14.00 uur

| Douche | Midden | Glijbaan | Klein bad diep | Recreatiebad |
|---|---|---|---|---|
| Pepijn Beck | Symke de Jong | Arthur de Jong | | |
| Suus Oldriks | Isabel Kramer | Han-Willem Wallast | | |
| Mike Jansink | Fay Grundeken | Vince Bloom | | |
| Siem Verwest | Fleur Vossteen | Georgina Ruijgt | | |
| Sarah Sweens | Lucas Vossteen | | | |
| Eline de Weerd | Isadora van Dalen | | | |
| | Aleksander Steenbrugge | | | |
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14.30 uur

| douche | midden | glijbaan | klein bad diep | recreatiebad |
|---|---|---|---|---|
| Julie Sofie Broeckhuysen | Anne Sharpe | Max-Levi Kik | Joris van der Kraats | |
| Fiene Kind | Thomas Sharpe | Liam Saris | Elena Stoop | |
| Noah Bijl | Tim Brander | Casper van Keeken | Milan van Winden | |
| Hannah Fayez | Robbert Pronk | Fenna Saris | Isa Boers | |
| Milo Groenewegen | Jaylin Schut | Finn van der Velden | Nando Fortunato dos Santos | |
| Devesh Matheoera | Jayden Schut | Coert Ripping | | |
| Mattijs Gravemaker | | | | |
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15.00 uur

| douche | midden | glijbaan | Survival | recreatiebad |
|---|---|---|---|---|
| Mus Doornebosch | Koen Roelofs | Myrthe Geluk | diploma survival 3 | |
| Flip Camijn | Mara Esser | Fabian Paus | Wenda Uiterwijk | |
| Mark Landgraf | | Simon de Deugd | Joyce Jonk | |
| Damian Hoogervorst | | Suze Kemp | Femke Keizer | |
| | | Tobias Smithuis | Marissa Kester | |
| | | | | |
| | | | diploma survival 2 | |
| | | | Lydia Foerster | |
| | | | Britte van Heyningen | |
| | | | | |
| | | | diploma survival 1 | |
| | | | Anita Foerster | |
| | | | Floortje Nederlof | |
| | | | Isabel de Vette | |
| | | | Nienke van der Sande | |
| | | | Ryan Kinsey | |
| | | | Jisse Lousma | |
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15.30 uur

| douche | midden | glijbaan | klein bad diep | recreatiebad |
|---|---|---|---|---|
| Daan Molenbuur | Bram Gorissen | Finn van der Stoel | | Gijs Geeresteijn |
| Guusje Camijn | Sem Kneteman | Luuk van der Ploeg | | Femke Bokdam |
| Lieke Bakker | Nick Pronk | Arianne Dillingh | | James Bazuin |
| Rens Pera | Dani Weerheim | Maarten Hofman | | Luuk Klingens |
| Wytze van Wezel | Parisa Zahra Lofti | Tim van Heemskerk | | Youp Klingens |
| Jappe van Wezel | Fien Geeresteijn | Thijmen Raap | | |
| Oustin Hengst | | Joris van der Burg | | |
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16.00 uur 1 16.00 uur

| C baan 2 en 5 | Zwemv.heid | | |
|---|---|---|---|
| Sander Forman | Iris Huurman | | |
| Isabel van der Tas | Mette Bloemberg | | |
| Dennis Forman | Fintan Labrujere | | |
| Sven Geluk | Danietk Sierp | | |
| Pascal Schiphorst | | | |
| Lotte van Katwijk | Robbert Kalkman | | |
| Elize van Peppen | Inge Meijer | | |
| Amin Ichtarir | Luka Buitenhek | | |
| Jelka Wallast | Bart Quinten Keijzer | | |
| Pieter Sweens | Leona Tas | | |
| Dani Saris | Emma van der Velden | | |
| Eline Phernambucq | Dana van Dijk | | |
| Bink Hagen | Loes Visser | | |
| Thomas de Weerd | | | |
| Melissa Vonk | Fleur de Vette | | |
| Sanne Groot | Tessa de Vette | | |
| Astrid Keizer | | | |
| Dylara van Heijningen | | | |
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16.30 uur

| A | B |
|---|---|
| Symen Zeelenberg | Cinta Baaijen |
| Elias de Graaf | Saschia Tas |
| Leander van der Wiel | Tamara Gorissen |
| Fay Veldhuizen | Matthijs Voerknecht |
| Bo-Lieve Kik | Daan Spikmans |
| Robin Cinjee | Sietse Langstraat |
| | Nils Ammerlaan |
| | Darren van Wingerde |
| | Johan van der Wal |
| | Stacey de Wit |
| | Twan Verheul |
| | Niels Oldriks |
| | Taeke vd Heijden |
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