



**22nd ODMC long course
30 April to 3 May 2026 Drachten
Programme & regulations**



1. Programme and timetable

Day 1 Thursday afternoon session 1			Day 3 Saturday afternoon session 5				
2	1500m Freestyle	Men	21	200m Backstroke	Women		
3	1500m Freestyle	Women	22	200m Backstroke	Men		
Day 2 Friday morning session 2			23	100m Breaststroke	Women		
4	400m Freestyle	Men	24	100m Breaststroke	Men		
5	400m Freestyle	Women	25	200m Freestyle	Women		
6	100m Butterfly	Men	26	200m Freestyle	Men		
7	100m Butterfly	Women	27	50m Butterfly	Women		
			28	50m Butterfly	Men		
			Break 5min				
Day 2 Friday afternoon session 3			29	4x50m Freestyle	Women/Men/Mixed		
8	200m Breaststroke	Men					
9	200m Breaststroke	Women	Day 4 Sunday morning session 6				
10	50m Backstroke	Men	30	800m Freestyle	Men		
11	50m Backstroke	Women	31	400m Ind. Medley	Women		
12	100m Freestyle	Men	Break 5min				
13	100m Freestyle	Women	32	4x100m Freestyle	Women/Men/Mixed		
14	200m Ind. Medley	Men	Day 4 Sunday afternoon session 7				
15	200m Ind. Medley	Women	34	50m Breaststroke	Men		
Break 5min			35	50m Breaststroke	Women		
16	4x200m Freestyle	Women/Men/Mixed	36	100m Backstroke	Men		
Day 3 Saturday morning session 4			37	100m Backstroke	Women		
17	800m Freestyle	Women	38	50m Freestyle	Men		
18	400m Ind. Medley	Men	39	50m Freestyle	Women		
Break 5min			40	200m Butterfly	Men		
19	4x100m Medley	Women/Men/Mixed	41	200m Butterfly	Women		
Overview sessions							
Session	Warmup	Competition	End	Break 5min			
Thursday 30 April 2026							
1	11:30	12:30	18:00	42	4x50m Medley	Women/Men/Mixed	
Friday 1 May 2026							
2	08:30	09:30	12:30				
3	12:30	13:30	18:30				
Saturday 2 May 2026							
4	08:30	09:30	12:30				
5	12:30	13:30	18:30				
Masters Buffet			18:30	20:30			
Sunday 3 May 2026							
6	08:30	09:30	12:30				
7	12:30	13:30	17:30				

Attention!

Breaks 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.

During the tournament, you can warm-up and cool-down in the adjacent 4-lane 25m pool.