



## 22<sup>nd</sup> ODMC long course 30 April to 3 May 2026 Drachten Programme & regulations



### 1. Programme and timetable

Day 1 Thursday afternoon session 1		
2	1500m Freestyle	Men
3	1500m Freestyle	Women

Day 2 Friday morning session 2		
4	400m Freestyle	Men
5	400m Freestyle	Women
6	100m Butterfly	Men
7	100m Butterfly	Women

Day 2 Friday afternoon session 3		
8	200m Breaststroke	Men
9	200m Breaststroke	Women
10	50m Backstroke	Men
11	50m Backstroke	Women
12	100m Freestyle	Men
13	100m Freestyle	Women
14	200m Ind. Medley	Men
15	200m Ind. Medley	Women
Break 5min		
16	4x200m Freestyle	Women/Men/Mixed

Day 3 Saturday morning session 4		
17	800m Freestyle	Women
18	400m Ind. Medley	Men
Break 5min		
19	4x100m Medley	Women/Men/Mixed

Overview sessions			
Session	Warmup	Competition	End
Thursday 30 April 2026			
1	11:30	12:30	18:00
Friday 1 May 20256			
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

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

Day 4 Sunday morning session 6		
30	800m Freestyle	Men
31	400m Ind. Medley	Women
Break 5min		
32	4x100m Freestyle	Women/Men/Mixed

Day 4 Sunday afternoon session 7		
34	50m Breaststroke	Men
35	50m Breaststroke	Women
36	100m Backstroke	Men
37	100m Backstroke	Women
38	50m Freestyle	Men
39	50m Freestyle	Women
40	200m Butterfly	Men
41	200m Butterfly	Women
Break 5min		
42	4x50m Medley	Women/Men/Mixed

### 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.