

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

MAY 5 MAI

v1.1(2024-05-01)

SUN MAI			COMPETITION POOL	WARMUP POOL / BASSIN D'ÉCHAUFFEMENT	
			20m x 20m	AREA 1 (25m x 5 lanes x 2m deep)	AREA 2 (25m x 5 lanes x 2m deep)
Heure / Time	# Athl	# Rout	WITH MUSIC / AVEC MUSIQUE	PAS DE MUSIQUE / NO MUSIC	
07:30					
08:00	33	31	MONTRÉAL SYNCHRO PACIFIC WAVE	SURF CITY ARTISTIC SWIMMING FREDERICTON ATLANTIS	
08:30					
09:00					
09:30	33	22	SURF CITY ARTISTIC SWIMMING FREDERICTON ATLANTIS	MONTRÉAL SYNCHRO PACIFIC WAVE	REMIX
10:00					
10:30					
11:00	52	20	REMIX AURORAS		AQUABELLES DOLLARD
11:30					
12:00					
12:30	43	24	AQUABELLES DOLLARD	REMIX AURORAS	GO CAPITAL WATERLOO CAEM
13:00					
13:30					
14:00	42	28	GO CAPITAL WATERLOO CAEM	QUEBEC EXCELLENCE PERFORMANCE	AQUABELLES DOLLARD
14:30					
15:00					
15:30	41	33	QUEBEC EXCELLENCE PERFORMANCE	GO CAPITAL WATERLOO CAEM	OLYMPIUM TORONTO AS YORK
16:00					
16:30					
17:00	37	22	OLYMPIUM TORONTO AS YORK	QUEBEC EXCELLENCE PERFORMANCE	CALGARY KILLARNEY SASKATOON AQUALENES
17:30					
18:00					
18:30	36	25	CALGARY KILLARNEY SASKATOON AQUALENES	OLYMPIUM TORONTO AS YORK	AQUATICA EXCEL
19:00					
19:30					
20:00	40	17	AQUATICA EXCEL	CALGARY KILLARNEY SASKATOON AQUALENES	
20:30					