

Programme PRIMO Open Belgian Championships Swimming (ANTWERPEN 14-15-16/05/2010)

Friday 14/05/2010				Saturday 15/05/2010				Sunday 16/05/2010			
Heats	09h00			Heats	09h00			Heats	09h00		
C1	100m	Free Style	Women	C 15	200m	Butterfly	Women	C 28	200m	Medley	Men
C2	800m (#)	Free Style	Men	C 16	100m	Backstroke	Men	C 29	800m (#)	Free Style	Women
C3	100m	Butterfly	Women	C 17	100m	Breaststroke	Women	C 30	100m	Breaststroke	Men
C4	200m	Free Style	Men	C 18	100m	Free Style	Men	C 31	200m	Backstroke	Women
C5	50m	Backstroke	Women	C 19	50m	Free Style	Women	C 32	50m	Free Style	Men
C6	50m	Breaststroke	Men	C 20	50m	Butterfly	Men	C 33	50m	Butterfly	Women
C7	200m	Breaststroke	Women	C 21	100m	Backstroke	Women	C 34	50m	Backstroke	Men
C8	200m	Butterfly	Men	C 22	1500m (#)	Free Style	Men	C 35	50m	Breaststroke	Women
C9	1500m(#)	Free Style	Women	C 23	400m	Free Style	Women	C 36	400m	Free Style	Men
C10	400m	Medley	Men	C 24	200m	Breaststroke	Men	C 37	200m	Free Style	Women
C11	400m	Medley	Women	C 25	200m	Medley	Women	C 38	100m	Butterfly	Men
C12	200m	Backstroke	Men								
	Break				Break				Break		
	<i>800 & 1500m (#) => from 9th - 16th time</i>				<i>1500m (#) => from 9th - 16th time</i>				<i>800m (#) => from 9th - 16th time</i>		
Finals	16h00			Finals	16h00			Finals	16h00		
	100m	Free Style	Women		200m	Butterfly	Women		200m	Medley	Men
	800m (*)	Free Style	Men		100m	Backstroke	Men		800m(*)	Free Style	Women
	100m	Butterfly	Women		100m	Breaststroke	Women		100m	Breaststroke	Men
	200m	Free Style	Men		100m	Free Style	Men		200m	Backstroke	Women
	50m	Backstroke	Women		50m	Free Style	Women		50m	Free Style	Men
	50m	Breaststroke	Men		50m	Butterfly	Men		50m	Butterfly	Women
	200m	Breaststroke	Women		100m	Backstroke	Women		50m	Backstroke	Men
	200m	Butterfly	Men		1500m(*)	Free Style	Men		50m	Breaststroke	Women
	1500m(*)	Free Style	Women		400m	Free Style	Women		400m	Free Style	Men
	400m	Medley	Men		200m	Breaststroke	Men		200m	Free Style	Women
	400m	Medley	Women		200m	Medley	Women		100m	Butterfly	Men
	200m	Backstroke	Men								
	Break 30 min.				Break 30 min.				Break 30 min.		
C13	4 x 100m	Medley	Women	C 26	4 x 200m	Free Style	Men	C 39	4 x 100m	Free Style	Women
C14	4 x 100m	Free Style	Men	C 27	4 x 200m	Free Style	Women	C 40	4 x 100m	Medley	Men
	<i>800 & 1500m (*) = 1st - 8th time</i>				<i>1500m (*) = 1st - 8th time</i>				<i>800m (*) = 1st - 8th time</i>		

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Event Limit Times PRIMO Open Belgian Championships Swimming (ANTWERPEN 14-15-16/05/2010)

		Women	Men
50m	Free	0:29,18	0:25,85
100m	Free	1:02,81	0:56,16
200m	Free	2:14,38	2:03,17
400m	Free	4:41,96	4:21,47
800m	Free	9:24,28	8:52,71
1500m	Free	19:07,66	17:14,68
50m	Backstroke	0:34,38	0:30,55
100m	Backstroke	1:13,07	1:05,99
200m	Backstroke	2:35,53	2:22,64
50m	Breaststroke	0:38,73	0:33,83
100m	Breaststroke	1:23,22	1:14,97
200m	Breaststroke	2:56,94	2:44,14
50m	Butterfly	0:31,70	0:27,99
100m	Butterfly	1:11,10	1:02,43
200m	Butterfly	2:39,65	2:26,14
200m	Ind Medley	2:35,39	2:20,43
400m	Ind Medley	5:28,97	5:04,81
4x100m	Free	1 team/club	1 team/club
4x200m	Free	1 team/club	1 team/club
4x100m	Medley	1 team/club	1 team/club

De limiettijden moeten op de dag van de competitie gezwommen worden. Elke overschrijding van de limiettijd zal beboet worden.

Les temps limites doivent être réalisés le jour même de la compétition. Chaque dépassement de temps limite sera pénalisé d'une amende.

The event limit times must be achieved on the day of the competition. Any exceeding of the event limit time will be fined.

