

ODMC long course
May 2nd - 5th 2019 Amersfoort
 Programme & session times

ODMC 2019 long course

Day 1 Thursday afternoon session 1		
1	1500m freestyle	Women
Break 15min *		
2	1500m freestyle	Men

Day 2 Friday morning session 2		
3	400m freestyle	Women
4	400m freestyle	Men
Break 15min *		
5	100m butterfly	Women
6	100m butterfly	Men

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

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

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

Day 4 Sunday morning session 6		
29	800m freestyle	Women
30	400m medley	Men
Break 5min		
31	4x100m medley	Women/Men/Mixed

Day 4 Sunday afternoon session 7		
33	50m backstroke	Women
34	50m backstroke	Men
35	200m butterfly	Women
36	200m butterfly	Men
37	50m freestyle	Women
38	50m freestyle	Men
39	100m breaststroke	Women
40	100m breaststroke	Men
Break 5min		
41	4x50m freestyle	Women/Men/Mixed

* Placement and duration of break depending on number of entries



Overview sessions			
Session	Warmup	Start	End
Thursday 2 May 2019			
1	11:30	12:30	18:00
Friday 3 May 2019			
2	08:00	09:00	12:00
3	12:00	13:00	18:00
Saturday 4 May 2019			
4	08:00	09:00	12:00
5	12:00	12:30	18:00
Masters Buffet		18:00	20:00
Sunday 5 May 2019			
6	08:00	09:00	12:00
7	12:00	12:30	17:30