**Zwemvolgorde teams | Voor eigen gebruik**

|  |  |  |
| --- | --- | --- |
| **Tijd** | **duur** | **Wie zwemt?**  |
| 15.30 – 15.45  | 15 min | Hele team (estafette van 50 meters) |
| 15.45 – 16.00 | 15 min |  |
| 16.00 – 16.15 | 15 min |  |
| 16.15 – 16.30 | 15 min |  |
| 16.30 – 16.45  | 15 min |  |
| 16.45 – 16.50 | 5 min |  |
| 16.50 – 16.55 | 5 min |  |
| 16.55 – 17.00 | 5 min |  |
| 17.00 – 17.05 | 5 min |  |
| 17.05 – 17.10 | 5 min |  |
| 17.10 – 17.15 | 5 min |  |
| 17.15 – 17.30 | 15 min |  |
| 17.30 – 17.45 | 15 min |  |
| 17.45 – 18.00 | 15 min |  |
| 18.00 – 18.15 | 15 min |  |
| 18.15 – 18.30 | 15 min | Hele team estafette 50 meters |
|  |  |  |