



# Open Dutch Masters Championships Swimming 2015 short course



## Program

ODMC 2015 short course			
Day 1 Friday morning session 1			
01	1500m	freestyle	Women
02	800m	freestyle	Men
Day 1 Friday afternoon session 2			
03	4 x 200m	freestyle	Women/Men/Mixed
05	50m	butterfly	Women
06	50m	butterfly	Men
07	200m	individual medley	Women
08	200m	individual medley	Men
09	100m	breaststroke	Women
10	100m	breaststroke	Men
11	200m	freestyle	Women
12	200m	freestyle	Men
13	4 x 50m	medley	Women
14	4 x 50m	medley	Men
Day 2 Saturday morning session 3			
16	400m	freestyle	Men
17	400m	freestyle	Women
18	50m	backstroke	Men
19	50m	backstroke	Women
20	200m	breaststroke	Men
21	200m	breaststroke	Women
22	4 x 100m	medley	Women/Men/Mixed

Day 2 Saturday afternoon session 4			
24	4 x 50m	freestyle	Men
25	4 x 50m	freestyle	Women
26	200m	butterfly	Men
27	200m	butterfly	Women
28	100m	freestyle	Men
29	100m	freestyle	Women
30	50m	breaststroke	Men
31	50m	breaststroke	Women
32	100m	backstroke	Men
33	100m	backstroke	Women
34	4 x 50m	medley	Mixed
36	400m	individual medley	Men
37	400m	individual medley	Women
Day 3 Sunday morning session 5			
39	800m	freestyle	Women
40	1500m	freestyle	Men
Day 3 Sunday afternoon session 6			
41	4 x 100m	freestyle	Women/Men/Mixed
43	200m	backstroke	Women
44	200m	backstroke	Men
45	100m	individual medley	Women
46	100m	individual medley	Men
47	50m	freestyle	Women
48	50m	freestyle	Men
49	100m	butterfly	Women
50	100m	butterfly	Men
51	4 x 50m	freestyle	Mixed

Overview sessions			
Friday 23 January 2015			
Session	Warmup	Start	End
1	8:00	9:00	12:30
2	13:00	14:00	18:00
Saturday 24 January 2015			
Session	Warmup	Start	End
3	8:00	9:00	12:30
4	13:00	14:00	18:00
Mastersbuffet		17:00	20:00
Sunday 25 January 2015			
Session	Warmup	Start	End
5	8:00	9:00	12:30
6	13:00	14:00	17:30

### Warming up

In accordance with FINA regulations the warming up is under the supervision of the organization.

Warm-up lanes are arranged based on 100m freestyle times. Please follow the directions of supervisors.

During the entire tournament it will be possible to warm up and cool down in a separate pool.