

# Open Dutch Masters Championships 2018

## short course

### From 18<sup>th</sup> until 21<sup>th</sup> January 2018 Terneuzen

#### Programme



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 backstroke	Women
6	100m backstroke	Men

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

Day 3 Saturday morning session 4		
16	800m freestyle	Men
Break 15min		
17	400m medley	Women
Break 5min		
18	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		
20	200m butterfly	Men
21	200m butterfly	Women
22	50m backstroke	Men
23	50m backstroke	Women
24	100m medley	Men
25	100m medley	Women
Break 15min		
26	200m freestyle	Men
27	200m freestyle	Women
28	100m breaststroke	Men
29	100m breaststroke	Women
Break 5min		
30	4x50m medley	Women/Men/Mixed

Day 4 Sunday morning session 6		
31	800m freestyle	Women
Break 15min		
32	400m medley	Men
Break 5min		
33	4x100m medley	Women/Men/Mixed

Day 4 Sunday afternoon session 7		
35	50m breaststroke	Women
36	50m breaststroke	Men
37	200m backstroke	Women
38	200m backstroke	Men
Break 15min		
39	50m freestyle	Women
40	50m freestyle	Men
41	100m butterfly	Women
42	100m butterfly	Men
Break 5min		
43	4x50m freestyle	Women/Men/Mixed