

19th International Meeting Uster

Program and Time Schedule

Saturday, 30st January 2010

07.15 am Opening / warm-up
 08.00 am Team leader meeting
 09.00 am Start heats

Nr. / Women	Event	Nr. / Men
1	400m Freestyle	2
3	200m Ind. Medley	4
5	100m Breaststroke	6
	Siegerehrungen/Victory ceremony	
7	200m Butterfly	8
9	200m Backstroke	10
11	100m Freestyle	12
	Siegerehrungen/Victory ceremony	

04.30 pm Warm-up
 05.50 pm End warm-up

06.00 pm Start finals A and B

Sunday, 31st January 2010

07.15 am Opening / warm-up
 09.00 am Start heats

Nr. / Women	Event	Nr. / Men
13	200m Freestyle	14
15	400m Ind. Medley	16
17	200m Breaststroke	18
	Siegerehrungen/Victory ceremony	
19	100m Butterfly	20
21	100m Backstroke	22
23	50m Freestyle	24
	Siegerehrungen/Victory ceremony	

02.50 pm End warm-up

03.00 pm Start finals A and B

25 4x50m Relay IM mixed (2 Women / 2 Men)