

### Schedule Session No. 3 - ONMK 2013 Ib sessie 3

04-05-2013 - 9:00

Warmup: 8:00 until 8:55

Officials Meeting: 8:00

9:00	16.	400m Freestyle	Women	Timed Final	Masters Open	1:14	10 Heats
10:14	17.	400m Freestyle	Men	Timed Final	Masters Open	0:57	9 Heats
11:11	18.	50m Breaststroke	Women	Timed Final	Masters Open	0:20	13 Heats
11:31	19.	50m Breaststroke	Men	Timed Final	Masters Open	0:18	13 Heats
11:49		Pauze / Break 5 min.				0:05	
11:54	20.	4 x 100m Medley	All	Timed Final	Masters Open	0:32	5 Heats
12:26		Pauze / Break 15 min.				0:15	
12:41	22.	200m Backstroke	Women	Timed Final	Masters Open	0:32	8 Heats
13:13	23.	200m Backstroke	Men	Timed Final	Masters Open	0:21	6 Heats
13:34		Pauze / Break 5 min.				0:05	
13:39		End of session			Total duration	4:39	

### Schedule Session No. 4 - ONMK 2013 Ib sessie 4

04-05-2013 - 13:39

13:39	24.	4 x 50m Freestyle	Women	Timed Final	Masters Open	0:09	3 Heats
13:48	25.	4 x 50m Freestyle	Men	Timed Final	Masters Open	0:09	3 Heats
13:57		Pauze / Break 5 min.				0:05	
14:02	26.	200m Fly	Women	Timed Final	Masters Open	0:17	4 Heats
14:19	27.	200m Fly	Men	Timed Final	Masters Open	0:19	5 Heats
14:38	28.	100m Freestyle	Women	Timed Final	Masters Open	0:34	17 Heats
15:12	29.	100m Freestyle	Men	Timed Final	Masters Open	0:34	18 Heats
15:46	30.	100m Breaststroke	Women	Timed Final	Masters Open	0:29	12 Heats
16:15	31.	100m Breaststroke	Men	Timed Final	Masters Open	0:27	12 Heats
16:42	32.	50m Backstroke	Women	Timed Final	Masters Open	0:17	12 Heats
16:59	33.	50m Backstroke	Men	Timed Final	Masters Open	0:15	11 Heats
17:14		Pauze / Break 5 min.				0:05	
17:19	34.	4 x 50m Medley	Mixed	Timed Final	Masters Open	0:16	5 Heats
17:35		End of session			Total duration	3:56	