**Sunday 19 January 2025** 12:30 - 19:00









#### Additional information

Sunday 19 January 2025 12:30 - 19:00 (please be on time)

Sportplaza de Sporthoeve Badhoevedorp Snelliuslaan 1 1171 CZ Badhoevedorp +31 (0)20 - 65 96 811

Organiser: Helma Teernstra

Mobile number: +31 (0)6 - 23 54 54 41

Don't forget: your valid Medical Certificate. Please note that this may not

be older than one year!

On Saturday I will share the official starting list by email! So keep an eye on your mailbox.



#### Time schedule

Time	Activity	Where	How
12:30	Registration athletes	Bar	Volunteers
12:30	Briefing safeties	Meeting	Judges
13:00	Briefing athletes	Meeting	Judges
13:15	Changing	Changing rooms	All
14:00	Warming up Static	Small pool	All
14:30	First OT Static	Small pool	All
15:40	Warming up Dynamic	25m pool	All
<mark>16:10</mark>	First OT Dynamic	25m pool	All
18:00	End / clean up	Pools	Volunteers
18:00	Calculating results	Meeting	Judges
18:30	Award ceremony	Bar	Judges



#### **Pool information**

#### Static pool:

Size: 13x8 meter

Depth: 0.2 till 1 metere Temperature: 30.3 degrees

### The pool will be divided in:

4 Performance zones

4 Transition zones

1 Warm up zone

### Small pool (static)

Performance	Performance	Performance	Performance		
zone 1	zone 2	zone 3	zone 4		
Transition	Transition	Transition	Transition		
zone 1	zone 2	zone 3	zone 4		
Warm up zone					

Depth 1.0m

Depth 0.2m



#### **Pool information**

#### Dynamic pool (25m):

Size: 25x12.5 meter

Depth: 1.1 till 3.25 meter

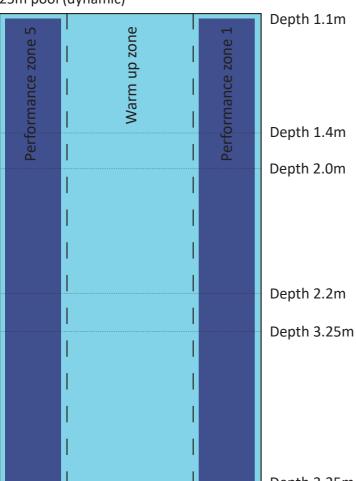
Temperature: 30.3 degrees

### The pool will be divided in:

2 Performance zones (lines 1+5)

1 Warm up zone

### 25m pool (dynamic)





Looking forward to see you all!!







