



## HORAIRE - INSCRIPTION & ESSAYAGE

Championnats de l'Est 2024  
Championnats Canadiens 2024

Version 23 avril 2024

### VENDREDI - 26 AVRIL 2024

Lieu de l'inscription & de l'essayage : Cégep

| GAF        |        |         |    | GAM        |        |       |    | STR        |        |       |    |
|------------|--------|---------|----|------------|--------|-------|----|------------|--------|-------|----|
| Catégories | Heures | CHEST   | CC | Catégories | Heures | CHEST | CC | Catégories | Heures | CHEST | CC |
| N8 15+     | 21:15  | 6 + sub |    |            |        |       |    |            |        |       |    |

### SAMEDI - 27 AVRIL 2024

Lieu de l'inscription & de l'essayage : Cégep

| GAF        |        |         |    | GAM             |        |         |         | STR        |        |       |    |
|------------|--------|---------|----|-----------------|--------|---------|---------|------------|--------|-------|----|
| Catégories | Heures | CHEST   | CC | Catégories      | Heures | CHEST   | CC      | Catégories | Heures | CHEST | CC |
| N7 11-12   | 11:00  | 6 + sub |    |                 |        |         |         | Nationaux  | 11:00  |       |    |
| N8 11-12   | 11:00  | 6 + sub |    |                 |        |         |         | Nationaux  | 15:00  |       |    |
|            |        |         |    | N3 U13          | 13:00  | 6 + sub |         |            |        |       |    |
|            |        |         |    | N4 13+          | 13:00  | 6 + sub |         |            |        |       |    |
| N7 13-14   | 17:00  | 6 + sub |    |                 |        |         |         |            |        |       |    |
| N7 15+     | 17:00  | 6 + sub |    |                 |        |         |         |            |        |       |    |
|            |        |         |    | Espoir          | 17:00  | 6 + sub | 6 + sub |            |        |       |    |
|            |        |         |    | National Ouvert | 17:00  | 6 + sub | 6 + 2   |            |        |       |    |
|            |        |         |    | Junior          | 17:00  |         |         |            |        |       |    |
|            |        |         |    | Senior          | 17:00  |         |         |            |        |       |    |
| N8 13-14   | 21:00  | 6 + sub |    |                 |        |         |         |            |        |       |    |
|            |        |         |    | N3 13+          | 21:00  | 6 + sub |         |            |        |       |    |

### DIMANCHE - 28 AVRIL 2024

Lieu de l'inscription & de l'essayage : Cégep

| GAF             |        |         |    | GAM        |        |         |    | STR          |        |       |    |
|-----------------|--------|---------|----|------------|--------|---------|----|--------------|--------|-------|----|
| Catégories      | Heures | CHEST   | CC | Catégories | Heures | CHEST   | CC | Catégories   | Heures | CHEST | CC |
|                 |        |         |    |            |        |         |    | TR: N1 12-   | 9:30   | 4 + 4 |    |
|                 |        |         |    |            |        |         |    | TR: N1 13+   | 9:30   | 4 + 4 |    |
|                 |        |         |    |            |        |         |    | DM: N5       | 9:30   |       |    |
|                 |        |         |    |            |        |         |    | TU: N3 F     | 9:45   | 8     |    |
|                 |        |         |    |            |        |         |    | DM: N6-F     | 10:10  |       |    |
|                 |        |         |    |            |        |         |    | DM: N7 H     | 10:10  |       |    |
|                 |        |         |    |            |        |         |    | TR: N2       | 10:30  | 8 + 8 |    |
|                 |        |         |    |            |        |         |    | TR: N4       | 10:30  | 8 + 8 |    |
|                 |        |         |    |            |        |         |    | TU: N5       | 10:30  |       |    |
|                 |        |         |    |            |        |         |    | TR: N5 -     | 11:15  |       |    |
|                 |        |         |    |            |        |         |    | TR: N6       | 11:15  |       |    |
|                 |        |         |    |            |        |         |    | DM: N1 12-   | 11:15  | 4 + 4 |    |
|                 |        |         |    |            |        |         |    | TR: N3       | 11:30  | 8 + 8 |    |
|                 |        |         |    |            |        |         |    | TR: N5+      | 11:45  |       |    |
|                 |        |         |    |            |        |         |    | TU: N7       | 11:45  |       |    |
|                 |        |         |    |            |        |         |    | TU: SR H     | 11:45  |       |    |
| N9 15+          | 12:00  | 6 + sub | 6  |            |        |         |    |              |        |       |    |
|                 |        |         |    |            |        |         |    | TR: JR ET SR | 12:15  |       |    |
|                 |        |         |    |            |        |         |    | DM: N1 13+   | 12:15  | 4 + 4 |    |
|                 |        |         |    |            |        |         |    |              |        |       |    |
|                 |        |         |    |            |        |         |    | TU: N1 13+   | 13:15  | 4 + 4 |    |
|                 |        |         |    |            |        |         |    | DM: N3 H     | 13:40  | 8     |    |
|                 |        |         |    |            |        |         |    | DM: N4 H     | 13:40  | 8     |    |
|                 |        |         |    |            |        |         |    | TU: N1 12-   | 13:45  | 4 + 4 |    |
|                 |        |         |    |            |        |         |    | TR: N7       | 14:15  |       |    |
|                 |        |         |    |            |        |         |    | DM: N3 F     | 14:40  | 8     |    |
|                 |        |         |    |            |        |         |    | DM: N4 F     | 14:40  | 8     |    |
|                 |        |         |    |            |        |         |    | TU: N4       | 14:30  | 8     |    |
| N9 11-14        | 15:00  | 6 + sub | 6  |            |        |         |    |              |        |       |    |
| N10 12-15       | 15:00  | 6 + sub | 6  |            |        |         |    |              |        |       |    |
| HP (NOV, JR,SR) | 15:00  |         |    |            |        |         |    |              |        |       |    |
|                 |        |         |    |            |        |         |    |              |        |       |    |
|                 |        |         |    |            |        |         |    | TU: N2       | 15:15  | 8+8   |    |
|                 |        |         |    |            |        |         |    | DM: N2 H     | 15:40  | 8     |    |
|                 |        |         |    |            |        |         |    | DM: N2 F     | 16:30  | 8     |    |
| N10 16+         | 18:15  | 6 + sub | 6  | N2         | 17:00  | 6 + sub |    |              |        |       |    |