The program for the clubchampionships. Tuesday at 19.00 I have 5 minutes, for the pull out game, Is that okay?

# **Program ClubMeisterkamp**

## Day 1 (Wednesday)

- 1. 200 Ryg Men
- 2. 800 Free Women
- 3. 1500 Free Men
- 4. 100 IM Women
- 5. 100 Bryst Men

## Day 2 (Thursday)

- 1. 50 Cr Women
- 2. 400 Free Men
- 3. 400 IM Women
- 4. 50 Bryst Men5. 100 Ryg Women
- 6. 50 Cr Men

## Day 3 (Friday)

- 1. 800 Free Men
- 2. 200 Ryg Women
- 3. 50 Ryg Men
- 1500 Free Women
  25 Ryg Men
  25 Ryg Women

- 7. 200 IM Men
- 8. 100 Fly Women
- 9. 100 Fly Men
- 10. 100 Bryst Women
- 11. 25 Bryst Men
- 12. 25 Bryst Women13. 200 Cr Men
- 14. 50 Ryg Women
- 15. 100 IM Men
- 16. 200Cr Women

### Day 4 (Saturday)

- 200 Bryst Women
  200 Bryst Men
  50 Fly Women

- 4. 25 Fly Men
- 5. 25 Fly Women
- 6. 400 Free Women
- 7. 400 IM Men
- 8. 50 Bryst Women9. 100 Ryg Men
- 10. 200 IM Women
- 11. 50 Fly Men
- 12. 25 Cr Women
- 13. 25 Cr Men
- 14. 100 Cr Women
- 15. 100Cr Men
- 16. 200Fly Women
- 17. 200 Fly Men

Rules for club championship K1 og K2 swim at least 16 races which must include the 400IM og the 800 or 1500 Free. K3 swims all the 50 og 100 races + 200 IM/200Ryg/200Bryst/200Cr/400Cr so 14 races. Aspirant swims al the 25s + 50Cr/50Bryst/50Ryg + 100 IM - 50 Fly and 100Cr are optional.

K1/K2 club champion is the one with the highest fina points over 16 races K3 club champion is one with highest fine points over 14 races Aspirant club championi is one with highest fina points over 8 races.

Greetings, Ardi