



Open Dutch Masters Championships

Long course The Hague

From 3rd until 6th May 2018

Programme & Sessiontimes



Day 1 Thursday afternoon session 1				
2	1500m	freestyle	Men	
Break 15min				
3	1500m	freestyle	Women	

Day 2 Friday morning session 2				
4	400m	freestyle	Men	
5	400m	freestyle	Women	
Break 15min				
6	100m	breaststroke	Men	
7	100m	breaststroke	Women	

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

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

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

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

Day 4 Sunday morning session 6				
30	800m	freestyle	Men	
Break 15min				
31	400m	medley	Women	
Break 5min				
32	4x100m	medley	Women/Men/Mixed	

Day 4 Sunday afternoon session 7				
34	50m	freestyle	Men	
35	50m	freestyle	Women	
36	200m	breaststroke	Men	
37	200m	breaststroke	Women	
Break 15min				
38	50m	butterfly	Men	
39	50m	butterfly	Women	
40	100m	backstroke	Men	
41	100m	backstroke	Women	
Break 5min				
42	4x50m	freestyle	Women/Men/Mixed	