

**Pre-Competition Training Schedule /
 Horaire d'entraînement pré-compétition**

MAY 3 MAI

v2.5 (2026-05-03)

SUN MAY 3	COMPETITION POOL	WARMUP POOL / BASSIN D'ÉCHAUFFEMENT	
	25m x 25m	AREA 1 (25m x 5 lanes x 2.5m deep)	AREA 2 (25m x 5 lanes x 2.5m deep)
Heure / Time	WITH MUSIC / AVEC MUSIQUE	PAS DE MUSIQUE / NO MUSIC	
15:00	CLOSED / FERMÉ	CLOSED / FERMÉ	CLOSED / FERMÉ
15:15		FREDERICTON SURF CITY ATLANTIS DURHAM	QES PERFORMANCE CAEM
15:30			
15:45			
16:00			
16:15	FREDERICTON SURF CITY ATLANTIS DURHAM	AQUABELLES REMIX DOLLARD	FREDERICTON SURF CITY ATLANTIS DURHAM
16:30			
16:45	QES PERFORMANCE CAEM	MONTREAL PACIFIC WAVE	PACIFIC WAVE
17:00			
17:15			
17:30	AQUABELLES REMIX DOLLARD	MONTREAL PACIFIC WAVE	PACIFIC WAVE
17:45			
18:00			
18:15	AQUABELLES REMIX DOLLARD	MONTREAL PACIFIC WAVE	PACIFIC WAVE
18:30			
18:45	MONTREAL PACIFIC WAVE	GRANITE OLYMPIUM YORK	AQB + REMIX + DDO
19:00			WATERLOO MISSISSAUGA GO CAPITAL
19:15			
19:30			
19:45	GRANITE OLYMPIUM YORK	MONTREAL PACIFIC WAVE	WATERLOO MISSISSAUGA GO CAPITAL
20:00			
20:15	WATERLOO MISSISSAUGA GO CAPITAL	KILLARNEY EDMONTON AURORAS SASKATOON AQUALENES BORDER CITY STINGRAYS	GRANITE OLYMPIUM YORK
20:30			KILLARNEY
20:45			
21:00	KILLARNEY EDMONTON AURORAS SASKATOON AQUALENES BORDER CITY STINGRAYS	WATERLOO MISSISSAUGA GO CAPITAL	DURHAM
21:15			
21:30			
21:45			
22:00			