

## Programma Zeeuwse competitie 2023-2024

| Prog. | Deel 1               |
|-------|----------------------|
| 1     | 50m VS dames         |
| 2     | 50m VS heren         |
| 3     | 100m SS dames        |
| 4     | 100m SS heren        |
| 5     | 200m VS/VL/SS/RS mix |
|       | Pauze                |
| 6     | 50m VL dames         |
| 7     | 50m VL heren         |
| 8     | 100m RS dames        |
| 9     | 100m RS heren        |
| 10    | 200m WS dames        |
| 11    | 200m WS heren        |
| 12    | 400m VS/WS mix       |
| 13    | 5x50m VS est. mix    |

| Prog. | Deel 2               |
|-------|----------------------|
| 1     | 50m school dames     |
| 2     | 50m school heren     |
| 3     | 100m VS dames        |
| 4     | 100m VS heren        |
| 5     | 200m VS/VL/SS/RS mix |
|       | Pauze                |
| 6     | 50m RS dames         |
| 7     | 50m RS heren         |
| 8     | 100m VL dames        |
| 9     | 100m VL heren        |
| 10    | 100m WS dames        |
| 11    | 100m WS heren        |
| 12    | 400m VS/WS mix       |
| 13    | 8x50m VS est. mix    |

Bij de 200m en 400m mix zwemmen dames en heren samen. Ze mogen kiezen wat voor zwemslag ze zwemmen en worden op inschrijftijd in series ingedeeld.

Voor de uitslag worden ze weer gescheiden.

Estafettes;

5x50m VS est. Mix. Minimaal 2 heren of dames per ploeg.

8x50m VS est. Mix. Minimaal 2 heren of dames per ploeg.

4x100m WS est. Mix. Minimaal 1 heer of dame per ploeg.

4x100m VS est. Mix. Minimaal 1 heer of dame per ploeg.

| Prog. | Deel 3               |
|-------|----------------------|
| 1     | 50m VS heren         |
| 2     | 50m VS dames         |
| 3     | 100m SS heren        |
| 4     | 100m SS dames        |
| 5     | 200m VS/VL/SS/RS mix |
|       | Pauze                |
| 6     | 50m VL heren         |
| 7     | 50m VL dames         |
| 8     | 100m RS heren        |
| 9     | 100m RS dames        |
| 10    | 200m WS heren        |
| 11    | 200m WS dames        |
| 12    | 400m VS/WS mix       |
| 13    | 4x100m WS est. mix   |

| Prog. | Deel 4               |
|-------|----------------------|
| 1     | 50m school heren     |
| 2     | 50m school dames     |
| 3     | 100m VS heren        |
| 4     | 100m VS dames        |
| 5     | 200m VS/VL/SS/RS mix |
|       | Pauze                |
| 6     | 50m RS heren         |
| 7     | 50m RS dames         |
| 8     | 100m VL heren        |
| 9     | 100m VL dames        |
| 10    | 100m WS heren        |
| 11    | 100m WS dames        |
| 12    | 400m VS/WS mix       |
| 13    | 4x100m VS est. mix   |