

August 20–27, 2022 Centre Aquatique Desjardins, PEPS de l'Université Laval

## **FINAL SCHEDULE**

**v4.0** - August 10, 2022

SAT **20** 

| 08:30 | 10:00 | DOORS OPEN - WARMUPS |
|-------|-------|----------------------|
| 10:00 | 17:00 | TRAINING WITH MUSIC  |

SUN **21** 

| 07:30 | 09:00 | DOORS OPEN - WARMUPS |
|-------|-------|----------------------|
| 09:00 | 19:00 | TRAINING WITH MUSIC  |

мон **22** 

| 07:30 | 09:00 | DOORS OPEN - WARMUPS  |
|-------|-------|---|
| 09:00 | 17:00 | TRAINING WITH MUSIC   |
| 15:00 | 16:30 | JUDGES Meeting  |
| 17:00 | 18:30 | TECHNICAL Meeting   |
| 18:30 | 20:00 | AN EVENING WITH JACQUELINE SIMONEAU - Athletes & Coaches welcome! |
| 20:00 | 22:30 | WELCOME RECEPTION   |

TUE 23

| 07:30 | 08:30 |    | DOORS OPEN - WARMUPS                           |
|-------|-------|----|--|
| 08:30 | 09:30 |    | SOLO TECH & MALE SOLO TECH TRAINING WITH MUSIC |
| 10:00 | 12:30 | 20 | SOLO TECH Final                                |
| 12:40 | 13:30 | 7  | MALE SOLO TECH Final                           |
| 13:45 | 14:00 |    | AWARD CEREMONY - SOLO TECH & MALE SOLO TECH    |
| 14:00 | 16:00 |    | OPEN TRAINING                                  |
| 16:00 | 17:15 |    | TEAM TECH TRAINING WITH MUSIC                  |
| 17:30 | 18:00 |    | WELCOME CEREMONY                               |
| 18:00 | 19:45 | 14 | TEAM TECH FINAL                                |
| 20:00 | 20:15 |    | AWARD CEREMONY - TEAM TECH FINAL               |

WED **24** 

| 07:00 | 08:00 | DOORS OPEN - WARMUPS                     |                                     |  |
|-------|-------|--|-------------------------------------|--|
| 08:00 | 08:30 | SOLO FREE TRAINING WITH MUSIC (I minute) |                                     |  |
| 08:30 | 09:00 |  | MIXED DUET TECH TRAINING WITH MUSIC |  |
| 09:30 | 11:30 | 20                                       | SOLO FREE Preliminary               |  |
| 11:45 | 13:00 | 10                                       | MIXED DUET TECH FINAL               |  |
| 13:10 | 13:25 | AWARD CEREMONY - MIXED DUET TECH         |                                     |  |
| 13:45 | 14:30 |  | COMBO TRAINING WITH MUSIC           |  |
| 15:00 | 16:10 | 9  | COMBO Final                         |  |
| 16:20 | 16:35 | AWARD CEREMONY - COMBO                   |                                     |  |
| 17:00 | 18:00 |  | DUET TECH TRAINING WITH MUSIC       |  |
| 18:30 | 20:30 | 20                                       | DUET TECH Final                     |  |
| 20:45 | 21:00 |  | AWARD CEREMONY - DUET TECH          |  |

тни **25** 

| 07:00 | 08:00 |                                    | DOORS OPEN - WARMUPS  |  |
|-------|-------|------------------------------------|-----------------------|--|
| 08:00 | 09:00 | DUET FREE TRAINING WITH MUSIC      |                       |  |
| 09:00 | 09:30 | MALE SOLO FREE TRAINING WITH MUSIC |                       |  |
| 10:00 | 12:45 | 23                                 | DUET FREE PRELIMINARY |  |
| 13:00 | 14:00 | 8                                  | MALE SOLO FREE FINAL  |  |
| 14:15 | 14:30 | AWARD CEREMONY - MALE SOLO FREE    |                       |  |
| 14:30 | 16:45 | OPEN TRAINING                      |                       |  |
| 16:45 | 18:00 | TEAM FREE TRAINING WITH MUSIC      |                       |  |
| 18:30 | 20:30 | 15                                 | TEAM FREE Preliminary |  |

FRI **26** 

| 07:00 | 08:00 |  | DOORS OPEN - WARMUPS  |  |
|-------|-------|--|-----------------------|--|
| 08:20 | 09:00 | DUET FREE TRAINING WITH MUSIC                |                       |  |
| 09:00 | 09:30 | MIXED DUET FREE TRAINING WITH MUSIC          |                       |  |
| 10:00 | 11:20 | 20 12 DUET FREE Final                        |                       |  |
| 11:30 | 12:30 | 9  | MIXED DUET FREE FINAL |  |
| 12:45 | 13:00 | AWARD CEREMONY - DUET FREE & MIXED DUET FREE |                       |  |
| 13:30 | 17:30 | OPEN TRAINING                                |                       |  |
| 17:30 | 18:00 | TEAM HIGHLIGHT TRAINING WITH MUSIC           |                       |  |
| 18:30 | 19:15 | 7  | TEAM HIGHLIGHT Final  |  |
| 19:30 | 19:45 | 5 AWARD CEREMONY - TEAM HIGHLIGHT            |                       |  |

SAT **27** 

| 08:00 | 08:55 | DOORS OPEN - WARMUPS          |   |  |  |
|-------|-------|-------------------------------|---|--|--|
| 08:55 | 09:30 | SOLO FREE TRAINING WITH MUSIC |   |  |  |
| 10:00 | 11:15 | 12                            | SOLO FREE Final                                     |  |  |
| 11:30 | 12:30 |                               | TEAM FREE TRAINING WITH MUSIC                       |  |  |
| 13:00 | 14:30 | 12                            | TEAM FREE Final                                     |  |  |
| 14:45 | 15:00 |                               | AWARD CEREMONY - SOLO FREE & TEAM FREE              |  |  |
| 15:15 | 16:00 |                               | GALA  |  |  |
| 18:00 | 22:00 |                               | FAREWELL DINNER & CIRCUS-THEMED ATHLETE CELEBRATION |  |  |