



## Programme

### ODMC 2017 short course

Day 1 Thursday afternoon session 1			
1	1500m	free style	Men
Break 15min			
2	1500m	free style	Women

Day 2 Friday morning session 2			
3	400m	free style	Men
4	400m	free style	Women
Break 15min			
5	100m	backstroke	Men
6	100m	backstroke	Women

Day 2 Friday afternoon session 3			
7			
8	200m	butterfly	Women
9	50m	breaststroke	Men
10	50m	breaststroke	Women
11	100m	free style	Men
12	100m	free style	Women
Break 15min			
13	200m	medley	Men
14	200m	medley	Women
Break 5min			
15	4x200m	free style	Women/Men/Mixed

Day 3 Saturday morning session 4			
16	800m	free style	Women
Break 15min			
17	400m	medley	Men
Break 5min			
18	4x100m	free style	Women/Men/Mixed

Day 3 Saturday afternoon session 5			
20	200m	breaststroke	Women
21	200m	breaststroke	Men
22	50m	backstroke	Women
23	50m	backstroke	Men
24	100m	medley	Women
25	100m	medley	Men
Break 15min			
26	200	free style	Women
27	200	free style	Men
28	100m	butterfly	Women
29	100m	butterfly	Men
Break 5min			
30	4x50m	medley	Women/Men/Mixed

Day 4 Sunday morning session 6			
31	800m	free style	Men
Break 15min			
32	400m	medley	Women
Break 5min			
33	4x100m	medley	Women/Men/Mixed

Day 4 Sunday afternoon session 7			
35	50m	butterfly	Men
36	50m	butterfly	Women
37	200m	backstroke	Men
38	200m	backstroke	Women
Break 15min			
39	50m	free style	Men
40	50m	free style	Women
41	100m	breaststroke	Men
42	100m	breaststroke	Women
Break 5min			
43	4x50m	free style	Women/Men/Mixed

Overview sessions				
Day	Session	Warmup	Start	End
Thursday	1	12:30	13:30	19:00
Friday	2	8:00	9:00	12:30
Friday	3	12:30	13:30	18:30
Saturday	4	8:00	9:00	12:30
Saturday	5	12:30	13:30	18:30
Saturday	Masters Buffet		18:30	20:00
Sunday	6	8:00	9:00	12:30
Sunday	7	12:30	13:30	17:30