



Join the ODMC 2012 long course!

Friday 4 - Sunday 6 May 2012

Pieter van den Hoogenband Swimstadium

[Antoon Coolenlaan 1, 5644 RX Eindhoven](http://www.pvdhs.nl)

Location of the European Masters Championships 2013



Organisation:

PSV Masters Swimming i.c.w.

KNZB Taskforce Masters swimming





Open Dutch Masters Championships Swimming 2011 long course

Program

Day1 Friday morning May 4 th session 1		
08:30 h warming up		
09:00 h start session		12:30 h end session
1	1500m freestyle	Woman
Break		
2	800m freestyle	Men
Day 1 Friday afternoon May 4 th session 2		
13:00 h warming up		
14:00 h start session		18.00 h end session
3	4 x 200m freestyle	Woman/Men/Mixed
Short break		
5	200m butterfly	Woman
6	200m butterfly	Men
7	200m breaststroke	Woman
8	200m breaststroke	Men
Break		
9	200m freestyle	Woman
10	200m freestyle	Men
11	200m backstroke	Woman
12	200m backstroke	Men
Short break		
13	4 x 100m ind. medley	Woman/Men/Mixed
Day 2 Saturday morning May 5 th session 3		
08:30 h warming up		
09:00 h start session		12:30 h end session
14	400m freestyle	Men
15	400m freestyle	Woman
16	50m butterfly	Men
17	50m butterfly	Woman
Short break		
18	4 x 100m freestyle	Woman/Men/Mixed
Day 2 Saturday afternoon May 5 th session 4		
13:00 h warming up		
14:00 h start session		18:00 h end session
19	4 x 50m ind. medley relay	Mixed
Short break		
20	100m freestyle	Men
21	100m freestyle	Woman

22	50m breaststroke	Men
23	50m breaststroke	Woman
24	200m ind. medley pers.	Men
25	200m ind. medley pers.	Woman
Break		
26	100m backstroke	Men
27	100m backstroke	Woman
Short break		
28	4 x 50m freestyle relay	Men
29	4 x 50m freestyle relay	Woman
Mastersbuffet		
Day 3 Sunday morning May 6 th session 5		
08:30 h warming up		
09:00 h start session		12:30 h end session
31	800m freestyle	Woman
Break		
32	1500m freestyle	Men
Day 3 Sunday afternoon May 6 th session 6		
13:00 h warming up		
14:00 h start session		17:30 h end session
33	4 x 50m ind. medley relay	Woman
34	4 x 50m ind. medley relay	Men
Korte pauze		
35	100m butterfly	Woman
36	100m butterfly	Men
37	50m backstroke	Woman
38	50m backstroke	Men
39	400m ind. medley pers.	Woman
Break		
40	400m ind. medley pers.	Men
41	50m freestyle	Woman
42	50m freestyle	Men
43	100m breaststroke	Woman
44	100m breaststroke	Men
Short break		
45	4 x 50m freestyle relay	Mixed
end		

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 4 lane training pool.