

# Amsterdam Swim Cup 2011

11, 12 and 13 March  
Sloterparkbad

The National Swimming Institute of Amsterdam (E.ON-NZA) invites you to participate in the eight edition of the Amsterdam Swim Cup. This spectacular 3 day event in the Sloterparkbad of Amsterdam is supported by the Dutch Swimming Federation (KNZB), Topsport Amsterdam and Zwemvereniging De Dolfijn and is mentioned in the LEN Calendar 2011.

The Amsterdam Swim Cup is the Qualifying Tournament for the World Championships in Shanghai 2011 for all Dutch swimmers. So the best swimmers of Holland will compete in the Amsterdam Swim Cup 2011 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 early 2011

We would like to invite you to compete in the Amsterdam Swim Cup 2011. 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 2011:

[www.amsterdamswimcup.nl](http://www.amsterdamswimcup.nl)



partners:



sponsors:



## 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.
3. The seeding in the heats will be based on the FINA rules, with the fastest swimmers in the last 3 heats.
4. The 400 IM will be swum as Timed Finals (Heat Declared Winners). The fastest heat will be swum in the afternoon session during the finals, the other heats in the morning session.
5. The 800 and 1500 freestyle are swum as Finals at the end of the morning session. Only the 8 fastest swimmers can participate.
6. 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.
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 time schedule and the order of events might be changed due to live TV coverage.
11. The competition will be held under FINA Law & technical rules..
12. The organizers reserve the right to limit entries.

Address of the Sloterparkbad:

President Allendelaan 3, 1064 GW, AMSTERDAM, The Netherlands



### partners:



### sponsors:



## Meet schedule

### Heats Friday 11 March 2011

Warm-up: 7:30 - 8:45 am

Competition: 9:00 - 11:30 am

1	400 metres Freestyle	Men	Heats
2	400 metres Freestyle	Women	Heats
3	100 metres Breaststroke	Men	Heats
4	100 metres Breaststroke	Women	Heats
5	100 metres Butterfly	Men	Heats
6	100 metres Butterfly	Women	Heats
7	50 metres Backstroke	Men	Heats
8	100 metres Backstroke	Women	Heats
9	200 metres IM	Men	Heats
10	200 metres IM	Women	Heats

### Finals Friday 11 March 2011

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

Start: 5:00 pm

400 metres Freestyle	Men	Final
400 metres Freestyle	Women	Final
100 metres Breaststroke	Men	Final
100 metres Breaststroke	Women	Final
100 metres Butterfly	Men	Final
100 metres Butterfly	Women	Final
50 metres Backstroke	Men	Final
100 metres Backstroke	Women	Final
200 metres IM	Men	Final
200 metres IM	Women	Final



partners:



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### Heats Saturday 12 March 2011

Warm-up: 7:30 - 8:45 am

Competition: 9:00 - 12:00 am

11	50 metres Freestyle	Women	Heats
12	50 metres Butterfly	Men	Heats
13	50 metres Breaststroke	Women	Heats
14	400 metres IM	Women	Slowest heats
15	200 metres Backstroke	Men	Heats
16	50 metres Backstroke	Women	Heats
17	200 metres Breaststroke	Men	Heats
18	200 metres Butterfly	Women	Heats
19	100 metres Freestyle	Men	Heats
20	200 metres Freestyle	Women	Heats
21	800 metres Freestyle	Men	Direct Final
22	1500 metres Freestyle	Women	Direct Final

### Finals Saturday 12 March 2011

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

Start: 5:00 pm

50 metres Freestyle	Women	Final
50 metres Butterfly	Men	Final
50 metres Breaststroke	Women	Final
400 metres IM	Women	Fastest heat
200 metres Backstroke	Men	Final
50 metres Backstroke	Women	Final
200 metres Breaststroke	Men	Final
200 metres Butterfly	Women	Final
100 metres Freestyle	Men	Final
200 metres Freestyle	Women	Final



### Heats Sunday 13 March 2011

Warm-up: 7:30 - 8:45 am

Competition: 9:00 - 12:00 am

23	50 metres Freestyle	Men	Heats
24	50 metres Butterfly	Women	Heats
25	50 metres Breaststroke	Men	Heats
26	400 metres IM	Men	Slowest heats
27	200 metres Backstroke	Women	Heats
28	100 metres Backstroke	Men	Heats
29	200 metres Breaststroke	Women	Heats
30	200 metres Butterfly	Men	Heats
31	100 metres Freestyle	Women	Heats
32	200 metres Freestyle	Men	Heats
33	800 metres Freestyle	Women	Direct Final
34	1500 metres Freestyle	Men	Direct Final

### Finals Sunday 13 March 2011

Warm-up: 2:45 - 3:45 pm

Start: 4:00 pm

50 metres Freestyle	Men	Final
50 metres Butterfly	Women	Final
50 metres Breaststroke	Men	Final
400 metres IM	Men	Fastest heat
200 metres Backstroke	Women	Final
100 metres Backstroke	Men	Final
200 metres Breaststroke	Women	Final
200 metres Butterfly	Men	Final
100 metres Freestyle	Women	Final
200 metres Freestyle	Men	Final



partners:



sponsors:



## Entry information

### Pre-registration

Foreign teams need to pre-register for the meet before Thursday 10 February 2011. This enables the organisation to estimate the demand for hotel accommodation, training facilities and meet entries. Please send an estimate of the team size and the swimmers names to:  
[info@amsterdamswimcup.nl](mailto:info@amsterdamswimcup.nl).

### Signing up

Entries can be sent to the Meet Secretary at: [inschrijven@amsterdamswimcup.nl](mailto:inschrijven@amsterdamswimcup.nl) on or before the specified closing date of Wednesday 23 February 2011, 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 2010 in a long course pool. It is required that entry times can be verified.

The seeding in the heats will be based on the FINA rules, with the fastest swimmers in the last 3 heats.

### Entry fees

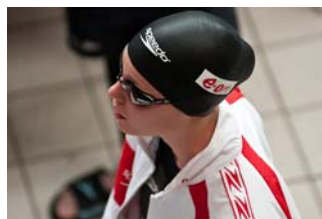
The entrance fee is €7,- per event. Entry fees have to be paid in advance by bank on or before the specified closing date of Wednesday 23 February 2011. The banking details will be announced on the website. The entry is complete when both the entry times and the entry fees are received. Clubs will receive 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 28 February 2011. Withdrawals or changes to entries can be made until 7 March 2011 - 8 pm. After 7 March 2011 - 8 pm all entry fees will be due. The final start lists will be placed on our website on 8 March 2011.

### Results

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



## Further information

### Accommodation

The organization offers an exclusive deal in the Blue Square Hotel for all the participants, coaches, support staff and visitors of the Amsterdam Swim Cup. This 4 star hotel is within walking distance of the pool. Rooms are available for € 84,- for a single room and € 94,- for a double/twin room. Breakfast and taxes are included.

Contents, service and timing of meals will be made suitable to the competition schedule and swimmers. The organization is able to accommodate timing of meals and meetings for your team on request.

### Training & preparation

For the comfort of your team and in preparation for the competition, the organization will have the pool available 1 day prior to the tournament for teams to practice. We expect several teams to use these available days to prepare for the competition; a practice schedule will be prepared in cooperation with the team managers. Please inform the organization if your team is interested in using the pool prior to the event.

Preferred hotel arrangements will also be available for the days prior to the tournament.

For more information and registration: [www.amsterdamswimcup.nl](http://www.amsterdamswimcup.nl) or contact us by email ([info@amsterdamswimcup.nl](mailto:info@amsterdamswimcup.nl)) if you have any questions.



## Pool Records Sloterparkbad

### Men

50 m. freestyle	Stefan Nystrand	Sweden	0.21.98	2009
100 m. freestyle	Stefan Nystrand	Sweden	0.48.78	2009
200 m. freestyle	Pieter van den Hoogenband	Netherlands	1.46.55	2004
400 m. freestyle	Arjen van der Meulen	Netherlands	3.49.83	2009
800 m. freestyle	Luca Ferretti	Italy	7.59.65	2010
1500 m. freestyle	Tom Vangeneugden	Belgium	15.12.08	2009
50 m. butterfly	Milorad Cavic	Serbia	0.23.25	2009
100 m. butterfly	Milorad Cavic	Serbia	0.51.73	2009
200 m. butterfly	Pawel Korzeniowski	Poland	1.56.89	2004
50 m. backstroke	Camille Lacourt	France	0.25.00	2010
100 m. backstroke	Nick Dribergen	Netherlands	0.54.80	2007
200 m. backstroke	Nick Dribergen	Netherlands	1.58.35	2009
50 m. breaststroke	Matjaz Markic	Slovenia	0.27.40	2009
100 m. breaststroke	Lennart Stekelenburg	Netherlands	0.59.50	2009
200 m. breaststroke	Thijs van Valkengoed	Netherlands	2.13.43	2003
200 m. IM	Simon Sjödin	Sweden	2.01.32	2010
400 m. IM	Ioannis Drymonakos	Greece	4.18.18	2005

### Women

50 m. freestyle	Marleen Veldhuis	Netherlands	0.23.96	2009
100 m. freestyle	Marleen Veldhuis	Netherlands	0.53.17	2009
200 m. freestyle	Femke Heemskerk	Netherlands	1.56.54	2009
400 m. freestyle	Sharon van Rouwendaal	Netherlands	4.12.69	2009
800 m. freestyle	Sharon van Rouwendaal	Netherlands	8.41.51	2009
1500 m. freestyle	Sharon van Rouwendaal	Netherlands	16.48.52	2009
50 m. butterfly	Marleen Veldhuis	Netherlands	0.25.33	2009
100 m. butterfly	Marleen Veldhuis	Netherlands	0.56.69	2009
200 m. butterfly	Otylia Jędrzejczak	Poland	2.10.68	2004
50 m. backstroke	Hinkelien Schreuder	Netherlands	0.28.18	2009
100 m. backstroke	Femke Heemskerk	Netherlands	1.01.77	2010
200 m. backstroke	Jenny Mensing	Germany	2.11.57	2010
50 m. breaststroke	Moniek Nijhuis	Netherlands	0.30.80	2009
100 m. breaststroke	Moniek Nijhuis	Netherlands	1.07.41	2009
200 m. breaststroke	Joline Höstman	Sweden	2.24.85	2009
200 m. IM	Sophie De Ronchi	France	2.15.07	2010
400 m. IM	Lieke Verouden	Netherlands	4.49.55	2010