



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

MAY 4 MAI

v1.2 (2025-05-01)

SUN MAY 4	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		
07:30	Laps & warmups / Longueurs			
08:00	ATLANTIS SURF CITY FREDERICTON AS	QUEBEC EXCELLENCE PERFORMANCE CAEM		
08:30				
09:00				
09:30	QUEBEC EXCELLENCE PERFORMANCE CAEM	REMIX	ATLANTIS SURF CITY FREDERICTON AS	
10:00				
10:30				
11:00	REMIX	AQUABELLES DOLLARD SYNCHRO	QUEBEC EXCELLENCE PERFORMANCE CAEM	
11:30				
12:00				
12:30	AQUABELLES DOLLARD SYNCHRO	MONTREAL SYCNHRO PACIFIC WAVE	REMIX	
13:00				
13:30				
14:00	MONTREAL SYCNHRO PACIFIC WAVE	AQUABELLES DOLLARD SYNCHRO	TEAM CANADA DUET TRAINING GROUP AQUATICA	
14:30				
15:00				
15:30	TEAM CANADA DUET TRAINING GROUP AQUATICA AQUASOULS	MONTREAL SYCNHRO PACIFIC WAVE	GRANITE EXCEL	
16:00				
16:30				
17:00	GRANITE EXCEL TEAM NB	OLYMPIUM AURORAS AQUASOULS	KILLARNEY AQUALENES	
17:30				
18:00				
18:30	OLYMPIUM AURORAS	GRANITE EXCEL TEAM NB		
19:00				
19:30				
20:00	KILLARNEY AQUALENES	OLYMPIUM AURORAS		
20:30				
21:00				