



Hengelo Long Course Challenge 2020



Dear swimming friends,

With great pleasure I invite you to our Hengelo Long Course Challenge 2020 which will be held from 12-14 August in the east of the Netherlands in Hengelo. Since we found ourselves in extreme Corona-crisis situation our elite swimmers have had trouble participating in sports. Competitions have been cancelled and training situations have been challenging. Luckily circumstances have changed positively in the Netherlands. Swimming pools have reopened, training is possible again and competitions are, under strict rules, permitted.

That is why we invite Dutch and foreign swimmers with great pleasure to Hengelo to make a first step into swimming of competitions. With great thanks to FINA we have been able to get the meet FINA-approved qualification times for the Olympic games. In this invitation we would like to explain everything about our concept, the competition set-up and all other details you need to make your decision to participate.

At this moment we work on a detailed Corona-proof protocol for the meet. We have the aim to absolutely guarantee a safe environment for both swimmers and staff. In this invitation we want to outline the most important ingredients we will implement in our protocol. The final Corona-proof protocol, of which you find the concept version in this invitation, will be finalized by the 1st August and send to all competitors. This way we make sure we all enjoy competition in the safest possible environment.

I am looking forward to meet you in Hengelo. I am sure we will have a well-organized, high level and practical meet without luxury, price money or show elements. A basic meet where we can all enjoy pure sports. That's what matters in these times.

André Cats

High performance Director Royal Dutch Swimming Federation

1. Schedule

The Hengelo Long Course Challenge will take place in Twentebad in Hengelo from August 12th to August 14th 2020. Course length is 50m (LCM).

Hengelo Long Course Challenge 12-14 August 2020 - Royal Dutch Swimming Federation								
Day 1	heats	12-aug-20	Day 2	heats	13-aug-20	Day 3	heats	14-aug-20
Warm up 08.00 - session starts 09.30			Warm up 08.00 - session starts 09.30			Warm up 08.00 - session starts 09.30		
100m	freestyle	female / male	200m	freestyle	female / male	400m	freestyle	female / male
200m	backstroke	female / male	100m	backstroke	female / male	50m	backstroke	female / male
100m	breaststroke	female / male	100m	fly	female / male	200m	fly	female / male
400m	individual medley	female / male	200m	breaststroke	female / male	50m	freestyle	female / male
50m	fly	female / male	800m	freestyle(direct)	female / male	200m	individual medley	female / male
						50m	breaststroke	female / male
Day 1	finals	12-aug-20	Day 2	finals	13-aug-20	Day 3	finals	14-aug-20
Warm up 16.00 - session starts 17.30			Warm up 16.00 - session starts 17.30			Warm up 16.00 - session starts 17.30		
1500m	freestyle(direct)	female / male	200m	freestyle	female / male	400m	freestyle	female / male
100m	freestyle	female / male	100m	backstroke	female / male	50m	backstroke	female / male
200m	backstroke	female / male	100m	fly	female / male	200m	fly	female / male
100m	breaststroke	female / male	200m	breaststroke	female / male	50m	freestyle	female / male
400m	individual medley	female / male	4 x 100m	freestyle	female / male	200m	individual medley	female / male
50m	fly	female / male				50m	breaststroke	female / male
4 x 100m	medley	female / male				4 x 200m	freestyle	female / male

The number of finals per event will be based on the number of entries: 1-10 entries: A final / 11-18 entries: A+B final

2. Standard times

The qualifying standards for the event need to be met in order to participate.

	Dames	Heren
50m vrije slag	0.27.74	0.24.94
100m vrije slag	1.01.36	0.55.11
200m vrije slag	2.11.97	2.00.79
400m vrije slag	4.42.52	4.17.45
800m vrije slag	9.33.14	8.54.00
1500m vrije slag	18.48.94	17.21.90
50m rugslag	0.32.65	0.29.33
100m rugslag	1.09.33	1.03.47
200m rugslag	2.29.49	2.17.94
50m schoolslag	0.36.07	0.32.16
100m schoolslag	1.18.20	1.09.93
200m schoolslag	2.51.39	2.32.45
50m vlinderslag	0.30.44	0.27.11
100m vlinderslag	1.08.53	0.59.54
200m vlinderslag	2.33.47	2.20.03
200m wisselslag	2.31.66	2.17.18
400m wisselslag	5.32.98	4.55.81

3. Regulations Hengelo Long Course Challenge

3.1 Eligibility

Entry times can be achieved between 1 January 2019 and 1 July 2020 in official competitions under FINA regulations. It is mandatory that entry times can be verified. Due to the Corona virus, the competition will accommodate up to 100 athletes. FINA points are used to rank the entries. Best performance per athlete will be taken into account.

3.2 Entries

Entry deadline is July 31, 2020, 23:59 hrs. Upon entering you will receive a confirmation twice:

- An automatic confirmation that your e-mail was received
- A personal message confirming your entry was processed. Only after receiving this second message your entries are accepted.

You can send your entries via e-mail, please mention Entry Hengelo Long Course Challenge + your team name in the subject line. You need to send the SPLASH / Lenex data file, and the list of participants as a PDF file. You can make your registration complete, to add your contact info via Splash Team Manager, for which a separate manual on the KNZB website is available. You can request the number of team leader cards in the registration email.

- You can download a non-license entry editor at:
<http://www.knzb.nl/verenigingen/wedstrijdsport/zwemmen/formulieren/>
- All files can be sent to NKInschrijvingen@knzb.nl
- All file names must be in the following format: 2020-07-01=teamname-HengeloLCC-inschr.lxf and 2020-07-01=teamname-HengeloLCC-inschr.pdf

3.3 Ineligible, incomplete or late registrations.

Unwarranted registration means:

- times that do not fully correspond to the times in the report.
- times that do not match the fastest time on the relevant event in the limit period.
- times swum in competitions, of which no record is received at the KNZB.

3.4 Heats, seeding and withdrawals

- All events will be swum in the open category of men and women.
- A final seeding will be published in due time.
- The 800 and 1.500 freestyle will have a timed final. There is a maximum of 8 athletes. Fastest athletes will be seeded.
- All distances from 50 to 400 meters have an A and B final. The number of finales will be based on the number of entries: 1-10 entries = A final, 11-18 entries = B final.
- The eight fastest swimmers from the heats will qualify for the A-finals.
- Withdrawals can be done until 24hrs before the first event via NKInschrijvingen@knzb.nl, where all competition days are considered as part of one competition.

3.5 Finals; placement, withdrawal and back up swimmers

- Withdrawals can be made in writing at the resolution desk within 30 minutes after the announcement of the results of the heats of the event concerned.

- For each final two reserve swimmers will be appointed.
- An athlete that does not want to be lined up as reserve swimmer must withdraw as well.

3.6 Entry fee and payment

The entrance fee is € 10,00 per athlete per event, PLUS € 5 per coach per day, for heat sheets.

The fee of all foreign competitors must be paid prior to the start of the tournament at the information desk or via bank transfer before the start of the event.

KNZB

Nieuwegein

IBAN: NL40INGB0687528704

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3.7 Other

- The Hengelo Long Course Challenge is an approved FINA qualifying event.
- Training can be done on Tuesday, August 11, from 17.00 – 19.00 hrs.
- The event can be followed with live timing and the SplashMe app.
- The organization reserves full authority to cancel, postpone or change the competition conditions and/or regulations due to reasons beyond its reasonable control.
- The pool is open for athletes and staff only. No spectators allowed.

4. Hotels and Pool

4.1 Hotels

Hotel van der Valk Hengelo ****

<https://www.hotelhengelo.nl>

City Hotel Hengelo ****

<https://www.cityhotelhengelo.com/nl/>

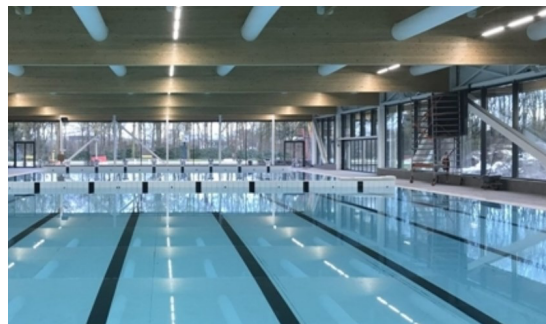
Hotel Frans op den Bult ***

<https://www.fransopdenbult.nl>

4.2 Swimming pool

Twentebad , Lage Weide 3, 7556NA Hengelo, Netherlands

<https://www.twentebad.nl/Twentebad>



5. Corona protocol

As we find the health of our participants the most important, we use the following Corona rules before, during and after the competition:

5.1 Preparation

All athletes will keep (any time) 1,5 m distance to each other, the technical staff and officials. Only exception is persons from the same household.

Perform a health check for all the athletes, staff and officials before departure to Hengelo. Do not take any person who is in doubt of his or her own health to Hengelo. Check for symptoms and signs of Corona, and do not take any person with one of the following symptoms or signs to Hengelo:

- **Local symptoms:**
 - Sore throat
 - Hoarseness
 - Blocked/runny nose
 - Sneezing
 - Headache
 - Loss of taste or smell
- **Regional symptoms:**
 - Dry/productive cough (sputum/mucus)
 - Difficulty breathing or shortness of breath or tachypnoea
 - Chest pain or pressure
 - Conjunctivitis
- **Systemic symptoms**
 - Fever
 - Aches and pains
 - Excessive tiredness
 - Diarrhoea/nausea/vomiting
 - Loss of appetite
 - A rash on skin

Exceptions are persons with familiar symptoms of hay fever. During travel: keep 1,5 m distance to persons of other households. We will ask for names/e-mails and telephone numbers of every team, in case of contact tracing is necessary.

5.2 During competition

Keep 1,5 m in and outside of the swimming pool distance at all time. A maximum number of 100 swimmers and staff at the same time will be allowed in the pool to guarantee safety and social distancing.

The assigned hotels are up to date about the Corona rules and -restrictions of the Dutch Swimming Federation. We advise 1-person hotel rooms, except for people from the same household. The hotel facilities will be appropriate to keep 1,5 m distance at all time (corridors, dining hall).

Travel from hotel to pool with 1,5 m distance to persons of other households. Do not use the public transportation system in the Netherlands before or during the competition if it is not absolutely necessary. In case it is necessary: be aware that you have to wear a face mask while using the public transportation system.

Staff and officials are allowed, but not obliged to wear a face mask in the pool. There will be dedicated lanes for warm-up/cool-down per team in the swimming pool. The pool will be divided in units for the different teams. There will be clear walking routes to follow, so that keeping 1,5 m distance at all time, is possible.



Hengelo Long Course Challenge 2020



The ventilation system of the pool in Hengelo is of high quality. The water quality will be checked before and after every session (ad if needed more often). The pool will be cleaned thoroughly after every session. The Hengelo pool (Twentebad 50m) is a semi open pool. The big slide-doors will be open during the competition.

We discourage the use of showers in the pool during the competition. Hand sanitizers and hand soap are available at several spots in the pool (entrance, toilets, warm-up and competition pool).

For every athlete, staff member and official: stay home and self-isolate in case of any minor symptom or sign mentioned on page 1.

5.3 After competition

Follow the travel advices mentioned at preparation. In case any athlete, staff member or official will be COVID-19 positive within 14 days after the ending of the competition in Hengelo, please warn the organizing committee. In that case the organizing committee will start contact tracing.

For all correspondence about this competition you can contact the KNZB by email: topsport@knzb.nl