



**Schedule Session No. 1 - ONMK 2011 Ib sessie 1**

**06-05-2011 - 9:00**

Warmup: 8:30 until 8:55

Officials Meeting: 8:00

9:00	1.	1500m Freestyle	Men	Timed Final	Masters Open	2:01	5 Heats
11:01		Break 15 min.				0:15	
11:16	2.	800m Freestyle	Women	Timed Final	Masters Open	0:57	4 Heats
12:13		End of session			Total duration	3:13	

**Schedule Session No. 2 - ONMK 2011 Ib sessie 2**

**06-05-2011 - 14:00**

Warmup: 13:00 until 13:55

Officials Meeting: 13:00

14:00	3.	4 x 200m Freestyle	All	Timed Final	Masters Open	0:25	2 Heats
14:25		Break 5 min.				0:05	
14:30	5.	200m Breaststroke	Men	Timed Final	Masters Open	0:23	6 Heats
14:53	6.	200m Breaststroke	Women	Timed Final	Masters Open	0:30	6 Heats
15:23	7.	200m Fly	Men	Timed Final	Masters Open	0:16	4 Heats
15:39	8.	200m Fly	Women	Timed Final	Masters Open	0:08	2 Heats
15:47		Break 15 min.				0:15	
16:02	9.	200m Freestyle	Men	Timed Final	Masters Open	0:33	10 Heats
16:35	10.	200m Freestyle	Women	Timed Final	Masters Open	0:26	7 Heats
17:01	11.	200m Backstroke	Men	Timed Final	Masters Open	0:18	5 Heats
17:19	12.	200m Backstroke	Women	Timed Final	Masters Open	0:25	6 Heats
17:44		Break 5 min.				0:05	
17:49	13.	4 x 100m Medley	All	Timed Final	Masters Open	0:27	4 Heats
18:16		End of session			Total duration	4:16	

**Schedule Session No. 3 - ONMK 2011 Ib sessie 3**

**07-05-2011 - 9:00**

Warmup: 8:30 until 8:55

Officials Meeting: 8:00

9:00	14.	400m Freestyle	Women	Timed Final	Masters Open	1:06	9 Heats
10:06		Break 15 min.				0:15	
10:21	15.	400m Freestyle	Men	Timed Final	Masters Open	1:05	10 Heats
11:26	16.	50m Fly	Women	Timed Final	Masters Open	0:11	10 Heats
11:37	17.	50m Fly	Men	Timed Final	Masters Open	0:15	13 Heats
11:52		Break 5 min.				0:05	
11:57	18.	4 x 100m Freestyle	All	Timed Final	Masters Open	0:28	5 Heats
12:25		End of session			Total duration	3:25	





### Schedule Session No. 4 - ONMK 2011 Ib sessie 4

07-05-2011 - 14:00

Warmup: 13:30 until 13:55

Officials Meeting: 13:00

14:00	19.	4 x 50m Medley	Mixed	Timed Final	Masters Open	0:13	4 Heats
14:13		Break 5 min.				0:05	
14:18	20.	100m Freestyle	Women	Timed Final	Masters Open	0:24	12 Heats
14:42	21.	100m Freestyle	Men	Timed Final	Masters Open	0:28	17 Heats
15:10	22.	50m Breaststroke	Women	Timed Final	Masters Open	0:13	9 Heats
15:23	23.	50m Breaststroke	Men	Timed Final	Masters Open	0:16	13 Heats
15:39		Break 15 min.				0:15	
15:54	24.	200m Medley	Women	Timed Final	Masters Open	0:31	8 Heats
16:25	25.	200m Medley	Men	Timed Final	Masters Open	0:34	10 Heats
16:59	26.	100m Backstroke	Women	Timed Final	Masters Open	0:18	8 Heats
17:17	27.	100m Backstroke	Men	Timed Final	Masters Open	0:17	9 Heats
17:34		Break 5 min.				0:05	
17:39	28.	4 x 50m Freestyle	Women	Timed Final	Masters Open	0:11	3 Heats
17:50	29.	4 x 50m Freestyle	Men	Timed Final	Masters Open	0:08	3 Heats
17:58		End of session			Total duration	3:58	
18:30		Mastersbuffet					

### Schedule Session No. 5 - ONMK 2011 Ib sessie 5

08-05-2011 - 9:00

Warmup: 8:30 until 8:55

Officials Meeting: 8:00

9:00	31.	800m Freestyle	Men	Timed Final	Masters Open	1:23	6 Heats
10:23		Break 15 min.				0:15	
10:38	32.	1500m Freestyle	Women	Timed Final	Masters Open	1:48	4 Heats
12:26		End of session			Total duration	3:26	

### Schedule Session No. 6 - ONMK 2011 Ib sessie 6

08-05-2011 - 14:00

Warmup: 13:30 until 13:55

Officials Meeting: 13:00

14:00	33.	4 x 50m Medley	Men	Timed Final	Masters Open	0:06	2 Heats
14:06	34.	4 x 50m Medley	Women	Timed Final	Masters Open	0:08	2 Heats
14:14		Break 5 min.				0:05	
14:19	35.	50m Freestyle	Men	Timed Final	Masters Open	0:16	15 Heats
14:35	36.	50m Freestyle	Women	Timed Final	Masters Open	0:15	12 Heats
14:50	37.	100m Breaststroke	Men	Timed Final	Masters Open	0:20	10 Heats
15:10	38.	100m Breaststroke	Women	Timed Final	Masters Open	0:20	8 Heats
15:30	39.	400m Medley	Men	Timed Final	Masters Open	0:28	4 Heats
15:58	40.	400m Medley	Women	Timed Final	Masters Open	0:24	3 Heats
16:22		Break 15 min.				0:15	
16:37	41.	50m Backstroke	Men	Timed Final	Masters Open	0:11	9 Heats
16:48	42.	50m Backstroke	Women	Timed Final	Masters Open	0:09	7 Heats
16:57	43.	100m Fly	Men	Timed Final	Masters Open	0:11	6 Heats
17:08	44.	100m Fly	Women	Timed Final	Masters Open	0:10	5 Heats
17:18		Break 5 min.				0:05	
17:23	45.	4 x 50m Freestyle	Mixed	Timed Final	Masters Open	0:10	3 Heats
17:33		End of session			Total duration	3:33	

