hoogenband Swimming Stadium

By foot	2.5 km	32 minutes
By public transport		12 minutes
By car	2.6 km	6 minutes

Hotel Pullman Eindhoven Cocagne



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.

[Book this Hotel](#)

Distance to Pieter van den Hoogenband Swimming Stadium

By foot	2.9 km	36 minutes
By public transport		16 minutes
By car	4.8 km	10 minutes

Best Western Premier Art Hotel Eindhoven



Best Western Premier Art Hotel Eindhoven is located in the Centre of the city and just 3.7 kilometers away from the Pieter van den Hoogenband swimming stadium. Next to the hotel 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. Best Western Premier Art Hotel Eindhoven hotel has 172 rooms which all are decorated differently. Each room is a mix of antiques, design and art. There is free use of Wi-Fi in the hotel. We developed a special sport-buffet which is also available for group packages.

[Book this Hotel](#)

Distance to Pieter van den Hoogenband Swimming Stadium

By foot	3.6 km	45 minutes
By public transport		19 minutes
By car	3.7 km	9 minutes

4. Pre Event Information

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 centre and its famous modern and luxurious shopping centre. Or you could just stay at the NH Conference Centre Koningshof hotel and enjoy the swimming pool, sports hall, squash courts, solarium and saunas, fitness room, and outdoor all-weather beach volleyball court.

[Book this Hotel](#)

Distance to Pieter van den Hoogenband Swimming Stadium

By public transport		53 minutes
By car	8 km	10 minutes

Novotel Eindhoven



Novotel Eindhoven is near Eindhoven Airport and ten minutes by car from the city centre. All hotel rooms have 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. Soak up the sun on the spacious terrace with pool (May to September.), or visit Welschap golf course which is only 0,6 miles (1 km) away.

[Book this Hotel](#)

Distance to Pieter van den Hoogenband Swimming Stadium

By public transport		50 minutes
By car	8.8 km	13 minutes

Carlton De Brug



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. Carlton De Brug has 149 spacious and comfortable rooms and suites, a cosy lounge and inviting Bowling bar, an à la carte restaurant, an Active Cooking Grill and 16 fully equipped conference rooms. Additionally Carlton De Brug also has De Brug Active to offer, a grand Sports and Health Centre of 10.000m² with all fitness and relax facilities. In short, Sport hotel Carlton De Brug has everything for a healthy and relaxed lifestyle, from spinning to squash, from cardio to golf course and swimming pool to sauna. In all public areas and rooms is free Wi-Fi available and the hotel also has its own (free) parking.

[Book this Hotel](#)

Distance to Pieter van den Hoogenband Swimming Stadium

By public transport		55 minutes
By car	13.1 km	21 minutes

3. Pre Event Information

Mercure Hotel Tilburg Centrum



You will find Mercure Hotel Tilburg Centrum in the heart of Tilburg near the central station. A modern hotel with an old-fashioned 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 easily reach leisure parcs for example the Efteling or the Beekse Bergen. There is parking space in Carpark Heuvelpoort.

[Book this Hotel](#)

Distance to Pieter van den Hoogenband Swimming Stadium

By public transport		53 minutes
By car	37.7 km	34 minutes

IBIS Tilburg



The IBIS Tilburg hotel is located close to the city centre 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.

[Book this Hotel](#)

Distance to Pieter van den Hoogenband Swimming Stadium

By public transport		76 minutes
By car	39.5 km	36 minutes

Mercure Hotel 's-Hertogenbosch – Rosmalen



Mercure 's-Hertogenbosch-Rosmalen is located just off the A2 highway, exit 20. The city of 's-Hertogenbosch offers a wealth of history, attractive shops and terraces. The Efteling theme park and Beekse Bergen safari park are also within visiting distance. The hotel has 82 air-conditioned rooms. Furthermore, the hotel hosts the cozy "le Bouffon" restaurant, the "l'Arlequin" bar, Business Point M and parking for 125 cars.

[Book this Hotel](#)

Distance to Pieter van den Hoogenband Swimming Stadium

By public transport		68 minutes
By car	43.7 km	36 minutes

3. Pre Event Information

3.3 Center Parcs Kempervennen - Masters Village

Center Parcs De Kempervennen, near Eindhoven, will be transformed into the Arena European Masters Championships Village! A special package has been composed to offer Masters, their family & supporters accommodation during the championships. You will be able to book a package for multiple nights, **including a free shuttle service to the stadium!**

Cottages are available from the 30th of August until the 16th of September 2013. You can book a cottage with your Masters team or your family, the number of persons may vary from 2 until 10! Just a weekend? or 10 days? You can stay as long as you want, the possibilities are endless.

The Masters village is open for booking. Check our Masters Village packages online [here](#).



4. Transport

It is easy to find your way to the Pieter van den Hoogenband Swimming Stadium using Public transport or travelling by car. Eindhoven Central train station can be reached from all directions by intercity train every 30 minutes. There is a direct intercity connection between Amsterdam Airport Schiphol and Eindhoven with a travelling time of less than one and a half hour.

4.1 Transport by Air

Eindhoven Airport

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.

Airport Amsterdam Schiphol

The main international airport in The Netherlands is situated near Amsterdam at 120 km from Eindhoven, an 86 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.

4.2 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.

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.

You will be able to book your train ticket with a discount at our LOC in due time.



4.3 Shuttle Service

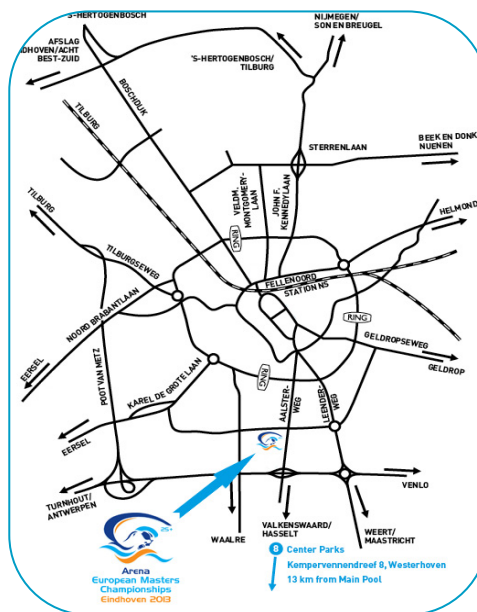
During the Arena European Masters Championships 2013 in Eindhoven there will be a shuttle service available from August 30th until September 7th. The shuttle service will take you back and forth **between the Pool and the "Center Parcs" Masters Village**. More information about transport during the European Masters Championships will be available in July.

4. Transport

4.4 Route 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 Stadium. Please be advised parking space will be scarce during the event.

Address: Pieter van den Hoogenband Swimming Stadium. Antoon Coolenlaan 1, 5644 RX Eindhoven, The Netherlands



4.5 Visa

A valid Passport is required for all visitors of the Netherland. Citizens of members 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**.

The 26 Schengen countries are: Austria, Belgium, the Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein , Lithuania, Luxembourg, Malta, the Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden and Switzerland.

A Schengen visa's validity may be limited to only one country (for instance the Netherlands) or a specified number of countries (for instance Belgium, Luxembourg and the Netherlands). In such cases, the visa holder may visit only the countries for which the Schengen visa is valid.

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](#).

For more information contact: info@ecmasters2013.com

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) 14.00 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) 14.00 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)
			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 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	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)
			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)
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	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)
			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)
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)

6. Competition

6.1 General information

Disciplines

The four disciplines that comprise the Arena European Masters Championships Eindhoven 2013 are:

- Swimming
- Diving
- Synchronised Swimming
- Open Water Swimming

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

Opening ceremony (tentative)

Saturday August 31st in the Pieter van den Hoogenband Swimming stadium, time to be announced.

Ceremonies

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

Closing ceremony (tentative)

Closing ceremony will take place prior to the last event of swimming competition on Saturday September 6th.

Awards and diplomas

The first three competitors in each event and age group will receive medals. Competitors placed from first to eight will receive a diploma free of charge.

You will get your diplomas at the Information Centre. Each competitor will be able to buy a Championships diploma, and commemorative medals.

Entry fees

Fees are per program number and in Euros (€)

Swimming	€20
Swimming relay	€30
Open Water Swimming	€25
Diving	€20
Synchro solo	€20
Synchro duet	€30
Synchro team/combo	€45

Registration

Registration possible until **July 1st 2013**, see chapter 6.9.

6. Competition

6.3 Swimming

General information

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

The competition will start each day at 08.00 a.m. Warm up pool 50m indoor pool

Reconfirmation

Please note that competitors participating in 400 m and 800 m events shall reconfirm their participation to the Organizing Committee no later than 18:00 hrs. on the day prior to the event.

Clubs participating in Relay events shall reconfirm their participation and submit the names of the competitors and the order of swimming no later than 18:00 hrs. the day prior to the event. Reserve swimmers are not allowed.

Please contact the reconfirmation desk in the information centre.

Training schedule

Training opportunities will be available in the Pieter van den Hoogenband Swimming Stadium. The training opportunities will be available from Friday 30th August. The schedule will be made available 4 weeks before the tournament.



6. Competition

6.3 Standard qualifying times Swimming.

Please Note: No standard qualifying times for relays and Open Water required.

14th EUROPEAN MASTERS CHAMPIONSHIPS 31 AUGUST - 7 SEPTEMBER 2013 IN EINDHOVEN (NED)															
Standard Qualifying Times Swimming															
Women	50 Free	100 Free	200 Free	400 Free	800 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 I.M.
25-29	00:32,50	01:20,00	02:45,00	06:30,00	13:30,00	00:38,80	01:25,00	03:00,00	00:43,70	01:37,50	03:22,50	00:36,80	01:22,50	03:15,00	03:20,00
30-34	00:33,70	01:22,50	02:52,50	06:45,00	14:00,00	00:40,00	01:30,00	03:10,00	00:45,00	01:40,00	03:30,00	00:38,00	01:25,00	03:22,50	03:30,00
35-39	00:35,00	01:25,00	03:00,00	07:00,00	14:30,00	00:42,50	01:35,00	03:20,00	00:47,50	01:45,00	03:40,00	00:40,00	01:30,00	03:30,00	03:40,00
40-44	00:37,50	01:27,50	03:07,50	07:15,00	15:00,00	00:45,00	01:40,00	03:30,00	00:50,00	01:50,00	03:50,00	00:42,50	01:35,00	03:40,00	03:50,00
45-49	00:40,00	01:30,00	03:15,00	07:30,00	15:30,00	00:50,00	01:50,00	03:45,00	00:52,50	01:55,00	04:00,00	00:45,00	01:40,00	03:50,00	04:00,00
50-54	00:42,50	01:37,50	03:30,00	07:45,00	16:00,00	00:55,00	02:00,00	04:10,00	00:55,00	02:00,00	04:15,00	00:50,00	01:50,00	04:00,00	04:15,00
55-59	00:45,00	01:45,00	03:45,00	08:00,00	16:30,00	01:00,00	02:10,00	04:30,00	00:57,50	02:10,00	04:30,00	00:55,00	02:00,00	04:15,00	04:30,00
60-64	00:50,00	01:52,50	04:00,00	08:30,00	17:30,00	01:05,00	02:20,00	04:55,00	01:00,00	02:20,00	04:45,00	01:00,00	02:10,00	04:30,00	04:45,00
65-69	00:55,00	02:00,00	04:15,00	09:00,00	18:45,00	01:12,50	02:30,00	05:15,00	01:05,00	02:30,00	05:15,00	01:05,00	02:17,50	04:45,00	05:00,00
70-74	01:00,00	02:10,00	04:30,00	09:30,00	20:00,00	01:20,00	02:45,00	05:30,00	01:10,00	02:40,00	05:45,00	01:10,00	02:30,00	05:15,00	05:30,00
75-79	01:05,00	02:20,00	04:45,00	10:00,00	21:15,00	01:27,50	03:00,00	06:15,00	01:20,00	02:50,00	06:15,00	01:17,50	02:45,00	05:45,00	06:00,00
80-84	01:10,00	02:30,00	05:15,00	10:45,00	23:00,00	01:30,00	03:15,00	06:45,00	01:30,00	03:05,00	06:45,00	01:25,00	03:00,00	06:15,00	06:30,00
85-89	01:15,00	02:45,00	05:45,00	12:00,00	24:30,00	01:45,00	03:45,00	07:30,00	01:40,00	03:30,00	07:30,00	01:35,00	03:30,00	07:15,00	07:15,00
90+	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

14th EUROPEAN MASTERS CHAMPIONSHIPS 31 AUGUST - 7 SEPTEMBER 2013 IN EINDHOVEN (NED)															
Standard Qualifying Times Swimming															
Men	50 Free	100 Free	200 Free	400 Free	800 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 I.M.
25-29	00:28,25	01:07,50	02:22,50	05:15,00	11:00,00	00:34,00	01:15,00	02:42,50	00:36,00	01:22,50	02:57,50	00:32,50	01:15,00	02:45,00	02:50,00
30-34	00:29,50	01:10,00	02:25,00	05:22,50	11:30,00	00:35,50	01:17,50	02:45,00	00:37,50	01:25,00	03:05,00	00:33,75	01:17,50	02:52,50	03:00,00
35-39	00:30,75	01:12,50	02:30,00	05:30,00	12:00,00	00:37,00	01:20,00	02:52,50	00:38,75	01:27,50	03:12,50	00:35,00	01:20,00	03:00,00	03:10,00
40-44	00:32,50	01:17,50	02:37,50	05:45,00	12:30,00	00:38,50	01:25,00	03:00,00	00:40,00	01:30,00	03:20,00	00:37,50	01:22,50	03:10,00	03:20,00
45-49	00:33,75	01:20,00	02:45,00	06:00,00	13:00,00	00:40,00	01:30,00	03:10,00	00:42,50	01:35,00	03:30,00	00:40,00	01:25,00	03:20,00	03:30,00
50-54	00:35,00	01:25,00	02:52,50	06:15,00	13:30,00	00:42,50	01:35,00	03:20,00	00:45,00	01:40,00	03:45,00	00:42,50	01:30,00	03:30,00	03:45,00
55-59	00:37,50	01:30,00	03:00,00	06:30,00	14:00,00	00:45,00	01:40,00	03:30,00	00:50,00	01:50,00	04:00,00	00:45,00	01:40,00	03:45,00	04:00,00
60-64	00:40,00	01:35,00	03:15,00	06:45,00	15:00,00	00:50,00	01:50,00	03:45,00	00:55,00	02:00,00	04:15,00	00:50,00	01:50,00	04:00,00	04:15,00
65-69	00:42,50	01:40,00	03:30,00	07:30,00	16:00,00	00:55,00	02:00,00	04:00,00	01:00,00	02:10,00	04:30,00	00:55,00	02:00,00	04:15,00	04:30,00
70-74	00:45,00	01:45,00	03:45,00	08:15,00	17:00,00	01:00,00	02:15,00	04:15,00	01:05,00	02:20,00	05:00,00	01:02,50	02:15,00	04:45,00	04:45,00
75-79	00:50,00	01:50,00	04:00,00	08:45,00	18:00,00	01:05,00	02:22,50	04:45,00	01:10,00	02:30,00	05:30,00	01:10,00	02:30,00	05:15,00	05:00,00
80-84	00:55,00	01:57,50	04:30,00	09:30,00	19:00,00	01:10,00	02:30,00	05:15,00	01:17,50	02:45,00	06:00,00	01:17,50	02:45,00	05:45,00	05:30,00
85-89	01:00,00	02:05,00	05:00,00	10:15,00	20:30,00	01:20,00	02:45,00	06:00,00	01:25,00	03:00,00	06:30,00	01:25,00	03:00,00	06:30,00	06:00,00
90+	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

6. Competition

6.4 Open Water Swimming

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.

Participants will gather at the finish location, from where they will be transported to the starting location.

Competitors shall confirm their participation at the Information Centre not later than 12:00 on Friday 6th September 2013. More information about the confirmation will follow.

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

Events

Competitors will be seeded in waves according to age groups from youngest to the oldest 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 colored cap according to the seeding. No wetsuits are allowed. In each wave, the Referee may order out any competitors who have not finished the race within forty five (45) minutes after the arrival of the winner in the same wave and age group.

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.

Victory Ceremonies

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



6. Competition

6.5 Synchronized swimming

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

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

Training Schedule.

Training opportunities will be communicated after the closing of the entries.



6.6 Diving

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 finals.

The Technical meeting will be on 3 September, time to be confirmed.

Training Schedule

Training opportunities will be communicated after the closing of the entries.

Competition format

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).

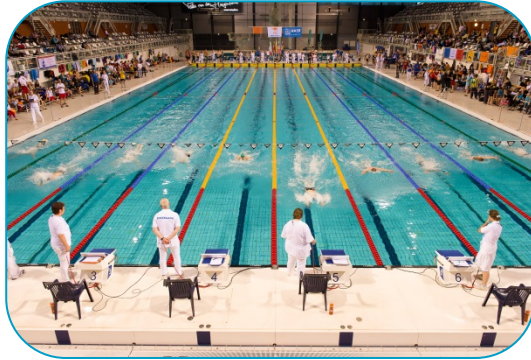
All divers will perform a full series of dives in their age group and there will be no preliminary or final contests.

Dive Sheets

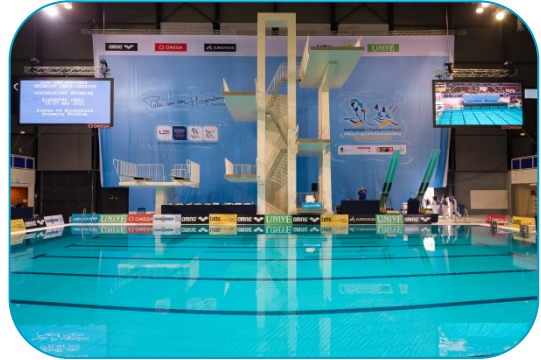
Late sheets and changes to an existing sheet will be fined with fifteen (15) Euro per sheet. No changes on the list of the dives shall be accepted after the deadline of three (3) hours prior to the events.

6. Competition

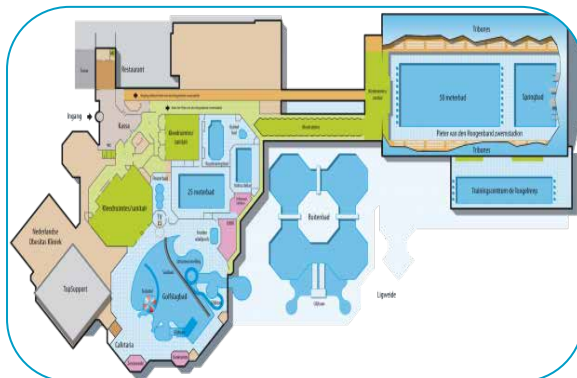
6.7 Venue



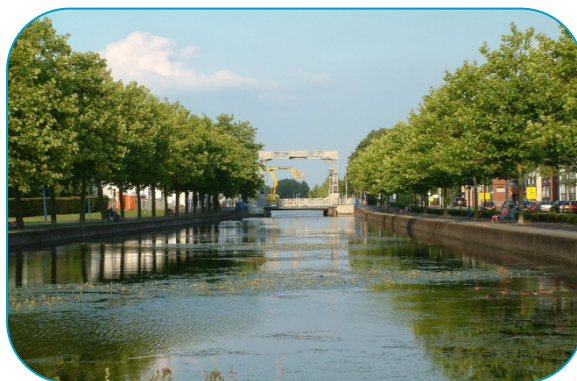
Swimming pool 10 lanes 50m pool



Synchronised swimming & diving pool



Map of all pools



Open water venue

Pieter van den Hoogenband Swimming Stadium

Address: Antoon Coolenlaan 1, 5644 RX, Eindhoven

Swimming

Main swimming competition pool
Indoor 50 m x 25 m with 10 lanes, depth 3.00 m

Warm up pool

Indoor 50 m, 4 lanes
Indoor 25 m, 6 lanes

Synchronized swimming & Diving

Diving pool 25 m x 20 m, depth 5.00 m.
5 - 7,5 - 10m platform and several diving boards

Open Water

Swimming Competition

The course will be 3 km in the Eindhoven Canal in the Eindhoven City Centre.

6. Competition

6.8 Accreditation

The registration process does not automatically guarantee accreditation for the event. Your federation has to approve your registration.

The accreditation cards will be handed out upon arrival at the accreditation centre. The accreditation centre is located in the promo village, next to the pool. We have our volunteers waiting for you to take your picture and print your accreditation card.

The data on the accreditation will be checked to match the data on your entered programmes and (valid) passport/identity card. Don't forget your passport/identity card.

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, under reservation.

Friday	30 th	09.00 hrs. until 21.00 hrs.
Saturday	31 st	08.00 hrs. until 21.00 hrs.
Sunday	1 st	07.00 hrs. until 21.00 hrs.
Monday / Friday	2 nd / 6 th	07.00 hrs. until 20.00 hrs.
Saturday	7 th	08.00 hrs. until 12.00 hrs.

6. Competition

6.9 Registration

You can register only online at www.ecmasters2013.com until July 1st 2013.

Please click [here](#) to go to the [registration page](#).

Read the registration guide below. The registration guide is also available in [Català](#), [Deutsch](#), [Español](#), [Français](#), [Italiano](#) and [Nederlands](#) |

General guidelines

Before you start, please read these guidelines carefully.

- With one account you can only subscribe for one club.
 - If you are member of different clubs for different disciplines, you have to subscribe twice.
- With this registration you can register:
 - Yourself.
 - Other persons from your club.
 - Team events for your club.
- Note that the person who makes registrations will have to pay those entries.
- Only the person of a club who registers a team event can add persons to that team.
 - At the team composition all persons of that club that have registered will become visible.
- There can be more persons of one club who enter the registration of the team events. For example:
 - One for Swimming and one for Synchronized Swimming.
 - For Synchronized Swimming: one for the team, one for a Duet, one for another Duet, etc.
- Note that all registrations will be sent to your National Federation for validation. This is to be sure that you are allowed to compete. The National Federation will check:
 - If your club is member of the National Federation
 - If you have a valid license within the National Federation
 - For swimming: if the entry times are valid times
 - This check will be done after the closing date (July 1st)

You will not have to provide a photo. A photo will be taken at arrival when you get your accreditation and other belongings.

CLUB / TEAM

- Note that we use the terms club and team, which are not the same.
 - A club is the name of the club you are member of.
 - A team consists of persons who participate together in a team event. These persons must all be members of the same club. A club must be registered as a club at a national federation affiliated with LEN.

6. Competition

Register / Create an account

You can register a login account based on your e-mail address. You have to fill in the following:

- A valid e-mail address **Please make sure this is correct!!**
- You can choose a password.
 - You can ask for a new password via Password Recovery if you forgot it.

- You have to assign the name of the club and home town of your club. If your club name is not in the list, you can choose the option 'not-listed' and fill in a club name and home town of your club. This will be validated by the organisation after which other members of your club can use the same club name. This is necessary to ensure all of your club members are visible for the team events.
Note: The validation of club name is a manual process. The organisation will strive to do this as soon as possible, but can be delayed due to business or the time of day.
- Note that it is not possible to change your e-mail address and club after registration.
- You can use an e-mail address only once to create an account.
- Your login name is your email address.

Add individual participants (1a)

- If you add yourself as an individual participant you can use your account e-mail for this.
- If you add other persons of your team, you can insert their e-mail addresses.
 - Those persons will receive an e-mail which they can use to login and check their registration details.
 - They cannot change their personal events.
 - They can only add some personal details (address, achievements)
- Create only other persons:
 - If you are going to register (and pay) for their individual events.
 - If they don't compete individually but only in a team event.
- For individual swimming events you have to provide a valid entry time within the Qualification Time.

Add team participations (1b)

- Here you can add team events for your club.
- Added teams will get a random id-number.
- You will first have to create and pay the team event before you can adjust it with persons and the entry time (in case of a relay).
 - Please read the section about Team Composition.
- Please double check if your relay team is Men, Women or Mixed.

6. Competition

Payment

- After adding individual and team events you have to pay to make the entry official.
- As long as you do not pay the individual events of a person, you can delete the person.
- As long as you do not pay for an individual event, you can delete it.
- As long as you do not pay for a team event, you can delete it.
- Note: As soon as an event is paid, you cannot delete it anymore. There is no refund possible.

After you have paid you can continue to add persons, individual events or team events. They will be paid the next time you choose to pay.

TIP: You can start with registration and payment of the events you are sure of. The rest can be done later.

Team composition

After you have made the registration and have paid for a team event, you can start filling in the team with the names of the persons who participate in the team.

- You can only add persons to the team event from the same club.
 - You can make a selection from the persons that are registered on the same club name.
 - You cannot find a person that is registered with a different club name.
- If a club name is wrong, you cannot change this yourself. In this case you have to [contact](#) the organisation.
- The age category of the team will be determined automatically after all persons are filled in.
 - After 1st July you can only change participants within the same age category according to the LEN EMC event regulations in the days preceding the event at the registration desk at the venue of the EMC in Eindhoven.
- Entries of relays must be made with an entry time until the 1st July closing date.

6.10 LEN Regulations

In addition to the LEN General Event Rules the following EMC rules apply www.ecmasters2013.com/championships/len-emc-rules

7. Mascot

Dutchie the EC Masters 2013 Mascot

Hello! I am Dutchie the Arena Masters 2013 mascot. I am a sporty Masters Lion who loves to swim, dive and do synchronized swimming. My favourite pool is the Pieter van den Hoogenband Swimming stadium in Eindhoven. My goal this year is to compete at the Arena European Masters Championships 2013 in Eindhoven. Are you there to compete with me?

Are you interested in ordering a small version of me 'Dutchie' or the EC Masters polo? Please visit or [webshop page](#) for the rates and availability. Of course you can also buy the products in our Promo village during the EC Masters 2013.

Do you want to follow the adventures of me prior to the Championships? Follow me through my own [Facebook page](#). Here I tell exclusive facts about the EC Masters and answers all your questions!





Organizing Committee Arena European Masters Championships Eindhoven 2013

Antoon Coolenlaan 1 / 5644 RX / Eindhoven / The Netherlands

T: + 31 (0)40 2381175 / **Fax:** +31 (0)40 2381160

E: info@ecmasters2013.com / **W:** www.ecmasters2013.com

*See You in
Eindhoven*

www.ECMasters2013.com