



Parent & Swimmer
COMPETITION HANDBOOK
SEPT 2023

WHAT IS COVERED IN THIS PACK

1 - COMPETITION SWIMMING OVERVIEW

- The different swimming groups in our club
- DeFuten Club ranking
- KNZB Age Categories
- Where to see team list (names & age categories) on website

2 - COMPETITIONS – KEY RULES & REQUIREMENTS

- Key things logistics things to know
- Key RULES
- Key Clothing & Swimgear requirements
- Where to find key competition information on our website

3 - COMPETITION INFO SEASON 2023-24

- What competitions DeFuten participates in
- Key criteria & info for each type competition
- Competition overview *incl qualification rules*
- Key links for results & qualification times & swimming rules KNZB

1 - COMPETITION SWIMMING OVERVIEW

WEDSTRIJZWEMMEN/ COMPETITION SWIMMING



Wedstrijdploeg

Super Team

Swimkick

CS101



WEDSTRIJZWEMMEN



Our current Division



Eredivisie

Eerste divisie

A-klasse Regio Noord
A-klasse Regio Oost
A-klasse Regio Midwest
A-klasse Regio West
A-klasse Regio Zuid

B-klasse Regio Noord
B-klasse Regio Oost
B-klasse Regio Midwest
B-klasse Regio West
B-klasse Regio Zuid

C-klasse Regio Noord
C-klasse Regio Oost
C-klasse Regio Midwest
C-klasse Regio West
C-klasse Regio Zuid



A KLASS

ZV Haerlem
ZPC Woerden
AZ & PC DeFuten
ZC Zeist
De Otters Het Gooi
OEZA
De Aalscholver
WZ & PC Puremerend
Ed-Vo
Oceanus
MSV Zeemacht

B KLASS

ZV Utrecht
Triton
Team-Noord Holland (SG) 2
De Blauwe Schuur
De Fuut
Watervlo
HPC
De Ham
LZ & PC De Haaien
Kon AZ 1870
De Meeuwen Diemen
Ijsselmeer
GoSwim
De Reuring

C KLASS

Nieuw Vennep
EZV
DOK
ZV De Bron
Torpedo
Oude Veer
De Vuursche
IJZPC
De Zwoer
De Amstel
AquaWaar D
Aquarius
ZV Hoogland

Official KNZB – Leeftijds/Age categorie

For the majority of competitions, the age category is based on

- the age of the swimmer as of 31 Dec 2024 of that season.
- *Example: a girl from 2008 is for the entire 2023-24 season considered as a 16 year-old... and so is a Jeugd 1.*

Voor het grootste aantal wedstrijden wordt de leeftijdscategorie gebaseerd op

- de leeftijd van zwemmers op 31 Dec 2024 van het zwemseizoen.
- *Voorbeeld: een meisje 2008 is gedurende het zwemseizoen 2023-2024 dus het hele seizoen ingedeeld als 16-jarige, en dus jeugd-1.*

Seizoen 2023 - 2024

MEISJES	Leeftijd	Categorie	Leeftijd	JONGENS
<i>Girls</i>	<i>Age</i>	<i>Category</i>	<i>Age</i>	<i>Boys</i>
2017 + 2018	6	minioren 1	6	2017 + 2018
2016	7	minioren 2	7	2016
2015	8	minioren 3	8	2015
2014	9	minioren 4	9	2014
2013	10	minioren 5	10	2013
		minioren 6	11	2012
2012	11	junioren 1	12	2011
2011	12	junioren 2	13	2010
2010	13	junioren 3	14	2009
2009	14	junioren 4	15	2008
2008	15	jeugd 1	16	2007
2007	16	jeugd 2	17	2006
2006 & ouder	17	senioren open	18	2005 & ouder

* vanaf de 6e verjaardag kan er worden deelgenomen aan wedstrijden.

* participation to competitions is possible from 6th birthday

De Futen > Sports > Competition swimming

Competition swimming

Competitive swimming is a discipline within AZ&PC De Futen that is involved in competitive sports. The swimming selection consists of approximately 100 competitive swimmers. In addition to the individual character, competitive swimming is certainly also a team sport. The joint result determines the position within the National Swimming Competition (NZC) where AZ&PC De Futen participates in the A class of Region Midwest.



Register and train with us

If you want to start competitive swimming, you must be in possession of ABC swimming diplomas and have some additional swimming experience like out swimfun program or 'zwemvaardigheid 1,2,3'. Before you definitively register we invite to do a try-out. We check your level on the different swimming strokes (butterfly, back crawl, breaststroke and front crawl) and determine in which category you participate.



Swimming team levels

- **Swimkick basic:** Competition swimmers beginners group
- **Swimkick extra:** For beginning competition swimmers who want to train extra
- **Swimkick CS101:** For swimmers with some experience training to become swimmers (Intermediate level)
- **Competition team:** For experienced competition swimmers. There are 4 compulsory competitions swimmers must participate in – the 4 National Swimming Competition. Other competitions are voluntary, by qualification or by invitation. All ages represented on the team. From Miniors to Seniors. The competition team also includes swimmers participating in Masters Circuit and Open water circuit
- **Superteam:** Training in smaller groups. Focussing on targeted technique and endurance training. Participation in extra competitions throughout the season. By invitation only. Commitment is quarterly.



Training schedule

	Tue	Wed	Thu	Fri	Sat	Sun
--	-----	-----	-----	-----	-----	-----

Characteristics

- 👥 Team sport
- 👤 Individual
- 🏊 All ages
- 📍 Zwembad de Meerkamp

Links

- 🔗 Subscribe to match calendarfeed
- 🔗 Clubrecords
- 🔗 Competition standings
- 🔗 Swimranking
- 🔗 Competitionteam
- 🔗 Swimkick & CS101
- 🔗 Competition handbook

Contact information

- ✉ Competitive swimming
zwemmen@defuten.nl
- * See more contact info

Trial Lessons

Become a member

List members
Competition team and
Swimkick/CS101 by age category

2 - COMPETITION KEY RULES & REQUIREMENTS

Key Logistics things to know for Competitions

Futen Google calendar – all competitions agenda & details (*see next page for example*)

Registration & Deregistration is done via google forms (always available on the google calendar for competitions).

Registration deadlines for ALL competitions are usually 2 weeks before date of competition

Start Fees apply to all competitions except NZC (already in your contribution fees) – paid by the club then taken from your depot at end of season.

Time limits for qualification are published by the KNZB on their website - as soon as we have them we post them in the google calendar. *But you can always go find them yourself.*

of swimmers we can bring to a competition is linked to **# officials** we can bring..... Usually 1 official for 5 swimmers. Except for NZC or Nationals.

If competition is not at home – we always try to organise a **carpool**

If competition is at Home – we always need **extra HANDS....** Please try to volunteer to help at least for one 😊

KEY RULES FOR COMPETITIONS

Registration / Deregistration

- Register on time (for all competitions it's usually 2 weeks before date of competition)
- If you cannot make it finally, make sure to deregister via relevant google form by the deadline.
After this deadline there is a penalty fee. Amount increases vs how long past deadline. If you do not deregister before the competition there is also a KNZB penalty fee of 12 EUR per start.

Day of Competition

- **Check-in** with your coach or parent helper as soon as you arrive so we know you here. *You will be deregistered before the start of the competition if you have not checked in. (to avoid paying the KNZB penalties for no show)*
- **During the competition** – Stay with your team & Stay until the end. (if you need to leave earlier please check in with your coach first)
- Be aware of what programs you are swimming (on the wall we always put up the program in case you forget) and be ready in advance of your start.
- What to bring :
 - Bring flip-flops/indoor slippers, extra towels, goggles, cap
 - Water, drink with some sugar for extra energy and a healthy snack.

We encourage all to leave your electronic devices at home so you can focus on the competition. Thank you for your support on this.

Key Rules for Clothing & Swimgear during competitions

CLUB CLOTHING

- Swimmers should wear Futen club shirt (club shorts optional) and club cap highly recommended. See website for link to club webshop

SWIMSUITS

- **Girls :**
 - shoulders must not be covered (just strap from suit)
 - suit must finish above the knees
 - no polo suits with zippers and no long sleeved swimsuits.
 - Only 1 suit is allowed (ie can't wear 2 at once)
 - Competition suits must be FINA approved
- **Boys:**
 - Suits must come to above the knee and below belly button.
 - Only 1 suits is allowed (ie can't wear 2 at once)
 - Competition suits must be FINA approved

SWIM CAPS

- These are not mandatory but highly recommend and absolutely necessary for girls & boys with medium to long hair.
- Swimmers must wear Futen Cap or can wear other branded cap BUT...
 - **but NO caps from other clubs or other swim teams please.** This is very important in terms of **showing up as a team & team spirit** but is also **important for the judges** who often look at your cap to quickly identify what club you are from. **Thank you to all to respect this** – *if you arrive with other club cap or other swim team we will ask you to change your cap during the competition.* .
- You are allowed to wear 1 or 2 caps

SMARTWATCHES / DEVICES

- No smartwatches or smart devices (including “smart goggles”) are allowed during your swim.

Club Clothing - Competitions

DeFuten website homepage at the bottom



BECOME A MEMBER SPORTS CLUB LIFE CALENDAR NED



Would you like to contribute too?

We are a welcoming club with many volunteers. Therefore, it takes many hands to function. All members and parents of younger members are expected to take on volunteer tasks.

Would you also like to become a volunteer at the Futen? How nice! Take a look at our various volunteer positions and sign up.

Become a volunteer



Click visit Futen webshop
<https://defuten.clubwereld.nl>



Visit our webshop

De Futen has its own webshop with personal items.

Visit the webshop

Sponsor us on Sponsorkliks

A small effort for you, direct income for De Futen.

To Sponsorkliks

Become a sponsor

De Futen is looking for sponsors to take us to an even higher level.

I want to become a sponsor

Caps



RIGHT FRONT LEFT

Team Shirt



3 - COMPETITION INFO SEASON 2023-24

TYPES OF COMPETITIONS – NZC & JJS

* In Amstelveen

Nationale ZwemCompetitie “NZC”

1 Oct*, 12 Nov, 28 Jan, 10 Mar

- **WEDSTRIJDPLOEG/COMPETITION TEAM ONLY**
- **All age categories**
- **Mandatory**; registered by default
- KNZB Sets the program by age category
- Individual times
- **Counts for our KNZB club Rankings**

Junioeren Jeugd Seniors Circuit “JJS”

15 Okt, 26 Nov*, 14 Apr, 16 Jun

- **Optional** – Juniors, Jeugd, Seniors
- **Wedstrijdploeg, CS101, or Swimkick**
- Swimmer&coach chose programs together
- Registration via google form
- Official individual times
- Does not counts for our KNZB club Rankings

PROVINCIAAL KAMPIOENSCHAPPEN

25,26 May and 1,2 June

- **Junioeren, Jeugd, Senioreen**
- **By qualifiation time for individual events**
- **By invitation for relays**

Minioeren Circuit

8 Oct, 12 Nov, 28 Jan, 10 Mar

- **Wedstrijdploeg, CS101, or Swimkick**
- **Minioeren 1-6 Boys; Minioeren 1-5 Girls**
- **Junior 1 Girls** (swimkick only)
- **By invitation** (# swimmers depends on # officials)
- KNZB Sets the program by age category
- Individual times
- **Swimkick progs** for beginners – times do not count for regional qualification
- **“Circuit pros”** – for more intermediate & advanced swimmers – times count for regional qualifications

Provinciale Minioeren Finale

3 & 4 Feb

- **Wedstrijdploeg, CS101, or Swimkick**
- **Minioeren girls & boys only**
- **By qualification times**
- Individual rankings
- Is regional final (*no national finals for minioeren age group*)

Provinciale Clubmeet (minioeren)

8 & 9 June

- **Wedstrijdploeg, CS101, or Swimkick**
- **Minioeren girls & boys only**
- **By invitation from Futen coaches**
- This is a team competition

NATIONAL COMPETITIONS – Juniors & older

Junior National Kampioenschappen

Junioren 1-2* and Junioren 3-4

Electronic Timing ...and
Livestream for
Nationals

National Kampioenschappen

Jeugd & Senioren

Winter Championships -> Short course (25m pool)
Summer Championships -> Long Course (50m Pool)

Individual events

- By qualification time on individual events except for Junior 1-2; You swim the events you qualified for.
- Juniors 1-2
 - qualification based on ranking from:
 - Sum of FINA points for 6 events : 100m free, 100m breast, 100m butterfly, 100m back, 200m free & 200m medley
 - Top 50 swimmers are qualified + 5 reserves (for juniors 1 they take top 10 even if not in top 40)
 - You swim a full program of distances set by KNZB over the 3 days of nationals.

Relay events

- By qualification time & invitation from coaches

Kwalificatietijdlimieten worden geplaatst in wedstrijdkalender wanneer bekend
Qualification time limits will be posted in wedstrijdkalender when known

OTHER COMPETITIONS

**Other special invitations or
limietwedstrijden**

Super Team or westrijdploeg lanes 3 & 4 *by invitation*

Lange Afstand Circuit (LAC)

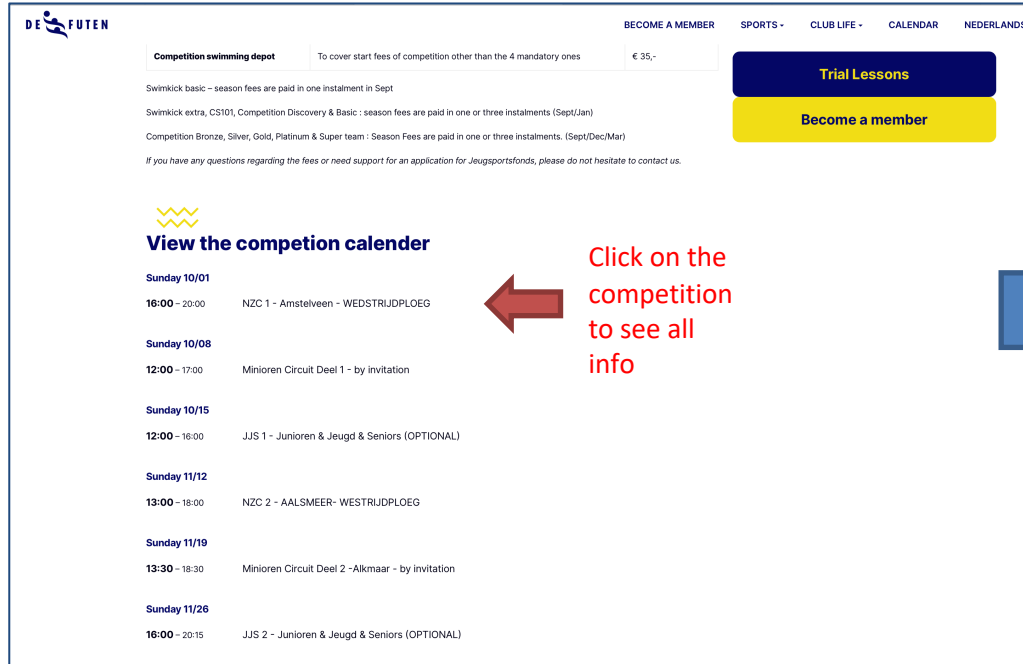
all age groups Wedstrijdploeg & CS101; dates tbc

Club Championships (7 April 2024)

**Is an official competition.
All can join; we often invite other club**

Where to find Competition info -

All competition information can be found on Futen website <https://defuten.nl/en/sports/competitive-swimming/>



The screenshot shows the DE FUTEN website. At the top, there's a navigation bar with links: BECOME A MEMBER, SPORTS, CLUB LIFE, CALENDAR, and NEDERLANDS. Below this, there's a section for "Competition swimming depot" with a form to "To cover start fees of competition other than the 4 mandatory ones" for € 35,-. There are two buttons: "Trial Lessons" and "Become a member". Below this, there's a section titled "View the competition calender" with a list of events:

- Sunday 10/01**
 - 16:00 - 20:00 NZC 1 - Amstelveen - WEDSTRIJDPLOEG
- Sunday 10/08**
 - 12:00 - 17:00 Minioren Circuit Deel 1 - by invitation
- Sunday 10/15**
 - 12:00 - 16:00 JJS 1 - Junioren & Jeugd & Seniors (OPTIONAL)
- Sunday 11/12**
 - 13:00 - 18:00 NZC 2 - AALSMEER - WESTRIJDPLOEG
- Sunday 11/19**
 - 13:30 - 18:30 Minioren Circuit Deel 2 - Alkmaar - by invitation
- Sunday 11/26**
 - 16:00 - 20:15 JJS 2 - Junioren & Jeugd & Seniors (OPTIONAL)

Click on the
competition
to see all
info

View the competition calender

Sunday 10/01

16:00 - 20:00

NZC 1 - Amstelveen - WEDSTRIJDPLOEG

Zwembad de Meerkamp, Openingstijden Recreatiezwemmen, Van der Hooplaan 239, 1185 LN Amstelveen, Netherlands

Round 1 NZC (nationale zwemcompetitie)

WIE/WHO: **WEDSTRIJDPLOEG**

Location : AMSTELVEEN

Volunteers/jury (Futen) : gather at 15:00

Verzamelen / gather at entrance Pool : 15:45

Inzwemmen : 16:10

Juryvergadering : 16:10

Start Competitie : 16:40

Afmelden - UITERLIJK 25 SEPT / Deregistration by 25 Sept latest !

Afmedling / Deregistration link : <https://forms.gle/3Peggv7MRyPC8SCQ7>

Volunteers arrive by 15:00

Programma & Startlijst (tbc)

1	4x100m vrije slag est. jongens junioren 4 en jonger
3	4x200m vrije slag est. meisjes junioren 4 en jonger
5	400m vrije slag heren senioren open
7	400m vrije slag dames senioren open
9	200m wisselslag jongens junioren 2 en jonger

Pool address

Location,
times

Link to deregister

Program

WhatsApp & Email : invitations (except NZCs),
reminder registration, final information

Google forms : sign up for swim meets (except
NZCs), deregistration from meet

WEDSTRIJDEN SEIZOEN 23-24 / COMPETITIONS SEASON 23-24

* Excludes Limietwedstrijden & LAC (both tbc later) & excludes masters circuit dates

COMPETITION	DATE		LOCATION	REGISTRATION
* KNZB Zwemcompetitie 1	1	Oct	Amstelveen	Wedstrijdploeg
Minloren Circuit 1	8	Oct	Zandaam	by invitation - Minloren & Jun 1 Girls
Junloren Jeugd Senior Circuit 1	15	Oct	Amsterdam	open junior/jeugd/seniors
NK Estafette	5	Nov		by qualification
* KNZB Zwemcompetitie 2	12	Nov	Almere	Wedstrijdploeg
Minloren Circuit 2	19	Nov	Alkmaar	by invitation - Minloren & Jun 1 Girls
Junloren Jeugd Senior Circuit 2	26	Nov	Amstelveen	open junior/jeugd/seniors
Minloren Circuit 3	10	Dec	Hoofddorp	by invitation - Minloren & Jun 1 Girls
NJK Korte baan Eindhoven	8,9 & 10	Dec	Eindhoven	by qualification
NK Korte baan Den Haag	15,16,17	Dec	Den Haag	by qualification
Provinciale Winterkampioenschappen	13-14	Jan	Hoofddorp	by qualification (juniors & older)
* KNZB Zwemcompetitie 3	28	Jan	Aalscholver, Almere	Wedstrijdploeg
Provinciale Clubmeet (minloren)	3-4	Feb	Hoofddorp	by qualification (tbc)
Minloren Circuit 4	3	Mar	Zandam	by invitation - Minloren & Jun 1 Girls
* KNZB Zwemcompetitie 4	10	Mar	Zeist (tbc)	Wedstrijdploeg
Minloren Circuit 5	24	Mar	Krommenie	by invitation - Minloren & Jun 1 Girls
Futen Club Championships (tbc)	7	Apr	Amstelveen	All
Junloren Jeugd Senior Circuit 3	14	Apr	Almere?	open junior/jeugd/seniors
Minloren Circuit 6	21	Apr	Purmerend	by invitation - Minloren & Jun 1 Girls

WEDSTRIJDEN SEIZOEN 23-24 / COMPETITIONS SEASON 23-24

* Excludes Limietwedstrijden & LAC (both tbc later) & excludes masters circuit dates

COMPETITION

DATE

LOCATION

REGISTRATION

ONMK Ib (voorlopige datum)	2-5	May
Provinciale Zomerkampioenschappen	25-26	May

	by qualification (masters)
Amsterdam Sloterparkbad	by qualification (juniors & older)

Provinciale Zomerkampioenschappen	1-2	Jun
Provinciale Minioeren Finale	8-9	Jun
NK lange baan 2024	13-16	Jun
Junioeren Jeugd Senior Circuit 4	16	Jun
NJK lange baan 2024	21-23	Jun
NK Sprint	29-30	Jun

Amsterdam Sloterparkbad	by qualification (juniors & older)
Alkmaar	by qualification
	by qualification (Jeugd & older)
Hilversum	open junior/jeugd/seniors
Eindhoven	by qualification (juniors & older)
	by qualification (juniors & older)

KEY LINKS & APPS

www.swimrankings.net - to see by swimmers, club, nation etc.. All official times

www.knzb.nl all competition information for regionals & nationals and all rules/protocol for our sport

www.defuten.nl – all key club info

Under wedstrijdzwemmen google calendar– you can see the full list of competitions planned in so far – click on the competition and all details & registration links will appear.