

Schedule Session No. 1 - ONMK 2010 lb sessie 1

07.05.2010 - 12:30

Warmup: 12:00 until 12:25

Officials Meeting: 11:30

12:30	1.	1500m Freestyle	Women	Timed Final	Masters Open	1:19	4 Heats
14:20		Break (15 min.)					
14:35	2.	1500m Freestyle	Men	Timed Final	Masters Open	2:12	5 Heats
16:47		Break (15 min.)					
17:02	3.	200m Backstroke	Women	Timed Final	Masters Open	0:23	5 Heats
17:25	4.	200m Backstroke	Men	Timed Final	Masters Open	0:17	4 Heats
17:42	5.	400m Medley	Women	Timed Final	Masters Open	0:25	3 Heats
18:07	6.	400m Medley	Men	Timed Final	Masters Open	0:31	4 Heats

18:38 End of session

Total duration 6:08

Schedule Session No. 2 - ONMK 2010 lb sessie 2

08.05.2010 - 9:00

Warmup: 8:30 until 8:55

Officials Meeting: 8:00

9:00	8.	400m Freestyle	Men	Timed Final	Masters Open	0:49	7 Heats
9:49	9.	400m Freestyle	Women	Timed Final	Masters Open	0:46	6 Heats
10:35		Break (15 min.)					
10:50	10.	200m Breaststroke	Men	Timed Final	Masters Open	0:26	6 Heats
11:16	11.	200m Breaststroke	Women	Timed Final	Masters Open	0:25	5 Heats
11:41	12.	100m Backstroke	Men	Timed Final	Masters Open	0:17	7 Heats
11:58	13.	100m Backstroke	Women	Timed Final	Masters Open	0:21	8 Heats
12:19	14.	4 x 50m Medley	Mixed	Timed Final	Masters Open	0:11	3 Heats

12:30 End of session

Total duration 3:30

Schedule Session No. 3 - ONMK 2010 lb sessie 3

08.05.2010 - 14:00

Warmup: 12:30 until 13:55

Officials Meeting: 13:00

14:00	16.	800m Freestyle	Men	Timed Final	Masters Open	1:22	6 Heats
15:22	17.	200m Freestyle	Women	Timed Final	Masters Open	0:32	8 Heats
15:54		Break (30 min.)					
16:24	18.	50m Freestyle	Men	Timed Final	Masters Open	0:23	15 Heats
16:47	19.	50m Freestyle	Women	Timed Final	Masters Open	0:18	11 Heats
17:05	20.	200m Fly	Men	Timed Final	Masters Open	0:12	3 Heats
17:17	21.	200m Fly	Women	Timed Final	Masters Open	0:13	3 Heats
17:30	22.	50m Breaststroke	Men	Timed Final	Masters Open	0:19	11 Heats
17:49	23.	50m Breaststroke	Women	Timed Final	Masters Open	0:16	9 Heats
18:05		Break (10 min.)					
18:15	24.	4 x 50m Freestyle	Men	Timed Final	Masters Open	0:06	2 Heats
18:21	25.	4 x 50m Freestyle	Women	Timed Final	Masters Open	0:05	1 Heat

18:26 End of session

Total duration 4:26

18:45 Mastersbuffet

Schedule Session No. 4 - ONMK 2010 lb sessie 4

09.05.2010 - 9:00

Warmup: 8:30 until 8:55

Officials Meeting: 8:00

9:00	27.	800m Freestyle	Women	Timed Final	Masters Open	1:10	5 Heats
10:10	28.	200m Freestyle	Men	Timed Final	Masters Open	0:26	7 Heats
10:36	Break (15 min.)						
10:51	29.	100m Breaststroke	Women	Timed Final	Masters Open	0:21	7 Heats
11:12	30.	100m Breaststroke	Men	Timed Final	Masters Open	0:17	7 Heats
11:29	31.	100m Fly	Women	Timed Final	Masters Open	0:12	5 Heats
11:41	32.	100m Fly	Men	Timed Final	Masters Open	0:09	4 Heats
11:50	33.	4 x 100m Freestyle	All	Timed Final	Masters Open	0:18	3 Heats

12:08 End of session Total duration 3:08

Schedule Session No. 5 - ONMK 2010 lb sessie 5

09.05.2010 - 14:00

Warmup: 12:30 until 13:55

Officials Meeting: 13:00

14:00	35.	50m Fly	Women	Timed Final	Masters Open	0:15	9 Heats
14:15	36.	50m Fly	Men	Timed Final	Masters Open	0:13	8 Heats
14:28	37.	4 x 50m Medley	Women	Timed Final	Masters Open	0:03	1 Heat
14:31	38.	4 x 50m Medley	Men	Timed Final	Masters Open	0:07	2 Heats
14:38	39.	200m Medley	Women	Timed Final	Masters Open	0:29	7 Heats
15:07	40.	200m Medley	Men	Timed Final	Masters Open	0:23	6 Heats
15:30	41.	50m Backstroke	Women	Timed Final	Masters Open	0:10	5 Heats
15:40	42.	50m Backstroke	Men	Timed Final	Masters Open	0:09	6 Heats
15:49	Break (10 min.)						
15:59	43.	4 x 50m Freestyle	Mixed	Timed Final	Masters Open	0:10	3 Heats
16:09	45.	100m Freestyle	Women	Timed Final	Masters Open	0:17	7 Heats
16:26	46.	100m Freestyle	Men	Timed Final	Masters Open	0:22	10 Heats

16:48 End of session Total duration 2:48