

| FRIDAY   VENDREDI |  |
|-------------------|--|
| 10:00 à/to 13:00  | Entraînement: Québec<br>Training: Québec   |
| 13:00 à/to 16:00  | Entraînement: Ontario<br>Training: Ontario   |
| 16:00 à/to 19:00  | Entraînement: Nouveau-Brunswick, Nouvelle-Écosse, Terre-Neuve, Île-du-Prince-Édouard<br>Training: New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland |
| 19:30             | Réunions techniques (juges et entraîneurs)<br>Technical meetings (judges and coaches)  |

REPAS - VENDREDI / MEAL PLAN - FRIDAY

|                      |               |
|----------------------|---------------|
| Déjeuner / breakfast | N/A           |
| Dîner / lunch        | 11:30 - 14:00 |
| Souper / diner       | 17:00 - 20:00 |

HORAIRE FINAL - CHAMPIONNATS DE L'EST DU CANADA 2019 | FINAL SCHEDULE - EASTERNS 2019

DYNAMIX - 17 AU 19 MAI 2019 | MAY 17TH TO 19TH

VERSION 10 MAI / MAY 10TH



| SAMEDI   SATURDAY |                           |   |                         |                             | DIMANCHE   SUNDAY |                           |   |                         |           |                         |  |                         |  |
|-------------------|---------------------------|---|-------------------------|-----------------------------|-------------------|---------------------------|---|-------------------------|-----------|-------------------------|--|-------------------------|--|
| HEURES            | TR WARM-UP<br>TR ECHAUFF. | TR<br>COMPETITION                         | DMT                     | TUM                         | HEURES            | TR WARM-UP<br>TR ECHAUFF. | TR<br>COMPETITION                                       | DMT                     | TUM       |                         |  |                         |  |
| 07:30 à/to 07:35  |                           |   |                         |                             | 07:30 à/to 07:35  |                           |   |                         |           |                         |  |                         |  |
| 07:35 à/to 07:40  | P1 12- (F) GR. 1          |   |                         |                             | 07:35 à/to 07:40  |                           |   |                         |           |                         |  |                         |  |
| 07:40 à/to 07:45  |                           |   |                         |                             | 07:40 à/to 07:45  |                           |   |                         |           |                         |  |                         |  |
| 07:45 à/to 07:50  |                           |   |                         |                             | 07:45 à/to 07:50  |                           |   |                         |           |                         |  |                         |  |
| 07:50 à/to 07:55  | P1 12- (F) GR. 2          | ONE TOUCH                                 | WARM-UP<br>ÉCHAUFFEMENT |                             | 07:50 à/to 07:55  |                           |   |                         |           |                         |  |                         |  |
| 07:55 à/to 08:00  |                           |   |                         |                             | 07:55 à/to 08:00  |                           |   |                         |           |                         |  |                         |  |
| 08:00 à/to 08:05  |                           | P1 12- (F) GR. 1<br>[9]                   |                         |                             | 08:00 à/to 08:05  |                           | P1 12- (F) WARM-UP<br>ON COMP. TRAMP.<br>(NO ONE TOUCH) | WARM-UP<br>ÉCHAUFFEMENT |           |                         |  |                         |  |
| 08:05 à/to 08:10  |                           |   |                         |                             | 08:05 à/to 08:10  |                           |   |                         |           |                         |  |                         |  |
| 08:10 à/to 08:15  |                           |   |                         |                             |                   | 08:10 à/to 08:15          | P1 12- (M)  | P1 12- (F)              |           |                         |  |                         |  |
| 08:15 à/to 08:20  |                           |   |                         | 08:15 à/to 08:20            |                   |                           |   |                         |           |                         |  |                         |  |
| 08:20 à/to 08:25  |                           |   |                         | 08:20 à/to 08:25            |                   |                           |   |                         |           |                         |  |                         |  |
| 08:25 à/to 08:30  | ONE TOUCH                 |   |                         | 08:25 à/to 08:30            |                   |                           |   |                         |           |                         |  |                         |  |
| 08:30 à/to 08:35  |                           |   |                         | 08:30 à/to 08:35            |                   |                           |   |                         |           |                         |  |                         |  |
| 08:35 à/to 08:40  | P1 12- (M)                | P1 12- (F) GR. 2<br>[9]                   |                         |                             | 08:35 à/to 08:40  |                           |   |                         |           |                         |  |                         |  |
| 08:40 à/to 08:45  |                           |   |                         |                             |                   | 08:40 à/to 08:45          |   | ONE TOUCH               | P4 (F+M)  | WARM-UP<br>ÉCHAUFFEMENT |  |                         |  |
| 08:45 à/to 08:50  |                           |   |                         |                             |                   | 08:45 à/to 08:50          | P1 13+ (F)  | P1 12- (M)              |           |                         |  |                         |  |
| 08:50 à/to 08:55  |                           |   |                         |                             |                   | 08:50 à/to 08:55          |   |                         |           |                         |  |                         |  |
| 08:55 à/to 09:00  |                           |   |                         |                             |                   | 08:55 à/to 09:00          |   |                         |           |                         |  |                         |  |
| 09:00 à/to 09:05  |                           | ONE TOUCH                                 | WARM-UP<br>ÉCHAUFFEMENT | P1 12-, P1 13+ (M)<br>[6+6] | 09:00 à/to 09:05  |                           |   |                         |           |                         |  |                         |  |
| 09:05 à/to 09:10  | P1 13+ (F) GR. 1          |   |                         |                             | 09:05 à/to 09:10  |                           |   |                         |           |                         |  |                         |  |
| 09:10 à/to 09:15  |                           | P1 12- (M)<br>[10]                        |                         |                             | 09:10 à/to 09:15  |                           | ONE TOUCH   | WARM-UP<br>ÉCHAUFFEMENT | P4 (F)    |                         |  |                         |  |
| 09:15 à/to 09:20  |                           |   |                         |                             |                   | 09:15 à/to 09:20          | P1 13+ (M)  | P1 13+ (F)              |           |                         |  |                         |  |
| 09:20 à/to 09:25  |                           |   |                         |                             |                   | 09:20 à/to 09:25          |   |                         |           |                         |  |                         |  |
| 09:25 à/to 09:30  |                           |   |                         |                             | 09:25 à/to 09:30  |                           |   |                         |           |                         |  |                         |  |
| 09:30 à/to 09:35  |                           | ONE TOUCH                                 |                         |                             | 09:30 à/to 09:35  |                           |   |                         |           |                         |  |                         |  |
| 09:35 à/to 09:40  | P1 13+ (F) GR. 2          | P1 13+ (F) GR. 1<br>[9]                   |                         |                             | 09:35 à/to 09:40  |                           |   |                         |           |                         |  |                         |  |
| 09:40 à/to 09:45  |                           |   |                         |                             |                   | 09:40 à/to 09:45          |   | ONE TOUCH               | P3 (M)    | WARM-UP<br>ÉCHAUFFEMENT |  |                         |  |
| 09:45 à/to 09:50  |                           |   |                         |                             |                   | 09:45 à/to 09:50          | P2 (F)  | P1 13+ (M)              |           |                         |  |                         |  |
| 09:50 à/to 09:55  |                           |   |                         |                             |                   | 09:50 à/to 09:55          |   |                         |           |                         |  |                         |  |
| 09:55 à/to 10:00  |                           |   |                         |                             |                   | 09:55 à/to 10:00          |   |                         |           |                         |  |                         |  |
| 10:00 à/to 10:05  |                           |   |                         |                             | 10:00 à/to 10:05  |                           |   |                         |           |                         |  |                         |  |
| 10:05 à/to 10:10  |                           |   |                         |                             | 10:05 à/to 10:10  |                           |   |                         |           |                         |  |                         |  |
| 10:10 à/to 10:15  | P1 13+ (M)                | ONE TOUCH                                 |                         |                             | 10:10 à/to 10:15  |                           |   |                         |           |                         |  |                         |  |
| 10:15 à/to 10:20  |                           |   |                         |                             | 10:15 à/to 10:20  | P2 (M)                    | P2 (F)  |                         |           |                         |  |                         |  |
| 10:20 à/to 10:25  |                           |   |                         |                             | 10:20 à/to 10:25  |                           |   |                         | ONE TOUCH | P2 (M)                  |  |                         |  |
| 10:25 à/to 10:30  |                           |   |                         |                             | 10:25 à/to 10:30  |                           |   |                         |           |                         |  | WARM-UP<br>ÉCHAUFFEMENT |  |
| 10:30 à/to 10:35  |                           |   |                         |                             | 10:30 à/to 10:35  |                           |   |                         |           |                         |  |                         |  |
| 10:35 à/to 10:40  |                           |   |                         |                             | 10:35 à/to 10:40  |                           |   |                         |           |                         |  |                         |  |
| 10:40 à/to 10:45  |                           |   |                         |                             | 10:40 à/to 10:45  |                           |   |                         |           |                         |  |                         |  |
| 10:45 à/to 10:50  |                           | ONE TOUCH                                 | WARM-UP<br>ÉCHAUFFEMENT | P2 (F) GR. 1<br>[11]        | 10:45 à/to 10:50  |                           |   |                         |           |                         |  |                         |  |
| 10:50 à/to 10:55  | P2 (F) GR. 1              |   |                         |                             | 10:50 à/to 10:55  | P3 (F)                    | P2 (M)  |                         |           |                         |  |                         |  |
| 10:55 à/to 11:00  |                           |   |                         |                             | 10:55 à/to 11:00  |                           |   |                         |           |                         |  |                         |  |
| 11:00 à/to 11:05  |                           |   |                         |                             | 11:00 à/to 11:05  |                           |   |                         |           |                         |  |                         |  |
| 11:05 à/to 11:10  |                           |   |                         |                             | 11:05 à/to 11:10  |                           |   |                         |           |                         |  |                         |  |
| 11:10 à/to 11:15  |                           |   |                         |                             | 11:10 à/to 11:15  |                           |   |                         |           |                         |  |                         |  |
| 11:15 à/to 11:20  |                           |   |                         |                             | 11:15 à/to 11:20  |                           |   |                         |           |                         |  |                         |  |
| 11:20 à/to 11:25  |                           | ONE TOUCH                                 |                         |                             | 11:20 à/to 11:25  |                           | ONE TOUCH   | WARM-UP<br>ÉCHAUFFEMENT | P3 (F)    |                         |  |                         |  |
| 11:25 à/to 11:30  | P2 (F) GR. 2              |   |                         |                             | 11:25 à/to 11:30  |                           |   |                         |           |                         |  |                         |  |
| 11:30 à/to 11:35  |                           |   |                         |                             | 11:30 à/to 11:35  |                           |   |                         |           |                         |  |                         |  |
| 11:35 à/to 11:40  |                           |   |                         |                             | 11:35 à/to 11:40  |                           |   |                         |           |                         |  |                         |  |
| 11:40 à/to 11:45  |                           |   |                         |                             | 11:40 à/to 11:45  |                           |   |                         |           |                         |  |                         |  |
| 11:45 à/to 11:50  |                           |   |                         |                             | 11:45 à/to 11:50  |                           |   |                         |           |                         |  |                         |  |
| 11:50 à/to 11:55  |                           |   |                         |                             | 11:50 à/to 11:55  | JUGES/JUDGES LUNCH        |   |                         |           |                         |  |                         |  |
| 11:55 à/to 12:00  |                           |   |                         |                             | 11:55 à/to 12:00  |                           |   |                         |           |                         |  |                         |  |
| 12:00 à/to 12:05  |                           |   |                         |                             | 12:00 à/to 12:05  |                           |   |                         |           |                         |  |                         |  |
| 12:05 à/to 12:10  |                           |   |                         |                             | 12:05 à/to 12:10  |                           |   |                         |           |                         |  |                         |  |
| 12:10 à/to 12:15  |                           |   |                         |                             | 12:10 à/to 12:15  |                           |   |                         |           |                         |  |                         |  |
| 12:15 à/to 12:20  |                           |   |                         |                             | 12:15 à/to 12:20  |                           |   |                         |           |                         |  |                         |  |
| 12:20 à/to 12:25  |                           |   |                         |                             | 12:20 à/to 12:25  |                           |   |                         |           |                         |  |                         |  |
| 12:25 à/to 12:30  |                           |   |                         |                             | 12:25 à/to 12:30  |                           |   |                         |           |                         |  |                         |  |
| 12:30 à/to 12:35  |                           |   |                         |                             | 12:30 à/to 12:35  |                           |   |                         |           |                         |  |                         |  |
| 12:35 à/to 12:40  |                           |   |                         |                             | 12:35 à/to 12:40  |                           |   |                         |           |                         |  |                         |  |
| 12:40 à/to 12:45  |                           |   |                         |                             | 12:40 à/to 12:45  |                           |   |                         |           |                         |  |                         |  |
| 12:45 à/to 12:50  | JUGES/JUDGES LUNCH        | Cérémonie d'ouverture<br>Opening ceremony |                         |                             | 12:45 à/to 12:50  |                           |   |                         |           |                         |  |                         |  |
| 12:50 à/to 12:55  |                           |   |                         |                             | 12:50 à/to 12:55  |                           |   |                         |           |                         |  |                         |  |
| 12:55 à/to 13:00  |                           |   |                         |                             | 12:55 à/to 13:00  |                           |   |                         |           |                         |  |                         |  |
| 13:00 à/to 13:05  |                           |   |                         |                             | 13:00 à/to 13:05  |                           |   |                         |           |                         |  |                         |  |
| 13:05 à/to 13:10  |                           |   |                         |                             | 13:05 à/to 13:10  |                           |   |                         |           |                         |  |                         |  |
| 13:10 à/to 13:15  | P2 (M) GR. 1              |   |                         |                             | 13:10 à/to 13:15  |                           |   |                         |           |                         |  |                         |  |
| 13:15 à/to 13:20  |                           |   |                         |                             | 13:15 à/to 13:20  |                           |   |                         |           |                         |  |                         |  |
| 13:20 à/to 13:25  |                           |   |                         |                             | 13:20 à/to 13:25  |                           |   |                         |           |                         |  |                         |  |
| 13:25 à/to 13:30  |                           |   |                         |                             | 13:25 à/to 13:30  |                           |   |                         |           |                         |  |                         |  |
| 13:30 à/to 13:35  |                           |   |                         |                             | 13:30 à/to 13:35  |                           |   |                         |           |                         |  |                         |  |
| 13:35 à/to 13:40  |                           |   |                         |                             | 13:35 à/to 13:40  |                           |   |                         |           |                         |  |                         |  |
| 13:40 à/to 13:45  |                           | ONE TOUCH                                 |                         |                             | 13:40 à/to 13:45  |                           |   |                         |           |                         |  |                         |  |
| 13:45 à/to 13:50  | P2 (M) GR. 2              |   |                         |                             | 13:45 à/to 13:50  |                           |   |                         |           |                         |  |                         |  |
| 13:50 à/to 13:55  |                           |   |                         |                             | 13:50 à/to 13:55  |                           |   |                         |           |                         |  |                         |  |
| 13:55 à/to 14:00  |                           |   |                         |                             | 13:55 à/to 14:00  |                           |   |                         |           |                         |  |                         |  |
| 14:00 à/to 14:05  |                           |   |                         |                             | 14:00 à/to 14:05  |                           |   |                         |           |                         |  |                         |  |
| 14:05 à/to 14:10  |                           |   |                         |                             | 14:05 à/to 14:10  |                           |   |                         |           |                         |  |                         |  |
| 14:10 à/to 14:15  |                           |   |                         |                             | 14:10 à/to 14:15  |                           |   |                         |           |                         |  |                         |  |
| 14:15 à/to 14:20  |                           |   |                         |                             | 14:15 à/to 14:20  |                           |   |                         |           |                         |  |                         |  |
| 14:20 à/to 14:25  |                           | ONE TOUCH                                 |                         |                             | 14:20 à/to 14:25  |                           |   |                         |           |                         |  |                         |  |
| 14:25 à/to 14:30  | P3 (F) GR. 1              |   |                         |                             | 14:25 à/to 14:30  |                           |   |                         |           |                         |  |                         |  |
| 14:30 à/to 14:35  |                           |   |                         |                             | 14:30 à/to 14:35  |                           |   |                         |           |                         |  |                         |  |
| 14:35 à/to 14:40  |                           |   |                         |                             | 14:35 à/to 14:40  |                           |   |                         |           |                         |  |                         |  |
| 14:40 à/to 14:45  |                           |   |                         |                             | 14:40 à/to 14:45  |                           |   |                         |           |                         |  |                         |  |
| 14:45 à/to 14:50  |                           |   |                         |                             | 14:45 à/to 14:50  |                           |   |                         |           |                         |  |                         |  |
| 14:50 à/to 14:55  |                           |   |                         |                             | 14:50 à/to 14:55  |                           |   |                         |           |                         |  |                         |  |
| 14:55 à/to 15:00  |                           |   |                         |                             | 14:55 à/to 15:00  |                           |   |                         |           |                         |  |                         |  |
| 15:00 à/to 15:05  |                           | ONE TOUCH                                 |                         |                             | 15:00 à/to 15:05  |                           |   |                         |           |                         |  |                         |  |
| 15:05 à/to 15:10  | P3 (F) GR. 2              |   |                         |                             | 15:05 à/to 15:10  |                           |   |                         |           |                         |  |                         |  |
| 15:10 à/to 15:15  |                           |   |                         |                             | 15:10 à/to 15:15  |                           |   |                         |           |                         |  |                         |  |
| 15:15 à/to 15:20  |                           |   |                         |                             | 15:15 à/to 15:20  |                           |   |                         |           |                         |  |                         |  |
| 15:20 à/to 15:25  |                           |   |                         |                             | 15:20 à/to 15:25  |                           |   |                         |           |                         |  |                         |  |
| 15:25 à/to 15:30  |                           |   |                         |                             | 15:25 à/to 15:30  |                           |   |                         |           |                         |  |                         |  |
| 15:30 à/to 15:35  |                           |   |                         |                             | 15:30 à/to 15:35  |                           |   |                         |           |                         |  |                         |  |
| 15:35 à/to 15:40  |                           |   |                         |                             | 15:35 à/to 15:40  |                           |   |                         |           |                         |  |                         |  |
| 15:40 à/to 15:45  |                           | ONE TOUCH                                 |                         |                             | 15:40 à/to 15:45  |                           |   |                         |           |                         |  |                         |  |



HORAIRE FINAL - CHAMPIONNATS DE L'EST DU CANADA 2019 | FINAL SCHEDULE - EASTERNS 2019

DYNAMIX - 17 AU 19 MAI 2019 | MAY 17TH TO 19TH

VERSION 10 MAI / MAY 10TH



| SAMEDI   SATURDAY |                           |                      |                         |                      | DIMANCHE   SUNDAY |                           |                          |     |     |
|-------------------|---------------------------|----------------------|-------------------------|----------------------|-------------------|---------------------------|--------------------------|-----|-----|
| HEURES            | TR WARM-UP<br>TR ECHAUFF. | TR<br>COMPETITION    | DMT                     | TUM                  | HEURES            | TR WARM-UP<br>TR ECHAUFF. | TR<br>COMPETITION        | DMT | TUM |
| 15:45 à/to 15:50  |                           |                      | [7+4]                   | ÉCHAUFFEMENT         | 15:45 à/to 15:50  |                           |                          |     |     |
| 15:50 à/to 15:55  | P3 (M) GR. 1              | P3 (F) GR. 2<br>[13] | WARM-UP<br>ÉCHAUFFEMENT | P3 (F) GR. 2<br>[9]  | 15:50 à/to 15:55  |                           |                          |     |     |
| 15:55 à/to 16:00  |                           |                      |                         |                      |                   | ONE TOUCH                 |                          |     |     |
| 16:00 à/to 16:05  |                           |                      |                         |                      |                   |                           |                          |     |     |
| 16:05 à/to 16:10  |                           |                      |                         |                      |                   |                           |                          |     |     |
| 16:10 à/to 16:15  |                           |                      |                         |                      |                   |                           |                          |     |     |
| 16:15 à/to 16:20  |                           |                      |                         |                      |                   |                           | P1 13+ (M, F)<br>Synchro |     |     |
| 16:20 à/to 16:25  |                           | ONE TOUCH            |                         |                      | 16:20 à/to 16:25  |                           |                          |     |     |
| 16:25 à/to 16:30  | P3 (M) GR. 2              | P3 (M) GR. 1<br>[9]  | WARM-UP<br>ÉCHAUFFEMENT | P2 (M) GR. 1<br>[10] | 16:25 à/to 16:30  |                           |                          |     |     |
| 16:30 à/to 16:35  |                           |                      |                         |                      |                   |                           |                          |     |     |
| 16:35 à/to 16:40  |                           |                      |                         |                      |                   |                           |                          |     |     |
| 16:40 à/to 16:45  |                           |                      |                         |                      |                   |                           |                          |     |     |
| 16:45 à/to 16:50  |                           |                      |                         |                      |                   |                           |                          |     |     |
| 16:50 à/to 16:55  |                           | ONE TOUCH            |                         |                      | 16:50 à/to 16:55  |                           |                          |     |     |
| 16:55 à/to 17:00  | P4 (F)                    | P3 (M) GR. 2<br>[8]  | WARM-UP<br>ÉCHAUFFEMENT | P4 (F)<br>[11]       | 16:55 à/to 17:00  |                           |                          |     |     |
| 17:00 à/to 17:05  |                           |                      |                         |                      |                   |                           |                          |     |     |
| 17:05 à/to 17:10  |                           |                      |                         |                      |                   |                           |                          |     |     |
| 17:10 à/to 17:15  |                           |                      |                         |                      |                   |                           |                          |     |     |
| 17:15 à/to 17:20  |                           |                      |                         |                      |                   |                           |                          |     |     |
| 17:20 à/to 17:25  |                           |                      |                         |                      | 17:20 à/to 17:25  |                           |                          |     |     |
| 17:25 à/to 17:30  |                           | ONE TOUCH            |                         |                      | 17:25 à/to 17:30  |                           |                          |     |     |
| 17:30 à/to 17:35  | P4 (M)                    | P4 (F)<br>[16]       | WARM-UP<br>ÉCHAUFFEMENT | P2 (M) GR. 2<br>[10] | 17:30 à/to 17:35  |                           |                          |     |     |
| 17:35 à/to 17:40  |                           |                      |                         |                      |                   |                           |                          |     |     |
| 17:40 à/to 17:45  |                           |                      |                         |                      |                   |                           |                          |     |     |
| 17:45 à/to 17:50  |                           |                      |                         |                      |                   |                           |                          |     |     |
| 17:50 à/to 17:55  |                           |                      |                         |                      |                   |                           |                          |     |     |
| 17:55 à/to 18:00  |                           |                      |                         |                      | 17:55 à/to 18:00  |                           |                          |     |     |
| 18:00 à/to 18:05  |                           |                      |                         |                      | 18:00 à/to 18:05  |                           |                          |     |     |
| 18:05 à/to 18:10  |                           |                      |                         |                      | 18:05 à/to 18:10  |                           |                          |     |     |
| 18:10 à/to 18:15  |                           |                      |                         |                      | 18:10 à/to 18:15  |                           |                          |     |     |
| 18:15 à/to 18:20  |                           |                      |                         |                      | 18:15 à/to 18:20  |                           |                          |     |     |
| 18:20 à/to 18:25  |                           |                      |                         |                      | 18:20 à/to 18:25  |                           |                          |     |     |
| 18:25 à/to 18:30  |                           |                      |                         |                      | 18:25 à/to 18:30  |                           |                          |     |     |
| 18:30 à/to 18:35  |                           | ONE TOUCH            |                         |                      | 18:30 à/to 18:35  |                           |                          |     |     |
| 18:35 à/to 18:40  |                           |                      |                         |                      | 18:35 à/to 18:40  |                           |                          |     |     |
| 18:40 à/to 18:45  |                           |                      |                         |                      | 18:40 à/to 18:45  |                           |                          |     |     |
| 18:45 à/to 18:50  |                           |                      |                         |                      | 18:45 à/to 18:50  |                           |                          |     |     |
| 18:50 à/to 18:55  |                           |                      |                         |                      | 18:50 à/to 18:55  |                           |                          |     |     |
| 18:55 à/to 19:00  |                           | P4 (M)<br>[14]       |                         |                      | 18:55 à/to 19:00  |                           |                          |     |     |
| 19:00 à/to 19:05  |                           |                      |                         |                      | 19:00 à/to 19:05  |                           |                          |     |     |
| 19:05 à/to 19:10  |                           |                      |                         |                      | 19:05 à/to 19:10  |                           |                          |     |     |
| 19:10 à/to 19:15  |                           |                      |                         |                      | 19:10 à/to 19:15  |                           |                          |     |     |
| 19:15 à/to 19:20  |                           |                      |                         |                      | 19:15 à/to 19:20  |                           |                          |     |     |
| 19:20 à/to 19:25  |                           |                      |                         |                      | 19:20 à/to 19:25  |                           |                          |     |     |
| 19:25 à/to 19:30  |                           |                      |                         |                      | 19:25 à/to 19:30  |                           |                          |     |     |
| 19:30 à/to 19:35  |                           |                      |                         |                      | 19:30 à/to 19:35  |                           |                          |     |     |
| 19:35 à/to 19:40  |                           |                      |                         |                      | 19:35 à/to 19:40  |                           |                          |     |     |
| 19:40 à/to 19:45  |                           |                      |                         |                      | 19:40 à/to 19:45  |                           |                          |     |     |
| 19:45 à/to 19:50  |                           |                      |                         |                      | 19:45 à/to 19:50  |                           |                          |     |     |
| 19:50 à/to 19:55  |                           |                      |                         |                      | 19:50 à/to 19:55  |                           |                          |     |     |
| 19:55 à/to 20:00  |                           |                      |                         |                      | 19:55 à/to 20h    |                           |                          |     |     |
| 20:00 à/to 20:05  |                           |                      |                         |                      | 20h à/to 20h05    |                           |                          |     |     |
| 20:05 à/to 20:10  |                           |                      |                         |                      | 20h05 à/to 20h10  |                           |                          |     |     |
| 20:10 à/to 20:15  |                           |                      |                         |                      | 20h10 à/to 20h15  |                           |                          |     |     |
| 20:15 à/to 20:20  |                           |                      |                         |                      | 20h15 à/to 20h20  |                           |                          |     |     |
| 20:20 à/to 20:25  |                           |                      |                         |                      | 20h20 à/to 20h25  |                           |                          |     |     |
| 20:25 à/to 20:30  |                           |                      |                         |                      | 20h25 à/to 20h30  |                           |                          |     |     |
| 20:30 à/to 20:35  |                           |                      |                         |                      | 20h30 à/to 20h35  |                           |                          |     |     |
| 20:35 à/to 20:40  |                           |                      |                         |                      | 20h35 à/to 20h40  |                           |                          |     |     |

|   |  |
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| Team awards given throughout the day after each block of competition.<br>Les remises des médailles par équipe se feront à travers la journée après chaque bloc. | Individual and synchro awards given throughout the day after each block of competition.<br>Les remises des médailles se feront à travers la journée après chaque bloc. |
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| REPAS - SAMEDI / MEAL PLAN - SATURDAY |               | REPAS - DIMANCHE / MEAL PLAN - SUNDAY |               |
|---------------------------------------|---------------|---------------------------------------|---------------|
| Déjeuner / breakfast                  | 6:30 - 9:30   | Déjeuner / breakfast                  | 6:30 - 9:30   |
| Dîner / lunch                         | 11:30 - 13:30 | Dîner / lunch                         | 11:30 - 13:30 |
| Souper / diner                        | 17:00 - 20:00 | Souper / diner                        | 16:30 - 19:00 |

