



# Open Dutch Masters Championships Swimming 2016 short course



## Program

### ODMC 2016 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 |                   |       |  |
|--------------------------------|-------------------|-------|--|
| 4                              | 400m free style   | Women |  |
| 5                              | 400m free style   | Men   |  |
| Break 15min                    |                   |       |  |
| 6                              | 100m breaststroke | Women |  |
| 7                              | 100m breaststroke | Men   |  |

| Day 2 Friday afternoon session 3 |                   |                 |  |
|----------------------------------|-------------------|-----------------|--|
| 8                                |                   |                 |  |
| 9                                | 200m butterfly    | Men             |  |
| 10                               | 50m backstroke    | Women           |  |
| 11                               | 50m backstroke    | Men             |  |
| 12                               | 100m free style   | Women           |  |
| 13                               | 100m free style   | Men             |  |
| Break 15min                      |                   |                 |  |
| 14                               | 200m medley       | Women           |  |
| 15                               | 200m medley       | Men             |  |
| Break 5min                       |                   |                 |  |
| 16                               | 4x200m free style | Women/Men/Mixed |  |

| Day 3 Saturday morning session 4 |                   |                 |  |
|----------------------------------|-------------------|-----------------|--|
| 17                               | 800m free style   | Men             |  |
| Break 15min                      |                   |                 |  |
| 18                               | 400m medley       | Women           |  |
| Break 5min                       |                   |                 |  |
| 19                               | 4x100m free style | Women/Men/Mixed |  |

| Day 3 Saturday afternoon session 5 |                  |                 |  |
|------------------------------------|------------------|-----------------|--|
| 21                                 | 50m breaststroke | Men             |  |
| 22                                 | 50m breaststroke | Women           |  |
| 23                                 | 200 backstroke   | Men             |  |
| 24                                 | 200 backstroke   | Women           |  |
| 25                                 | 100m medley      | Men             |  |
| 26                                 | 100m medley      | Women           |  |
| Break 15min                        |                  |                 |  |
| 27                                 | 200 free style   | Men             |  |
| 28                                 | 200 free style   | Women           |  |
| 29                                 | 100m butterfly   | Men             |  |
| 30                                 | 100m butterfly   | Women           |  |
| Break 5min                         |                  |                 |  |
| 31                                 | 4x50m medley     | Women/Men/Mixed |  |

| Day 4 Sunday morning session 6 |                 |                 |  |
|--------------------------------|-----------------|-----------------|--|
| 32                             | 800m free style | Women           |  |
| Break 15min                    |                 |                 |  |
| 33                             | 400m medley     | Men             |  |
| Break 5min                     |                 |                 |  |
| 34                             | 4x100m medley   | Women/Men/Mixed |  |

| Day 4 Sunday afternoon session 7 |                   |                 |  |
|----------------------------------|-------------------|-----------------|--|
| 36                               | 50m butterfly     | Women           |  |
| 37                               | 50m butterfly     | Men             |  |
| 38                               | 200m breaststroke | Women           |  |
| 39                               | 200m breaststroke | Men             |  |
| Break 15min                      |                   |                 |  |
| 40                               | 50m free style    | Women           |  |
| 41                               | 50m free style    | Men             |  |
| 42                               | 100m backstroke   | Women           |  |
| 43                               | 100m backstroke   | Men             |  |
| Break 5min                       |                   |                 |  |
| 44                               | 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 |