



ODMC long course

From May 7th until 10th 2020 Eindhoven

Programme & regulations



1. Programme and timetable

2. ODMC 2020 long course

Day 1 Thursday afternoon session 1		
2	1500m freestyle	Men
Break 15min		
3	1500m freestyle	Women

Day 2 Friday morning session 2		
4	400m freestyle	Men
5	400m freestyle	Women
Break 15min		
6	100m backstroke	Men
7	100m backstroke	Women

Day 2 Friday afternoon session 3		
8	50m butterfly	Men
9	50m butterfly	Women
10	200m breaststroke	Men
11	200m breaststroke	Women
12	100m freestyle	Men
13	100m freestyle	Women
Break 15min		
14	200m medley	Men
15	200m medley	Women
Break 5min		
16	4x200m freestyle	Women/Men/Mixed

Day 3 Saturday morning session 4		
17	800m freestyle	Women
18	400m medley	Men
Break 5min		
19	4x100m medley	Women/Men/Mixed

Day 3 Saturday afternoon session 5		
21	50m backstroke	Women
22	50m backstroke	Men
23	200m butterfly	Women
24	200m butterfly	Men
25	100m breaststroke	Women
26	100m breaststroke	Men
27	200m freestyle	Women
28	200m freestyle	Men
Break 5min		
29	4x50m freestyle	Women/Men/Mixed

Day 4 Sunday morning session 6		
30	800m freestyle	Men
Break 15min		
31	400m medley	Women
Break 5min		
32	4x100m freestyle	Women/Men/Mixed

Day 4 Sunday afternoon session 7		
34	200m backstroke	Men
35	200m backstroke	Women
36	50m freestyle	Men
37	50m freestyle	Women
Break 15min		
38	100m butterfly	Men
39	100m butterfly	Women
40	50m breaststroke	Men
41	50m breaststroke	Women
Break 5min		
42	4x50m medley	Women/Men/Mixed

Overview sessions			
Session	Warmup	Start	End
Thursday 7 May 2020			
1	11:30	12:30	18:00
Friday 8 May 2020			
2	08:00	09:00	12:00
3	12:00	13:00	18:00
Saturday 9 May 2020			
4	08:00	09:00	12:00
5	12:00	12:30	18:00
Masters Buffet		18:00	20:00
Sunday 10 May 2020			
6	08:00	09:00	12:00
7	12:00	13:00	17:30