



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

**MARCH 17 MARS**

v2.2 (2025-03-11)

MON MAR 17	COMPETITION POOL		WARMUP POOL / BASSIN D'ÉCHAUFFEMENT		DIVE TANK
	25m x 20m		AREA 1 (25m x 4 lanes)	AREA 2 (25m x 4 lanes)	
	WITH MUSIC / AVEC MUSIQUE		PAS DE MUSIQUE / NO MUSIC		
07:30	LONGUEURS - ÉCHAUFFEMENT DANS LE BASSIN DE PLONGEON LAP WARMUP N DIVE TANK				
08:00	39	OLYMPIUM AURORAS AQUATICA	MONTREAL SYNCHRO PACIFIC WAVE CAEM		WATERLOO GO CAPITAL TEAM NB
08:15					
08:30					
08:45	44	WATERLOO GO CAPITAL TEAM NB			OLYMPIUM AURORAS AQUATICA
09:00					
09:15					
09:30	49	MONTREAL SYNCHRO PACIFIC WAVE CAEM	WATERLOO GO CAPITAL TEAM NB	OLYMPIUM AURORAS AQUATICA	QUEBEC EXCELLENCE PERFORMANCE
09:45					
10:00					
10:15	39	QUEBEC EXCELLENCE PERFORMANCE	WATERLOO GO CAPITAL	YORK GRANITE DURHAM	MONTREAL SYNCHRO PACIFIC WAVE CAEM
10:30					
10:45					
11:00	49	YORK GRANITE DURHAM	QUEBEC EXCELLENCE PERFORMANCE	KILLARNEY	REMIX AQUABELLES DOLLARD
11:15					
11:30					
11:45					
12:00	71	REMIX AQUABELLES DOLLARD	ATLANTIS ARTISTIC SWIMMING FREDERICTON SURF CITY	KILLARNEY SASKATOON AQUALENES	YORK GRANITE DURHAM
12:15					
12:30					
12:45					
13:00					
13:15	33	ATLANTIS ARTISTIC SWIMMING FREDERICTON SURF CITY		REMIX AQUABELLES DOLLARD	KILLARNEY SASKATOON AQUALENES
13:30					
13:45					
14:00	53	KILLARNEY SASKATOON AQUALENES	RESERVED FOR OFFICIAL SPACING WARMUP		ATLANTIS ARTISTIC SWIMMING FREDERICTON SURF CITY
14:15					
14:30					
14:45					
15:00					
15:15	SPACING ENTRAINEMENT AVEC MUSIQUE				REMIX AQUABELLES DOLLARD
15:30					
15:45					
16:00					
16:15					
16:30					
16:45					AQUASOULS CHARLOTTETOWN NAIADS RED DEER SILHOUETTES