



Schedule Session No. 5 - ONMK 2013 Ib sessie 5

05-05-2013 - 9:00

Warmup: 8:00 until 8:55

Officials Meeting: 8:00

9:00	35.	1500m Freestyle	Men	Timed Final	Masters Open	1:31	4 Heats
10:31		Pauze / Break 15 min.				0:15	
10:46	36.	800m Freestyle	Women	Timed Final	Masters Open	1:37	7 Heats
12:23		End of session			Total duration	3:23	

Schedule Session No. 6 - ONMK 2013 Ib sessie 6

05-05-2013 - 14:00

Warmup: 13:00 until 13:55

Officials Meeting: 13:00

14:00	38.	4 x 100m Freestyle	All	Timed Final	Masters Open	0:24	4 Heats
14:24		Pauze / Break 5 min.				0:05	
14:29	39.	200m Breaststroke	Men	Timed Final	Masters Open	0:28	7 Heats
14:57	40.	200m Breaststroke	Women	Timed Final	Masters Open	0:32	7 Heats
15:29	41.	400m Medley	Men	Timed Final	Masters Open	0:27	4 Heats
15:56	42.	400m Medley	Women	Timed Final	Masters Open	0:31	4 Heats
16:27		Pauze / Break 15 min.				0:15	
16:42	43.	50m Freestyle	Men	Timed Final	Masters Open	0:17	14 Heats
16:59	44.	50m Freestyle	Women	Timed Final	Masters Open	0:18	14 Heats
17:17	45.	100m Fly	Men	Timed Final	Masters Open	0:14	7 Heats
17:31	46.	100m Fly	Women	Timed Final	Masters Open	0:13	6 Heats
17:44		Pauze / Break 5 min.				0:05	
17:49	48.	4 x 50m Freestyle	Mixed	Timed Final	Masters Open	0:12	4 Heats
18:01		End of session			Total duration	4:01	