



SCHEDULE

EUROPEAN MASTER CHAMPIONSHIPS SWIMMING 2009 CÁDIZ-SEVILLA (ESP)

	SWIMMING	SYNCRO	DIVING	OPEN WATER
MONDAY				
14 th September 2009				
OPENING CEREMONY				

	SWIMMING	SYNCRO	DIVING	OPEN WATER
TUESDAY				
15 th September 2009	200 medley W		Springboard 1-3m M and W	
	200 medley M			
	800 freestyle W			
	800 freestyle M			
SOCIAL PROGRAMME				

	SWIMMING	SYNCRO	DIVING	OPEN WATER
WEDNESDAY				
16 th September 2009	200 freestyle M		Springboard 1-3m M and W	
	200 freestyle W			
	50 breaststroke M			
	50 breaststroke W			
	100 butterfly M			
	100 butterfly W			
	4x50 freestyle M			
	4x50 freestyle W			
SOCIAL PROGRAMME				

	SWIMMING	SYNCRO	DIVING	OPEN WATER
THURSDAY				
17 th September 2009	200 butterfly W	Solo technical routine	Springboard 1-3m M and W	
	200 butterfly M			
	50 backstroke W			
	50 backstroke M			
	100 breaststroke W			
	100 breaststroke M			
	4x50 medley mix			
	400 freestyle M			
SOCIAL PROGRAMME				



SCHEDULE

FRIDAY 18 th September 2009	SWIMMING	SYNCRO	DIVING	OPEN WATER
	200 backstroke M	<i>Duet technical routine</i>	<i>Platform M and W</i>	
	200 backstroke W	<i>Team technical routine</i>		
	50 butterfly M			
	50 butterfly W			
	100 freestyle M			
	100 freestyle W			
	4x50 freestyle Mix			
	400 freestyle W			
SOCIAL PROGRAMME				

SATURDAY 19 th September 2009	SWIMMING	SYNCRO	DIVING	OPEN WATER
	200 breaststroke W	<i>Duet Free routine</i>		
	200 breaststroke M			
	50 freestyle W			
	50 freestyle M			
	100 backstroke W			
	100 backstroke M			
	4x50 Medley W			
	4x50 Medley M			
CLOSING CEREMONY				

SUNDAY 20 th September 2009	SWIMMING	SYNCRO	DIVING	OPEN WATER
		<i>Solo Free routine</i>		<i>5 kms competition M and W</i>
		<i>Team Free routine</i>		

Facilities

Swimming	Ciudad de Cádiz 50 m – Indoor Pool
Synchro	Ciudad de Cádiz 50 m – Indoor Pool
Diving	Sevilla - San Pablo Diving Pool
Open Water	Cádiz – El Cano centre