



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

**MARCH 16 MARS**  
v1.0(2025-03-04)

SUN MAR 16	COMPETITION POOL		WARMUP POOL / BASSIN D'ÉCHAUFFEMENT	
	25m x 20m		AREA 1 (25m x 4 lanes)	AREA 2 (25m x 4 lanes)
	<b>WITH MUSIC / AVEC MUSIQUE</b>		<b>PAS DE MUSIQUE / NO MUSIC</b>	
08:00	<b>AVAILABLE WITH MUSIC NOT IN COMPETITION POOL (IN DIVE TANK)</b>			
08:30				
09:00				
09:30				
09:00				
10:00				
10:30	41	MONTREAL SYNCHRO PACIFIC WAVE	QUEBEC EXCELLENCE PERFORMANCE CAEM	<b>AVAILABLE</b>
11:00				
11:30	47	QUEBEC EXCELLENCE PERFORMANCE CAEM	MONTREAL SYNCHRO PACIFIC WAVE	OLYMPIUM AURORAS AQUATICA
12:00				
12:30				
13:00	39	OLYMPIUM AURORAS AQUATICA	QUEBEC EXCELLENCE PERFORMANCE CAEM	REMIX AQUABELLES
13:30				
14:00				
14:30	50	REMIX AQUABELLES	WATERLOO GO CAPITAL EXCEL	OLYMPIUM AURORAS AQUATICA
15:00				
15:30				
16:00	48	WATERLOO GO CAPITAL EXCEL	REMIX AQUABELLES	KILLARNEY SASKATOON AQUALENES
16:30				
17:00				
17:30	53	KILLARNEY SASKATOON AQUALENES	YORK GRANITE	WATERLOO GO CAPITAL EXCEL
18:00				
18:30				
19:00	49	YORK GRANITE	ATLANTIS ARTISTIC SWIMMING FREDERICTON SURF CITY	KILLARNEY SASKATOON AQUALENES
19:30				
20:00	33	ATLANTIS ARTISTIC SWIMMING FREDERICTON SURF CITY	YORK GRANITE	
20:30				