



ODMC short course 2019

January 24th – 27th 2019 Zwolle

Programme & session times



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	butterfly	Men
7	100m	butterfly	Women

Day 2 Friday afternoon session 3			
8	200m	backstroke	Men
9	200m	backstroke	Women
10	50m	breaststroke	Men
11	50m	breaststroke	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			
Session	Warmup	Start	End
Thursday 24 January 2019			
1	11:30	12:30	18:00
Friday 25 January 2019			
2	08:00	09:00	12:30
3	12:30	13:30	18:00
Saturday 26 January 2019			
4	08:00	09:00	12:30
5	12:30	13:30	18:00
Masters Buffet		18:00	20:00
Sunday 27 January 2019			
6	08:00	09:00	12:30
7	12:30	13:30	17:30

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

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

Day 4 Sunday afternoon session 7			
36	50m	backstroke	Men
37	50m	backstroke	Women
38	200m	butterfly	Men
39	200m	butterfly	Women
Break 15min			
40	50m	freestyle	Men
41	50m	freestyle	Women
42	100m	breaststroke	Men
43	100m	breaststroke	Women
Break 5min			
44	4x50m	freestyle	Women/Men/Mixed