

Schedule Session No. 1 - ONMK 2016 Ib sessie 1

05-05-2016 - 13:30

Warmup: 12:30 until 13:25

Officials Meeting: 12:30

13:30	1.	1500m Freestyle	Women	Timed Final	Masters Open	2:55	7 Heats
16:25		Pauze / Break 15 min.				0:15	
16:40	2.	1500m Freestyle	Men	Timed Final	Masters Open	2:24	6 Heats
19:04		End of session			Total duration	5:34	

Schedule Session No. 2 - ONMK 2016 Ib sessie 2

06-05-2016 - 9:00

Warmup: 8:00 until 8:55

Officials Meeting: 8:00

9:00	4.	400m Freestyle	Men	Timed Final	Masters Open	0:59	9 Heats
9:59	5.	400m Freestyle	Women	Timed Final	Masters Open	1:08	10 Heats
11:07		Pauze / Break 15 min.				0:15	
11:22	6.	100m Breaststroke	Men	Timed Final	Masters Open	0:23	11 Heats
11:45	7.	100m Breaststroke	Women	Timed Final	Masters Open	0:24	10 Heats
12:09		End of session			Total duration	3:09	

Schedule Session No. 3 - ONMK 2016 Ib sessie 3

06-05-2016 - 13:30

Warmup: 12:30 until 13:25

13:30	8.	200m Butterfly	Men	Timed Final	Masters Open	0:11	3 Heats
13:41	9.	200m Butterfly	Women	Timed Final	Masters Open	0:16	4 Heats
13:57	10.	50m Backstroke	Men	Timed Final	Masters Open	0:09	8 Heats
14:06	11.	50m Backstroke	Women	Timed Final	Masters Open	0:13	10 Heats
14:19	12.	100m Freestyle	Men	Timed Final	Masters Open	0:27	16 Heats
14:46	13.	100m Freestyle	Women	Timed Final	Masters Open	0:26	14 Heats
15:12		Pauze / Break 15 min.				0:15	
15:27	14.	200m Medley	Men	Timed Final	Masters Open	0:31	9 Heats
15:58	15.	200m Medley	Women	Timed Final	Masters Open	0:30	8 Heats
16:28		Pauze / Break 5 min.				0:05	
16:33	16.	4 x 200m Freestyle	All	Timed Final	Masters Open	0:53	4 Heats
17:26		End of session			Total duration	3:56	

Schedule Session No. 4 - ONMK 2016 Ib sessie 4

07-05-2016 - 9:00

Warmup: 8:00 until 8:55

Officials Meeting: 8:00

9:00	17.	800m Freestyle	Women	Timed Final	Masters Open	2:02	9 Heats
11:02	18.	400m Medley	Men	Timed Final	Masters Open	0:29	4 Heats
11:31		Pauze / Break 5 min.				0:05	
11:36	19.	4 x 100m Freestyle	All	Timed Final	Masters Open	0:31	5 Heats
12:07		End of session			Total duration	3:07	

Schedule Session No. 5 - ONMK 2016 lb sessie 5

07-05-2016 - 13:30

Warmup: 12:30 until 13:25

13:30	21.	50m Breaststroke	Women	Timed Final	Masters Open	0:15	11 Heats
13:45	22.	50m Breaststroke	Men	Timed Final	Masters Open	0:15	13 Heats
14:00	23.	200m Backstroke	Women	Timed Final	Masters Open	0:37	9 Heats
14:37	24.	200m Backstroke	Men	Timed Final	Masters Open	0:24	7 Heats
15:01	25.	200m Freestyle	Women	Timed Final	Masters Open	0:48	14 Heats
15:49	Pauze / Break 15 min.						0:15
16:04	26.	200m Freestyle	Men	Timed Final	Masters Open	0:43	13 Heats
16:47	27.	100m Butterfly	Women	Timed Final	Masters Open	0:14	7 Heats
17:01	28.	100m Butterfly	Men	Timed Final	Masters Open	0:13	7 Heats
17:14	Pauze / Break 5 min.						0:05
17:19	29.	4 x 50m Medley	All	Timed Final	Masters Open	0:25	8 Heats
17:44	Mastersbuffet						
17:44	End of session				Total duration	4:14	

Schedule Session No. 6 - ONMK 2016 lb sessie 6

08-05-2016 - 9:00

Warmup: 8:00 until 8:55

Officials Meeting: 8:30

9:00	30.	800m Freestyle	Men	Timed Final	Masters Open	1:28	7 Heats
10:28	Pauze / Break 15 min.						0:15
10:43	31.	400m Medley	Women	Timed Final	Masters Open	0:47	6 Heats
11:30	Pauze / Break 5 min.						0:05
11:35	32.	4 x 100m Medley	All	Timed Final	Masters Open	0:31	5 Heats
12:06	End of session				Total duration	3:06	

Schedule Session No. 7 - ONMK 2016 lb sessie 7

08-05-2016 - 13:30

Warmup: 12:30 until 13:25

13:30	34.	50m Butterfly	Men	Timed Final	Masters Open	0:14	13 Heats
13:44	35.	50m Butterfly	Women	Timed Final	Masters Open	0:15	13 Heats
13:59	36.	200m Breaststroke	Men	Timed Final	Masters Open	0:34	9 Heats
14:33	37.	200m Breaststroke	Women	Timed Final	Masters Open	0:36	8 Heats
15:09	Pauze / Break 15 min.						0:15
15:24	38.	50m Freestyle	Men	Timed Final	Masters Open	0:19	19 Heats
15:43	39.	50m Freestyle	Women	Timed Final	Masters Open	0:19	17 Heats
16:02	40.	100m Backstroke	Men	Timed Final	Masters Open	0:15	8 Heats
16:17	41.	100m Backstroke	Women	Timed Final	Masters Open	0:19	9 Heats
16:36	Pauze / Break 5 min.						0:05
16:41	42.	4 x 50m Freestyle	All	Timed Final	Masters Open	0:20	7 Heats
17:01	End of session				Total duration	3:31	