



Schedule Session No. 1 - ONMK 2015 Ib sessie 1

08-05-2015 - 9:00

Warmup: 8:00 until 8:50

Officials Meeting: 8:00

9:00	1.	1500m Freestyle	Men	Timed Final	Masters Open	1:59	5 Heats	
10:59		Pauze / Break 15 min.					0:15	
11:14	2.	800m Freestyle	Women	Timed Final	Masters Open	1:36	7 Heats	
12:50		End of session						
					Total duration	3:50		

Schedule Session No. 2 - ONMK 2015 Ib sessie 2

08-05-2015 - 14:00

Warmup: 13:00 until 13:50

Officials Meeting: 13:30

14:00	3.	100m Breaststroke	Men	Timed Final	Masters Open	0:18	9 Heats	
14:18	4.	100m Breaststroke	Women	Timed Final	Masters Open	0:19	8 Heats	
14:37	5.	200m Medley	Men	Timed Final	Masters Open	0:24	7 Heats	
15:01	6.	200m Medley	Women	Timed Final	Masters Open	0:31	8 Heats	
15:32		Pauze / Break 15 min.					0:15	
15:47	7.	200m Freestyle	Men	Timed Final	Masters Open	0:26	8 Heats	
16:13	8.	200m Freestyle	Women	Timed Final	Masters Open	0:32	9 Heats	
16:45	9.	50m Butterfly	Men	Timed Final	Masters Open	0:11	11 Heats	
16:56	10.	50m Butterfly	Women	Timed Final	Masters Open	0:11	9 Heats	
17:07		Pauze / Break 5 min.					0:05	
17:12	11.	4 x 200m Freestyle	All	Timed Final	Masters Open	1:04	5 Heats	
18:16		End of session						
					Total duration	4:16		

Schedule Session No. 3 - ONMK 2015 Ib sessie 3

09-05-2015 - 9:00

Warmup: 8:00 until 8:50

Officials Meeting: 8:00

9:00	12.	400m Freestyle	Women	Timed Final	Masters Open	1:20	12 Heats	
10:20	13.	400m Freestyle	Men	Timed Final	Masters Open	1:03	10 Heats	
11:23	14.	50m Backstroke	Women	Timed Final	Masters Open	0:15	11 Heats	
11:38	15.	50m Backstroke	Men	Timed Final	Masters Open	0:13	11 Heats	
11:51	16.	200m Breaststroke	Women	Timed Final	Masters Open	0:30	7 Heats	
12:21	17.	200m Breaststroke	Men	Timed Final	Masters Open	0:32	8 Heats	
12:53		Pauze / Break 5 min.					0:05	
12:58	18.	4 x 100m Freestyle	All	Timed Final	Masters Open	0:40	7 Heats	
13:38		Pauze / Break 30 min.					0:30	
14:08		End of session						
					Total duration	5:08		





Schedule Session No. 4 - ONMK 2015 lb sessie 4

09-05-2015 - 14:08

There is a separate warm up pool present

14:08	20.	200m Butterfly	Women	Timed Final	Masters Open	0:17	4 Heats
14:25	21.	200m Butterfly	Men	Timed Final	Masters Open	0:12	3 Heats
14:37	22.	100m Freestyle	Women	Timed Final	Masters Open	0:34	18 Heats
15:11	23.	100m Freestyle	Men	Timed Final	Masters Open	0:36	21 Heats
15:47	24.	50m Breaststroke	Women	Timed Final	Masters Open	0:17	12 Heats
16:04	25.	50m Breaststroke	Men	Timed Final	Masters Open	0:19	15 Heats
16:23	26.	100m Backstroke	Women	Timed Final	Masters Open	0:26	12 Heats
16:49	27.	100m Backstroke	Men	Timed Final	Masters Open	0:17	9 Heats
17:06		Pauze / Break 5 min.				0:05	
17:11	28.	4 x 50m Medley	All	Timed Final	Masters Open	0:28	9 Heats
17:39		Mastersbuffet					
17:39		End of session			Total duration	3:31	

Schedule Session No. 5 - ONMK 2015 lb sessie 5

10-05-2015 - 9:00

Warmup: 8:00 until 8:50

Officials Meeting: 8:00

9:00	29.	800m Freestyle	Men	Timed Final	Masters Open	1:18	6 Heats
10:18		Pauze / Break 15 min.				0:15	
10:33	30.	1500m Freestyle	Women	Timed Final	Masters Open	2:11	5 Heats
12:44		End of session			Total duration	3:44	

Schedule Session No. 6 - ONMK 2015 lb sessie 6

10-05-2015 - 14:00

Warmup: 13:00 until 13:50

Officials Meeting: 13:30

14:00	31.	4 x 100m Medley	All	Timed Final	Masters Open	0:26	4 Heats
14:26		Pauze / Break 5 min.				0:05	
14:31	33.	200m Backstroke	Men	Timed Final	Masters Open	0:18	5 Heats
14:49	34.	200m Backstroke	Women	Timed Final	Masters Open	0:28	7 Heats
15:17	35.	400m Medley	Men	Timed Final	Masters Open	0:29	4 Heats
15:46	36.	400m Medley	Women	Timed Final	Masters Open	0:30	4 Heats
16:16		Pauze / Break 15 min.				0:15	
16:31	37.	50m Freestyle	Men	Timed Final	Masters Open	0:18	17 Heats
16:49	38.	50m Freestyle	Women	Timed Final	Masters Open	0:16	14 Heats
17:05	39.	100m Butterfly	Men	Timed Final	Masters Open	0:10	6 Heats
17:15	40.	100m Butterfly	Women	Timed Final	Masters Open	0:12	6 Heats
17:27		Pauze / Break 5 min.				0:05	
17:32	41.	4 x 50m Freestyle	All	Timed Final	Masters Open	0:17	6 Heats
17:49		End of session			Total duration	3:49	

