



Open Dutch Masters Championships

2011

www.psvmasters.nl/ODMC2011/

6/7/8 May

Eindhoven, The Netherlands

Pieter van den Hoogenband Swimstadium

Programma

Friday 6 May

Day1 Morning session

08:30 hour Warming-Up

09:00 hour Competition

1	1500m Free Style	Men
2	800m Free Style	Women

Friday 6 May

Day1 Afternoon session

12:30 hour Warming-Up

14:00 hour Competition

3	4x200m Free Style	D/H/Mix
BREAK (5 min.)		
5	200m Breast	Men
6	200m Breast	Women
7	200m Fly	Men
8	200m Fly	Women
BREAK (15 min.)		
9	200m Free Style	Men
10	200m Free Style	Women
11	200m Back	Men
12	200m Back	Women
BREAK (5 min.)		
13	4x100m Medley	D/H/Mix

Saturday 7 May

Day 2 Morning session

08:30 hour Warming-Up

09:00 hour Competition

14	400m Free Style	Women
15	400m Free Style	Men
16	50m Fly	Women
17	50m Fly	Men
BREAK (5 min.)		
18	4x100m Free Style	D/H/Mix

Saturday 7 May

Day2 Afternoon session 2

13:30 hour Warming-Up

14:00 hour Competition

19	4x50m Medley	Mix
BREAK (5 min.)		
20	100m Free Style	Women
21	100m Free Style	Men
22	50m Breast	Women
23	50m Breast	Men
BREAK (15 min.)		
24	200m Medley	Women
25	200m Medley	Men
26	100m Back	Women
27	100m Back	Men
BREAK (5 min.)		
28	4x50m Free Style	Women
29	4x50m Free Style	Men

Sunday 8 May

Day3 Morning session

08:30 hour Warming-Up

09:00 hour Competition

31	800m Free Style	Men
32	1500m Free Style	Women

Sunday 8 May

Day3 Afternoon session

13:30 hour Warming-Up

14:00 hour Competition

33	4x50m Medley	Men
34	4x50m Medley	Women
BREAK (5 min.)		
35	50m Free Style	Men
36	50m Free Style	Women
37	100m Breast	Men
38	100m Breast	Women
39	400m Medley	Men
40	400m Medley	Women
BREAK (15 min.)		
41	50m Back	Men
42	50m Back	Women
43	100m Fly	Men
44	100m Fly	Women
BREAK (5 min.)		
45	4x50m Free Style	Mix



Warming-Up

- In accordance with FINA regulations the warming up is under the supervision of the organization.
- Warm-up lanes are arranged based on 100m freestyle times. Please follow the directions of supervisors.
- During the entire tournament it will be possible to warm up and cool down in the training pool and before each session in the competition pool.

Summary of sessions

Friday 6 May

Session	W-up	Competition	End
Morning	08:30	09:00	12:30
Afternoon	13:30	14:00	18:30

Saturday 7 May

Session	W-up	Competition	End
Morning	08:30	09:00	12:30
Afternoon	13:30	14:00	18:00
Mastersbuffet		18:00	19:30

Sunday 8 May

Session	W-up	Competition	End
Morning	08:30	09:00	12:30
Afternoon	13:30	14:00	17:30

18:00-19:30 Mastersbuffet

Last information, results and pictures will be published on www.psvmasters.nl/odmc2011

