

Amsterdam Swim Cup 2009

16, 17, 18 & 19 April
Sloterparkbad

The National Swimming Institute of Amsterdam (E.ON-NZA) invites you to participate in the sixth edition of the Amsterdam Swim Cup. This spectacular 4 day event in the Sloterparkbad of Amsterdam is supported by the Dutch Swimming Federation (KNZB) and is mentioned in the LEN Calendar 2009.

The Amsterdam Swim Cup is the Qualifying Tournament for the World Championships in Rome 2009 and European Youth Championships in Prague 2009 for all Dutch swimmers. So the best swimmers of Holland will compete in the Amsterdam Swim Cup 2009 along with competitors from other countries.

- ⇒ All starts are in open categories men and women
- ⇒ The competition pool is 50 metres and 8 lanes, a separate warm up pool is available
- ⇒ Timing will be electronically
- ⇒ All events on are the competition schedule (50 – 1500 metres)
- ⇒ The finals are short and spectacular
- ⇒ The pool is close to Schiphol Airport and to the city centre of Amsterdam
- ⇒ The price money will be announced in January 2009

We would like to invite you to compete in the Amsterdam Swim Cup 2009. The beautiful pool, the strong competition (Dutch and international) and the visit to Amsterdam will make the Amsterdam Swim Cup an event you don't want to miss!

Check our website for the latest news about the Amsterdam Swim Cup 2009:

<http://www.amsterdamswimcup.nl>



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Conditions of participation

1. Participation is possible in the open categories men and women.
2. The heats will take 2 ½ hours at maximum. If more swimmers are entered, only the fastest will be accepted. Swimmers with an entry time swum in a long course pool will have priority.
3. The seeding in the heats will be based on the FINA rules, with the fastest swimmers in the last 3 heats. In the 100 metres events and the 200 metres freestyle, the fastest 8 youth swimmers will compete in the last heat.
4. The 400 IM, 400 freestyle, 800 freestyle and 1500 freestyle will be swum as Timed Finals (Heat Declared Winners). The fastest heats of those events will be swum in the afternoon session during the finals, the other heats in the morning session.
5. The 8 fastest swimmers reach the final. Withdrawal for the finals can only be done in writing, up to 30 minutes after the announcement of the results. For each final two reserve swimmers will be listed in the final schedule.
6. There are A and B finals in the 100 freestyle and 200 freestyle, for which the fastest 16 swimmers will qualify. The organisation might add more B finals, further details will be posted on the website of the meet.
7. The One Start Rule will apply.
8. The pool is 50m long, 8 lanes, with anti wave lane ropes and electronic timing.
9. There is a separate warm-up/swim-down pool available during the meet.
10. The competition will be held under FINA Law & technical rules.
11. The organizers reserve the right to limit entries.

Address of the Sloterparkbad:

President Allendelaan 3, 1064 GW, AMSTERDAM, The Netherlands



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Meet schedule

Heats Thursday 16 April 2009

Warm-up: 7:30 - 8:50 am.

Start: 9:00 am

| | | | |
|---|-------------------------|-------|--------------------|
| 1 | 200 metres freestyle | Women | Heats |
| 2 | 50 metres butterfly | Men | Heats |
| 3 | 50 metres breaststroke | Women | Heats |
| 4 | 200 metres breaststroke | Men | Heats |
| 5 | 50 metres backstroke | Women | Heats |
| 6 | 200 metres backstroke | Men | Heats |
| 7 | 400 metres IM | Men | Slowest heats |
| 8 | 1500 metres freestyle | Women | Slowest heats |
| 9 | 5000 metres freestyle | | Dutch Championship |

Finals Thursday 16 April 2009

Warm-up: 3:45 - 4:50 pm

Start: 5:00 pm

| | | |
|-------------------------|-------|--------------|
| 200 metres freestyle | Women | Final |
| 50 metres butterfly | Men | Final |
| 50 metres breaststroke | Women | Final |
| 200 metres breaststroke | Men | Final |
| 1500 metres freestyle | Women | Fastest heat |
| 400 metres IM | Men | Fastest heat |
| 50 metres backstroke | Women | Final |
| 200 metres backstroke | Men | Final |



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Heats Friday 17 April 2009

Warm-up: 7:30 - 8:50 am.

Start: 9:00 am

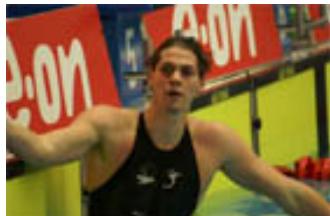
| | | | |
|----|-------------------------|-------|---------------|
| 10 | 200 metres freestyle | Men | Heats |
| 11 | 100 metres backstroke | Women | Heats |
| 12 | 100 metres butterfly | Men | Heats |
| 13 | 100 metres breaststroke | Women | Heats |
| 14 | 200 metres IM | Men | Heats |
| 15 | 100 metres butterfly | Women | Heats |
| 16 | 400 metres IM | Women | Slowest heats |
| 17 | 800 metres freestyle | Men | Slowest heats |

Finals Friday 17 April 2009

Warm-up: 3:45 - 4:50 pm

Start: 5:00 pm

| | | |
|-------------------------|-------|--------------|
| 200 metres freestyle | Men | Final |
| 100 metres backstroke | Women | Final |
| 100 metres butterfly | Men | Final |
| 400 metres IM | Women | Fastest heat |
| 800 metres freestyle | Men | Fastest heat |
| 100 metres breaststroke | Women | Final |
| 200 metres IM | Men | Final |
| 100 metres butterfly | Women | Final |



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Heats Saturday 18 April 2009

Warm-up: 7:30 - 8:50 am.

Start: 9:00 am

| | | | |
|----|------------------------|-------|---------------|
| 18 | 50 metres freestyle | Men | Heats |
| 19 | 200 metres butterfly | Women | Heats |
| 20 | 200 metres butterfly | Men | Heats |
| 21 | 50 metres backstroke | Men | Heats |
| 22 | 200 metres IM | Women | Heats |
| 23 | 50 metres breaststroke | Men | Heats |
| 24 | 100 metres freestyle | Women | Heats |
| 25 | 400 metres freestyle | Men | Slowest heats |
| 26 | 800 metres freestyle | Women | Slowest heats |

Finals Saturday 18 April 2009

Warm-up: 3:45 - 4:50 pm

Start: 5:00 pm

| | | |
|------------------------|-------|--------------|
| 50 metres freestyle | Men | Final |
| 200 metres butterfly | Women | Final |
| 200 metres butterfly | Men | Final |
| 800 metres freestyle | Women | Fastest heat |
| 50 metres backstroke | Men | Final |
| 200 metres IM | Women | Final |
| 400 metres freestyle | Men | Fastest heat |
| 50 metres breaststroke | Men | Final |
| 100 metres freestyle | Women | Final |



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Heats Sunday 19 April 2009

Warm-up: 7:30 - 8:50 am.

Start: 9:00 am

| | | | |
|----|-------------------------|-------|---------------|
| 27 | 50 metres butterfly | Women | Heats |
| 28 | 100 metres backstroke | Men | Heats |
| 29 | 200 metres backstroke | Women | Heats |
| 30 | 100 metres breaststroke | Men | Heats |
| 31 | 200 metres breaststroke | Women | Heats |
| 32 | 100 metres freestyle | Men | Heats |
| 33 | 50 metres freestyle | Women | Heats |
| 34 | 400 metres freestyle | Women | Slowest heats |
| 35 | 1500 metres freestyle | Men | Slowest heats |

Finals Sunday 19 April 2009

Warm-up: 3:45 - 4:50 pm

Start: 5:00 pm

| | | |
|-------------------------|-------|--------------|
| 50 metres butterfly | Women | Final |
| 100 metres backstroke | Men | Final |
| 200 metres backstroke | Women | Final |
| 1500 metres freestyle | Men | Fastest heat |
| 200 metres breaststroke | Women | Final |
| 100 metres breaststroke | Men | Final |
| 400 metres freestyle | Women | Fastest heat |
| 100 metres freestyle | Men | Final |
| 50 metres freestyle | Women | Final |



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Entry information

Signing up

Entries can be sent to the Meet Secretary at: inschrijven@amsterdamswimcup.nl on or before the specified closing date of Wednesday 1 April 2009, and be fully and correctly completed, or else may be rejected. You will receive a confirmation of your registration. The Splash/Lenex files can be downloaded from our website. If you do not have Splash Team Manager, you can download the Splash Entry Editor from our web site.

Entry times and seeding

Entry times must have been achieved after 1 January 2008. It is required that entry times can be verified. Entry times can be swum in both short course and long course pools. Swimmers with an entry time swum in a long course pool will have priority in the seeding.

The seeding in the heats will be based on the FINA rules, with the fastest swimmers in the last 3 heats. In the 100 metres events and the 200 metres freestyle, the fastest 8 youth swimmers will compete in the last heat.

Entry fees

The entrance fee is € 5,- per event. Entry fees have to be paid in advance by bank on or before the specified closing date of Wednesday 1 April 2009. Please transfer the proper amount to the ING Bank account of Stichting Nationaal Zweminstituut Amsterdam, contact the organisation for the details. The entry is complete when both the entry times and the entry fees are received.

Clubs will receive a receipt upon payment at the door, as well as one programme for each 10 participants.

Start lists

Start lists will be posted on the website on 6 April 2009. Withdrawals or changes to entries can be made until 13 April 2009 - 8 pm. After 13 April 2009 - 8 pm all entry fees will be due. The final start lists will be placed on our website on 14 April 2009.

Results

The results of the meet will be published on our website. Results will not be handed out on paper, unless specifically requested.



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Further information

- Cars can be parked at the parking place of the former Sloterparkbad. The parking at the pool is not accessible freely.
- See our web site (www.amsterdamswimcup.nl) for a special arrangement with the Accor – IBIS City West Hotel. We have a shuttle bus from this hotel to the pool. We recommend early arranging of a hotel, since April is a busy month in Amsterdam.
- We are happy to assist our international guests in every way we can, contact us by email (info@amsterdamswimcup.nl) if you have any questions.



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water

 **net**

DEVELOP

Pool Records Sloterparkbad

Men

| | | | | |
|---------------------|----------------------|---------------|----------|------|
| 50 m. freestyle | Johan Kenkhuis | Netherlands | 0.22.14 | 2003 |
| 100 m. freestyle | Pieter vd Hoogenband | Netherlands | 0.49.07 | 2004 |
| 200 m. freestyle | Pieter vd Hoogenband | Netherlands | 1.46.55 | 2004 |
| 400 m. freestyle | Pawel Korzeniowski | Poland | 3.50.42 | 2004 |
| 800 m. freestyle | Marco Rivera | Spain | 8.04.61 | 2006 |
| 1500 m. freestyle | Panagiotis Glykos | Greece | 15.37.18 | 2006 |
| 50 m. butterfly | Mark Foster | Great Britain | 0.23.96 | 2003 |
| 100 m. butterfly | Joris Keizer | Netherlands | 0.53.16 | 2003 |
| 200 m. butterfly | Pawel Korzeniowski | Poland | 1.56.89 | 2004 |
| 50 m. backstroke | Nick Driebergen | Netherlands | 0.25.94 | 2006 |
| 100 m. backstroke | Nick Driebergen | Netherlands | 0.54.80 | 2007 |
| 200 m. backstroke | Nick Driebergen | Netherlands | 1.59.26 | 2007 |
| 50 m. breaststroke | Lennart Stekelenburg | Netherlands | 0.28.46 | 2005 |
| 100 m. breaststroke | Thijs van Valkengoed | Netherlands | 1.01.80 | 2003 |
| 200 m. breaststroke | Thijs van Valkengoed | Netherlands | 2.13.43 | 2003 |
| 200 m. IM | Robin van Aggele | Netherlands | 2.01.35 | 2007 |
| 400 m. IM | Ioannis Drymonakos | Greece | 4.18.18 | 2005 |

Women

| | | | | |
|---------------------|----------------------|---------------|----------|------|
| 50 m. freestyle | Inge de Bruijn | Netherlands | 0.24.80 | 2003 |
| 100 m. freestyle | Inge de Bruijn | Netherlands | 0.54.09 | 2004 |
| 200 m. freestyle | Inge Dekker | Netherlands | 1.59.43 | 2007 |
| 400 m. freestyle | Otylia Jedrzejczak | Poland | 4.14.59 | 2004 |
| 800 m. freestyle | Arantxa Ramos | Spain | 8.47.46 | 2006 |
| 1500 m. freestyle | Edith van Dijk | Netherlands | 16.59.26 | 2003 |
| 50 m. butterfly | Inge de Bruijn | Netherlands | 0.25.89 | 2003 |
| 100 m. butterfly | Inge Dekker | Netherlands | 0.57.99 | 2007 |
| 200 m. butterfly | Otylia Jedrzejczak | Poland | 2.10.68 | 2004 |
| 50 m. backstroke | Hinkelien Schreuder | Netherlands | 0.28.94 | 2005 |
| 100 m. backstroke | Hinkelien Schreuder | Netherlands | 1.02.95 | 2005 |
| 200 m. backstroke | Rieneke Schinkel | Netherlands | 2.15.82 | 2005 |
| 50 m. breaststroke | Zoe Baker | Great Britain | 0.31.54 | 2003 |
| 100 m. breaststroke | Moniek Nijhuis | Netherlands | 1.10.03 | 2007 |
| 200 m. breaststroke | Madelon Baans | Netherlands | 2.34.94 | 2004 |
| 200 m. IM | Hinkelien Schreuder | Netherlands | 2.17.11 | 2006 |
| 400 m. IM | Aleksandra Urbanczyk | Poland | 4.50.91 | 2004 |