

21th ODMC short course November 21st - 24th The Hague knzb Masters



Programme & regulations

1. Programme and timetable

D	Day 1 Thursday afternoon session 1 1 1500m Freestyle Women 2 1500m Freestyle Men		
1	1500m Freestyle	Women	
2	1500m Freestyle	Men	

	Day 2 Friday morning session 2		
3	400m Freestyle Women		
4	400m Freestyle Men		
5	100m Breaststroke Women		
6	100m Breaststroke Men		

	Day 2 Friday afternoon session 3		
7	200m Medley	Women	
8	200m Medley	Men	
9	50m Backstroke	Women	
10	50m Backstroke	Men	
11	100m Freestyle	Women	
12	100m Freestyle	Men	
13	200m Butterfly	Women	
14	200m Butterfly	Men	
	Break 5min		
15	4x200m Freestyle	Women/Men/Mixed	

D	Day 3 Saturday morning session 4			
16	800m Freestyle 400m Medley	Men		
17	400m Medley	Women		
	Break 5min			
18 4	1x100m Freestyle	Women/Men/Mixed		

Overview sessions					
Session	Warmup	Start	End		
Thursda	y Noveml	ber 21	2024		
1	11:30	12:30	18:00		
Friday	Friday November 22 2024				
2	08:30	09:30	12:30		
3	12:30	13:30	18:30		
Saturda	y Noveml	ber 23	2024		
4	08:30	09:30	12:30		
5	12:30	13:30	18:30		
Masters 8	Buffet	18:30	20:30		
Sunday	y Novemb	er 24 2	2024		
6	08:30	09:30	12:30		
7	12:30	13:30	17:30		

Day 3 Saturday afternoon session 5			
20	200m Backstroke	Men	
21	200m Backstroke	Women	
22	50m Breaststroke	Men	
23	50m Breaststroke	Women	
24	100m Medley	Men	
25	100m Medley	Women	
26	200m Freestyle	Men	
27	200m Freestyle	Women	
28	100m Butterfly	Men	
29	100m Butterfly	Women	
Break 5min			
30	4x50m Medley	Women/Men/Mixed	

Day 4 Sunday morning session 6		
31	800m Freestyle	Women
32	400m Medley	Men
Break 5min		
33	4x100m Medley	Women/Men/Mixed

Day 4 Sunday afternoon session 7		
35	50m Freestyle	Women
36	50m Freestyle	Men
37	200m Breaststroke	Women
38	200m Breaststroke	: Men
39	50m Butterfly	Women
40	50m Butterfly	Men
41	100m Backstroke	Women
42	100m Backstroke	Men
Break 5min		
43	4x50m Freestyle	Women/Men/Mixed

Breaks of 2 x 15 minutes during the sessions will be determined when the starting lists are published.

Breaks between the morning and afternoon sessions last at least 1 hour, due to this the afternoon sessions may start slightly later.