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### Categories

Cat.	Age	Year
Eendjes	6-8	('02 - '00)
Dolfjntjes	9-10	('99 - '98)
Benjamins	11-12	('97 - '96)
Miniemen	13-14	('95 - '94)
Kadetten	15-16	('93 - '92)
Pupillen	17-18	('91 - '90)
Seniors	19-24	('89 - '84)
Masters	25-..	(+'83)

### Timetable

- Jury: 9u00
- Warm-Up: 9u00 and 13u30
- First start: 10u00 and 14u00

### Program IMCP 2008

- |                           |               |
|---------------------------|---------------|
| 1. 50m breaststroke dames | Open          |
| 2. 50m breaststroke heren | Open          |
| 3. 50m freestyle dames    | Open          |
| 4. 50m freestyle heren    | Open          |
| 5. 200m I.M. Dames        | Min - Masters |
| 6. 200m I.M. heren        | Min - Masters |
| 7. 4x50m Medley dames     | Open          |
| 8. 4x50m freestyle heren  | Open          |

### PAUZE

- |                           |                |
|---------------------------|----------------|
| 9. 100m I.M. dames        | Dolf - Benj    |
| 10. 100m I.M. heren       | Dolf - Benj    |
| 11. 50m butterfly dames   | Dolf - Masters |
| 12. 50m butterfly heren   | Dolf - Masters |
| 13. 50m backstroke dames  | Open           |
| 14. 50m backstroke heren  | Open           |
| 15. 4x50m freestyle dames | Open           |
| 16. 4x50m medley heren    | Open           |

### PAUZE

- |                          |      |
|--------------------------|------|
| 17. Australian Run Dames | Open |
| 18. Australian Run Heren | Open |

*Freestyle = crawl  
Breaststroke = schoolslag, la brasse  
Backstroke = rugslag, dos  
Butterfly = vlinderslag, papillon  
I.M. = wisselslag, 4 nages  
Medley = wisselslag, 4 nages*