

SPACING SCHEDULE SHISEIDO CANADIAN OPEN 2016

HORAIRE DE PRACTIQUE DU CHAMPIONNAT CANADIEN OUVERT SHISEIDO 2016

TUESDAY APRIL 26 - MARDI LE 26 AVRIL, 2016 -CENTRE TALISMAN CENTER

9.00- 9.30	LAP WARM UP	30 minutes
9.30 – 10.21	Calgary Aquabelles	51 minutes
10.21- 10.32	Calgary Killarney	11 minutes
10.32 - 10.40	Calgary Elite	8 minutes
10.40 - 11.00	Aurora Synchro	20 minutes
11.00 - 11.49	Quebec Excellence	49 minutes
11.49 - 12.18	Synchro Laval	29 minutes
12.18 - 12.25	Neptune Synchro	7 minutes
12.25 - 12.51	BREAK	26 minutes
12.51 - 13.43	Montreal Synchro	52 minutes
13.43 - 14.01	Dollard Synchro	18 minutes
14.01 - 14.31	Regional Training Centre	30 minutes
14.31 - 14.40	Thunder Bay Synchro	9 minutes
14.40 - 14.56	Winnipeg Synchro	16 minutes
14.56 - 15.01	New Brunswick Junior Team	5 minutes
15.05 - 15.08	Atlantis Synchro	7 minutes
15.08 - 15.34	Fredericton Synchro	26 minutes
15.34 - 15.40	Aquasouls Synchro	6 minutes
15.40 - 15.49	Burnaby Synchro	9 minutes
15.49 - 16.01	BC Aquasonics	12 minutes
16.01 - 16.19	Vancouver Pacific Wave	18 minutes
16.19 - 16.28	Victoria Synchro	9 minutes
16.28 - 16.34	Regina Synchro	6 minutes
16.34 - 16.40	Saskatoon Synchro	6 minutes
16.40 - 16.43	University of Regina	3 minutes
16.43 - 16.53	Excel Synchro	10 minutes
16.53 - 17.30	International Federations	37 minutes
	<i>USA Synchro (Louisa Strutynski)</i>	
	<i>Mexico Federation</i>	
	<i>Colombia Federation</i>	
	<i>Brazil Federation</i>	

Time allocated: Solo 3 minutes, Duet 4 minutes, Teams 5 minutes, Combo 6 minutes - Pre-swimmers are included

PLEASE NOTE THE COACHES TECHNICAL MEETING 17:35

FINAL SCHEDULE APRIL 18, 2016