

FINAL SCHEDULE / HORAIRE FINAL

Version 2.2 (March 23, 2019)

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| JUNIOR | SENIOR | 13-15 | ÉVÈNEMENT SPÉCIAL / SPECIAL EVENT | RÉCOMPENSES / AWARDS |
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|--------------------------------|-------|-------|---|----------------------|--|--|---|--|--|
| LUN/MON 25/03 | 06:30 | | Access to dressing rooms | Accès aux vestiaires | Closed/Fermé | | | | |
| | 06:45 | | Access to pool deck | Accès à la piscine | Closed/Fermé | | | | |
| | 07:00 | 21:00 | EXTRA POOL TIME (contact stephane@artisticswimming.ca for details) | | TEMPS DE PISCINE SUPPLÉMENTAIRE (Contacter stephane@artisticswimming.ca pour détails) | | See Training Schedule / Voir horaire entrainement | | |
| | 19:30 | 20:30 | VIP Room | Coaches Workshop | Ateliers de formation pour entraîneurs | | Closed/Fermé | | |

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| TUE/MAR 26/03 | 07:00 | | Access to dressing rooms | Accès aux vestiaires | Closed/Fermé | | | | | |
| | 07:15 | | Access to pool deck | Accès à la piscine | Closed/Fermé | | | | | |
| | 08:00 | 14:30 | TRAINING WITH MUSIC (See Spacing Schedule for times) | | ENTRAÎNEMENT AVEC MUSIQUE - SPACING (Voir horaire par club) | | See Training Schedule / Voir horaire entrainement | | | |
| | 14:30 | 15:00 | BREAK/PAUSE | | | | | | | |
| | 14:30 | 15:00 | One floor Hall (outside stands) | ATHLETE COUNCIL MEETING (ALL Athletes invited to attend) | | RENCONTRE DU CONSEIL DES ATHLÈTES (Tous les athlètes sont invités) | | Laps / Longueurs OPEN POOL / PISCINE OUVERTE | | Closed/Fermé |
| | 14:00 | 15:00 | Officials Room | Officials Meeting | | Réunion des officiels | | | | |
| | 15:00 | 18:45 | 43 | Finals - JUNIOR SOLO TECH (random draw) - with 20 min break | | Finales - SOLO TECH JUNIOR (ordre aléatoire) - pause 20 mins | | | | |
| | 18:50 | 19:00 | | AWARDS - JR Solo Tech | | RÉCOMPENSES - Solo Tech JR | | | | |
| | 19:00 | 21:00 | VIP Room | Technical Coaches Meeting | | Rencontre technique pour entraîneurs | | Closed/Fermé | | |
| | 19:30 | 20:30 | Officials Rooms | Officials Meeting | | Réunion des officiels | | Closed/Fermé | | |
| COMPETITION POOL Dive Tank / Bassin de plongeon | | | | | WU POOL - 12.5m Official Warmup Space | | WU POOL - 2.5m Laps | WU POOL - 10m Open Pool | WU POOL - 10m Laps | |
| OPEN POOL - Figures Only PISCINE OUVERTE - Figures seulement | | | | | Solo Tech Jr (1-12) | | Laps / Longueurs OPEN POOL / PISCINE OUVERTE | | Closed/Fermé | |
| COMPETITION | | | | | Solo Tech Jr (12 comps before/avant) | | | | | |
| Closed/Fermé | | | | | Closed/Fermé | | Closed/Fermé | | | |
| Closed/Fermé | | | | | Closed/Fermé | | Closed/Fermé | | | |
| Closed/Fermé | | | | | Closed/Fermé | | Closed/Fermé | | | |

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| WED/MER 27/03 | 06:15 | | Access to dressing rooms | Accès aux vestiaires | Closed/Fermé | | | | | |
| | 06:30 | | Access to pool | Accès à la piscine | Closed/Fermé | | | | | |
| | 06:45 | 07:00 | | Lap WARM-UP | ÉCHAUFFEMENT en longueurs | | Laps / Longueurs - 13-15 Figures ONLY/SEULEMENT (no other age groupes / pas d'autres groupes d'âge) | | | |
| | 07:00 | 07:40 | | WARM-UP - 13-15 Figures (2 groups x 20 mins) | ÉCHAUFFEMENT - Figures 13-15 (2 groupes x 20 mins) | | 13-15 Figures ONLY/SEULEMENT (no other age groupes / pas d'autres groupes d'âge) | | | |
| | 07:45 | 13:15 | 230 | 13-15 FIGURES | | FIGURES 13-15 | | 13-15 Figures ONLY/SEULEMENT (no other age groupes / pas d'autres groupes d'âge) | | |
| | 13:15 | 14:00 | | BREAK/PAUSE | | | | | | |
| | 14:00 | 14:45 | 7 | Finals - SENIOR DUET TECH (random draw) | | Finales - DUO TECH SENIOR (ordre aléatoire) | | Laps / Longueurs (until 19:00) OPEN POOL / PISCINE OUVERTE (until 19:00) | | |
| | 15:00 | 18:00 | 35 | Finals - JUNIOR DUET TECH (random draw) - with 15 min break | | Finales - DUO TECH JUNIOR (ordre aléatoire) - pause 15 mins | | | | |
| | 18:10 | 18:15 | | AWARDS - JR Duet Tech & SR Tech Duet | | RÉCOMPENSES - Duo Tech Jr & Duo Tech SR | | Closed/Fermé | | |
| | 18:00 | 18:30 | | DINNER/SOUPER | | | | | | |
| | 18:30 | 19:30 | 12 | Finals - SENIOR SOLO TECH (random draw) | | Finales - SOLO TECH SENIOR (ordre aléatoire) | | Closed/Fermé | | |
| | 19:40 | 19:45 | | AWARDS - SR Solo Tech | | RÉCOMPENSES - Solo Tech SR | | | | |
| | 19:30 | 21:30 | VIP Room | VIP RECEPTION | | RÉCEPTION VIP | | Closed/Fermé | | |
| | COMPETITION POOL Dive Tank / Bassin de plongeon | | | | | WU POOL - 12.5m Official Warmup Space | | WU POOL - 2.5m Laps | WU POOL - 10m Open Pool | WU POOL - 10m Laps |
| Closed/Fermé | | | | | SR Duet Tech + JR Duet Tech (1-3) | | Laps / Longueurs (until 19:00) OPEN POOL / PISCINE OUVERTE (until 19:00) | | Closed/Fermé | |
| COMPETITION | | | | | SR Duet Tech + JR Duet Tech (10 comps before/avant) | | | | | |
| Closed/Fermé | | | | | SR Solo Tech | | Closed/Fermé | | | |
| Closed/Fermé | | | | | SR Solo Tech | | Closed/Fermé | | | |
| COMPETITION | | | | | SR Solo Tech | | Closed/Fermé | | | |
| Closed/Fermé | | | | | Closed/Fermé | | Closed/Fermé | | | |
| Closed/Fermé | | | | | Closed/Fermé | | Closed/Fermé | | | |

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| THU/JEU 28/03 | 07:00 | | Access to dressing rooms | Accès aux vestiaires | |
| | 07:15 | | Access to pool | Accès à la piscine | |
| | 07:30 | 08:15 | Lap & Routine WARM-UP | ÉCHAUFFEMENT en longueur + routines | |
| | 08:15 | 11:00 | 32 | Finals - JUNIOR SOLO FREE (seeded draw from solo tech results) | Finales - SOLO LIBRE JUNIOR (ordre de passage selon résultats tech) |
| | 11:10 | 12:00 | 10 | Finals - SENIOR SOLO FREE | Finales - SOLO LIBRE SENIOR |
| | 12:00 | 12:10 | | AWARDS - JR Solo Free, SR Solo Free | RÉCOMPENSES - Solo Libre JR & Solo Libre SR |
| | 12:00 | 12:30 | | LUNCH/DINER | |
| | 12:30 | 14:05 | | TRAINING WITH MUSIC - 13-15 TEAM PRELIMS | ENTRAÎNEMENT AVEC MUSIQUE - PRELIMS ÉQUIPE 13-15 |
| | 14:05 | 14:20 | | TRAINING WITH MUSIC - HIGHLIGHT TEAM | ENTRAÎNEMENT AVEC MUSIQUE - ÉQUIPE ACROBATIOUE |
| | 14:30 | 14:50 | 4 | Finals - HIGHLIGHT TEAM | Finales - ÉQUIPE ACROBATIOUE |
| | 15:00 | 17:45 | 27 | Prelim - 13-15 TEAM (random draw) | Prelims - ÉQUIPE 13-15 (ordre de passage aléatoire) |
| | 17:50 | 18:40 | | TRAINING WITH MUSIC - COMBO | ENTRAÎNEMENT AVEC MUSIQUE - COMBO |
| | 18:45 | 19:55 | 11 | Finals - COMBO | Finales - COMBO |
| | 20:00 | 20:15 | | AWARDS - Combo & Highlight Team | RÉCOMPENSES - Combo & Équipe Acrobatiue |

| COMPETITION POOL Dive Tank / Bassin de plongeon | WU POOL - 12.5m Official Warmup Space | WU POOL - 2.5m Laps | WU POOL - 10m Open Pool | WU POOL - 10m Laps |
|--|---|------------------------|-----------------------------|-----------------------|
| Closed/Fermé | | | | |
| Laps / Longueurs | JR Solo Free (1-12) | Closed/Fermé | | |
| COMPETITION | JR Solo Free & SR Solo Free (12 comps before) | Laps / Longueurs | OPEN POOL / PISCINE OUVERTE | Closed/Fermé |
| COMPETITION | SR Solo Free | | | |
| Closed/Fermé | 13-15 Team (1-8) | | | |
| Closed/Fermé | 13-15 Team (1-8) | | | |
| 1 by 1 (can stay in pool for 2 after) | 13-15 Team & Highlight Team (10 comps before/avant) | | | |
| 1 by 1 (can stay in pool for 2 after) | 13-15 Team & Highlight Team (10 comps before/avant) | | | |
| COMPETITION | 13-15 Team & Highlight Team (10 comps before/avant) | | | |
| COMPETITION | 13-15 Team & Highlight Team & Combo (10 comps before/avant) | | | |
| 1 by 1 (can stay in pool for 2 after) | Combo | | | |
| COMPETITION | Combo | | | |
| Closed/Fermé | | | | |

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|--------------------------|-------|-------|---|---|---|
| FRI/VEN 29/03 | 07:00 | | Access to dressing rooms | Accès aux vestiaires | |
| | 07:15 | | Access to pool | Accès à la piscine | |
| | 07:30 | 08:15 | | Lap & Routine WARM-UP | ÉCHAUFFEMENT en longueur + routines |
| | 08:15 | 10:45 | 28 | Finals - JUNIOR DUET FREE (seeded draw from duet tech results) | Finales - DUO LIBRE JUNIOR (ordre de passage selon résultats tech) |
| | 10:45 | 11:15 | 5 | Finals - SENIOR DUET FREE | Finales - DUO LIBRE SENIOR |
| | 11:20 | 11:30 | | AWARDS - Junior & Senior Duet Free | RÉCOMPENSES - Duo Libre Junior & Senior |
| | 11:30 | 12:15 | | LUNCH/DINER | |
| | 12:15 | 15:00 | 34 | Finals - 13-15 SOLO (seeded draw from figures results) | Finales - SOLO 13-15 (ordre de passage selon résultats figures) |
| | 15:15 | 15:30 | | AWARDS - 13-15 Solo, 13-15 Figures | RÉCOMPENSES - Solo 13-15, Figures 13-15 |
| | 15:30 | 16:30 | | SENIOR NATIONAL TEAM DEMO | DÉMONSTRATION DE L'ÉQUIPE NATIONALE SENIOR |
| | 16:30 | 16:35 | | TRAINING WITH MUSIC - SENIOR TEAM TECH | ENTRAÎNEMENT AVEC MUSIQUE - ÉQUIPE TECH SENIOR |
| | 16:35 | 17:35 | | TRAINING WITH MUSIC - JUNIOR TEAM TECH | ENTRAÎNEMENT AVEC MUSIQUE - ÉQUIPE TECH JUNIOR |
| | 17:45 | 18:00 | 1 | Finals - SENIOR TEAM TECH | Finales - ÉQUIPE TECH SENIOR |
| | 18:00 | 19:45 | 20 | Finals - JUNIOR TEAM TECH (random draw) | Finales - ÉQUIPE TECH JUNIOR (ordre de passage aléatoire) |
| 20:00 | 20:15 | | AWARDS - JR Team Tech & SR Team Tech | RÉCOMPENSES - Équipe Tech JR & Équipe Tech SR | |
| 20:00 | 21:00 | | PARENT INFORMATION SESSION | SÉANCE D'INFORMATION POUR LES PARENTS | |

| COMPETITION POOL Dive Tank / Bassin de plongeon | WU POOL - 12.5m Official Warmup Space | WU POOL - 2.5m Laps | WU POOL - 10m Open Pool | WU POOL - 10m Laps |
|--|---|------------------------|-----------------------------|-----------------------|
| Closed/Fermé | | | | |
| Laps / Longueurs | JR Duet Free (1-10) | Closed / Fermé | | |
| COMPETITION | JR Duet Free & SR Duet Free (10 comps before/avant) | Laps / Longueurs | OPEN POOL / PISCINE OUVERTE | Closed/Fermé |
| COMPETITION | SR Duet Free (10 comps before/avant) | | | |
| Closed/Fermé | 13-15 Solo (1-12) | | | |
| COMPETITION | 13-15 Solo (12 comps before/avant) | | | |
| Closed/Fermé | Senior National Team | | | |
| DEMO | SR Team Tech & JR Team Tech (1-7) @ 16:00 | | | |
| 1 by 1 (can stay in pool for 2 after) | SR Team Tech & JR Team Tech (10 comps before) | | | |
| 1 by 1 (can stay in pool for 2 after) | SR Team Tech & JR Team Tech (10 comps before) | | | |
| COMPETITION | SR Team Tech & JR Team Tech (10 comps before) | | | |
| COMPETITION | JR Team Tech (10 comps before) | | | |
| Closed/Fermé | | | | |
| Closed/Fermé | | | | |

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| SAT/SAM 30/03 | 07:15 | | Access to dressing rooms | Accès aux vestiaires | |
| | 07:30 | | Access to pool | Accès à la piscine | |
| | 07:45 | 08:30 | | Lap WARM-UP & Coaches MEETING | ÉCHAUFFEMENT en longueurs et RENCONTRE des entraîneurs |
| | 08:30 | 08:35 | 1 | Finals - 13-15 MIXED DUET | Finales - DUO MIXTE 13-15 |
| | 08:35 | 11:30 | 34 | Finals - 13-15 DUET (seeded draw from figures results) | Finales - DUO 13-15 (ordre de passage selon résultats figures) |
| | 11:40 | 11:45 | | AWARDS - 13-15 Duet & 13-15 Mixed Duet | RÉCOMPENSES - Duo 13-15 & Duo Mixte 13-15 |
| | 12:00 | 13:00 | | TRAINING WITH MUSIC - JUNIOR TEAM FREE | ENTRAÎNEMENT AVEC MUSIQUE - ÉQUIPE LIBRE JUNIOR |
| | 13:15 | 14:45 | 14 | Finals - JUNIOR TEAM FREE (random draw) | Finales - ÉQUIPE LIBRE JUNIOR (ordre de passage aléatoire) |
| | 15:00 | 16:00 | | SENIOR NATIONAL TEAM DEMO | DÉMONSTRATION DE L'ÉQUIPE NATIONALE SENIOR |
| | 16:00 | 16:50 | | TRAINING WITH MUSIC - 13-15 TEAM | ENTRAÎNEMENT AVEC MUSIQUE - ÉQUIPE 13-15 |
| | 17:00 | 18:10 | 12 | Finals - 13-15 TEAM | Finales - ÉQUIPE 13-15 |
| | 18:15 | 18:30 | | AWARDS - JR Team Free & 13-15 Team & Highlight Team | RÉCOMPENSES - Équipe Libre JR & Équipe 13-15 |

| COMPETITION POOL Dive Tank / Bassin de plongeon | WU POOL - 12.5m Official Warmup Space | WU POOL - 2.5m Laps | WU POOL - 10m Open Pool | WU POOL - 10m Laps |
|--|--|------------------------|-----------------------------|-----------------------|
| Closed/Fermé | | | | |
| Laps / Longueurs | 13-Mixed Duet + 13-15 Duet (1-9) | Closed/Fermé | | |
| COMPETITION | 13-15 Duet (10 comps before/avant) | Laps / Longueurs | OPEN POOL / PISCINE OUVERTE | Closed/Fermé |
| COMPETITION | 13-15 Duet (10 comps before/avant) | Laps / Longueurs | OPEN POOL / PISCINE OUVERTE | |
| Closed/Fermé | JR Team Free (1-8) | | | |
| 1 by 1 (can stay in pool for 2 after) | JR Team Free (10 comps before) | | | |
| COMPETITION | JR Team Free (10 comps before) | | | |
| DEMO | 13-15 Team (1-8) @ 15:30 | | | |
| 1 by 1 (can stay in pool for 2 after) | 13-15 Team (10 comps before) | | | |
| COMPETITION | 13-15 Team (10 comps before) | | | |
| Closed/Fermé | | | | |