



Program

ODMC 2015 long course			
Day 1 Friday morning session 1		Day 2 Saturday afternoon session 4	
1	1500m	free style	Men
Break 15min			
2	800m	free style	Women
Day 1 Friday afternoon session 2		Day 2 Saturday afternoon session 4	
3	100m	breaststroke	Men
4	100m	breaststroke	Women
5	200m	medley	Men
6	200m	medley	Women
Break 15min			
7	200m	free style	Men
8	200m	free style	Women
9	50m	butterfly	Men
10	50m	butterfly	Women
Break 5min			
11	4x200m	free style	Women/Men/Mixed
Day 2 Saturday morning session 3		Day 2 Saturday afternoon session 4	
12	400m	free style	Women
13	400m	free style	Men
Break 15min			
14	50m	backstroke	Women
15	50m	backstroke	Men
16	200m	breaststroke	Women
17	200m	breaststroke	Men
Break 5min			
18	4x100m	free style	Women/Men/Mixed
Day 3 Sunday morning session 5		Day 3 Sunday afternoon session 6	
20	200m	butterfly	Women
21	200m	butterfly	Men
22	100m	free style	Women
23	100m	free style	Men
Break 15min			
24	50m	breaststroke	Women
25	50m	breaststroke	Men
26	100m	backstroke	Women
27	100m	backstroke	Men
Break 5min			
28	4x50m	medley	Women/Men/Mixed
Day 3 Sunday morning session 5		Day 3 Sunday afternoon session 6	
29	800m	free style	Men
Break 15min			
30	1500m	free style	Women
Day 3 Sunday afternoon session 6		Day 3 Sunday afternoon session 6	
31	4x100m	medley	Women/Men/Mixed
Break 5min			
33	200m	backstroke	Men
34	200m	backstroke	Women
35	400m	medley	Men
36	400m	medley	Women
Break 15min			
37	50m	free style	Men
38	50m	free style	Women
39	100m	butterfly	Men
40	100m	butterfly	Women
Break 5min			
41	4x50m	free style	Women/Men/Mixed

Overview sessions			
Friday 8 May 2015			
Session	Warmup	Start	End
1	8:00	9:00	12:30
2	13:00	14:00	18:00
Saturday 9 May 2015			
Session	Warmup	Start	End
3	8:00	9:00	12:30
4	13:00	14:00	18:00
Mastersbuffet		17:00	20:00
Sunday 10 May 2015			
Session	Warmup	Start	End
5	8:00	9:00	12:30
6	13:00	14:00	17:30