



Invitation Pointe-Claire Invitational
Pointe-Claire, 4 au 7 Dec 2025



Schedule Session No. 1 - Jour 1 Distance (Bassin peu profond) - Day 1 Distance (Shallow End) 2025-12-04 - 17:00

Warmup: 16:00 until 16:50

***** Les séries se nageront en alternance séries femmes et hommes. Voir l'horaire détaillé ci-bas.

***** Heats will alternate between women and men. See detailed timeline below.

*** Veuillez noter que la série 2 de l'épreuve 204 nagera dans le bassin profond

*** Please note that Event 204 Heat 2 will take place in the Deep end pool

17:00	201.	800m Freestyle	Women	Timed Final	11 +	0:11	1 Heat	10
17:11	202.	800m Freestyle	Men	Timed Final	11 +	0:10	1 Heat	10
17:21	201.	800m Freestyle	Women	Heat 2	11 +	0:12	1 Heat	10
17:33	202.	800m Freestyle	Men	Heat 2	11 +	0:11	1 Heat	10
17:44	201.	800m Freestyle	Women	Heat 3	11 +	0:11	1 Heat	10
17:55	202.	800m Freestyle	Men	Heat 3	11 +	0:11	1 Heat	10
18:06	201.	800m Freestyle	Women	Heat 4	11 +	0:12	1 Heat	10
18:18	202.	800m Freestyle	Men	Heat 4	11 +	0:11	1 Heat	10
18:29	201.	800m Freestyle	Women	Heat 5	11 +	0:13	1 Heat	9
18:42	202.	800m Freestyle	Men	Heat 5	11 +	0:13	1 Heat	8
18:55	202.	800m Freestyle	Men	Heat 6	11 +	0:12	1 Heat	3
19:07	203.	1500m Freestyle	Women	Timed Final	11 +	0:22	1 Heat	10
19:29	204.	1500m Freestyle	Men	Timed Final	11 +	0:20	1 Heat	10
19:49	203.	1500m Freestyle	Women	Heat 2	11 +	0:22	1 Heat	3
20:11	End of session				Total duration	3:11		

Schedule Session No. 2 - Jour 1 Distance (Bassin profond) - Day 1 Distance (Deep End) 2025-12-04 - 17:00

Warmup: 16:00 until 16:50

17:00	101.	800m Freestyle	Women	Timed Final	11 +	0:10	1 Heat	10
17:10	102.	800m Freestyle	Men	Timed Final	11 +	0:10	1 Heat	10
17:20	101.	800m Freestyle	Women	Heat 2	11 +	0:11	1 Heat	10
17:31	102.	800m Freestyle	Men	Heat 2	11 +	0:11	1 Heat	10
17:42	101.	800m Freestyle	Women	Heat 3	11 +	0:11	1 Heat	3
17:53	102.	800m Freestyle	Men	Heat 3	11 +	0:12	1 Heat	8
18:05	103.	1500m Freestyle	Women	Timed Final	11 +	0:19	1 Heat	10
18:24	104.	1500m Freestyle	Men	Timed Final	11 +	0:18	1 Heat	10
18:42	103.	1500m Freestyle	Women	Heat 2	11 +	0:20	1 Heat	10
19:02	104.	1500m Freestyle	Men	Heat 2	11 +	0:19	1 Heat	7
19:21	103.	1500m Freestyle	Women	Heat 3	11 +	0:20	1 Heat	3
19:41	204.	1500m Freestyle	Men	Heat 2	11 +	0:22	1 Heat	9
20:03	End of session				Total duration	3:03		





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Schedule Session No. 3 - Jour 2 Préliminaires (Bassin peu profond) - Day 2 Prelims (Shallow End) 2025-12-05 - 8:00

Warmup: 7:00 until 7:50

***** Event 312 400m Medley will be swum in the Shallow pool
***** L'épreuve 312 400m QNI sera nagée dans le bassin peu profond

8:00	205.	200m Freestyle	Girls	Prelim	11 - 14	0:44	13 Heats	125
8:44	206.	200m Freestyle	Boys	Prelim	11 - 14	0:32	10 Heats	97
9:16	207.	100m Butterfly	Girls	Prelim	11 - 14	0:09	4 Heats	38
9:25	208.	100m Butterfly	Boys	Prelim	11 - 14	0:10	5 Heats	49
9:35	209.	100m Backstroke	Girls	Prelim	11 - 14	0:30	12 Heats	112
10:05	210.	100m Backstroke	Boys	Prelim	11 - 14	0:20	8 Heats	74
10:25	211.	400m Medley	Girls	Prelim	11 - 14	0:29	4 Heats	35
10:54	212.	400m Medley	Boys	Prelim	11 - 14	0:33	5 Heats	42
11:27	312.	400m Medley	Men	Prelim	15 +	0:13	2 Heats	19
11:40	End of session				Total duration	3:40		

Schedule Session No. 4 - Jour 2 Préliminaires (Bassin profond) - Day 2 Prelims (Deep End) 2025-12-05 - 8:00

Warmup: 7:00 until 7:50

Team Leaders Meeting: 7:30

8:00	105.	200m Freestyle	Women	Prelim	11 +	0:21	7 Heats	69
8:21	305.	200m Freestyle	Women	Prelim	15 +	0:16	5 Heats	48
8:37	106.	200m Freestyle	Men	Prelim	11 +	0:25	9 Heats	83
9:02	306.	200m Freestyle	Men	Prelim	15 +	0:21	7 Heats	65
9:23	107.	100m Butterfly	Women	Prelim	11 +	0:10	5 Heats	47
9:33	307.	100m Butterfly	Women	Prelim	15 +	0:07	4 Heats	40
9:40	108.	100m Butterfly	Men	Prelim	11 +	0:09	5 Heats	41
9:49	308.	100m Butterfly	Men	Prelim	15 +	0:08	4 Heats	38
9:57	109.	100m Backstroke	Women	Prelim	11 +	0:14	6 Heats	51
10:11	309.	100m Backstroke	Women	Prelim	15 +	0:11	5 Heats	46
10:22	110.	100m Backstroke	Men	Prelim	11 +	0:11	5 Heats	47
10:33	310.	100m Backstroke	Men	Prelim	15 +	0:11	5 Heats	50
10:44	111.	400m Medley	Women	Prelim	11 +	0:33	5 Heats	43
11:17	311.	400m Medley	Women	Prelim	15 +	0:19	3 Heats	24
11:36	112.	400m Medley	Men	Prelim	11 +	0:31	5 Heats	45
12:07	End of session				Total duration	4:07		





Schedule Session No. 5 - Jour 2 Finales (Bassin peu profond) - Day 2 Finals (Shallow End) 2025-12-05 - 17:00

Warmup: 16:00 until 16:50

Event Final 312 400m Medley 15+ men will swim in the Deep end

L'épreuve Finale 312 400 QNI 15_ masculin sera nagée dans le bassin profond

There will be a 30 minutes break for the knockout 50m Free swim in the Deep End

Il y aura une pause de 30 minutes pour le Sprint à élimination du 50m libre dans le bassin profond

17:00 Hymne National- National Anthem

17:00	205.	200m Freestyle	Girls	Final	11 - 14	0:17	4 Heats	-
17:17	305.	200m Freestyle	Women	Final	15 +	0:08	2 Heats	-
17:25	206.	200m Freestyle	Boys	Final	11 - 14	0:16	4 Heats	-
17:41	306.	200m Freestyle	Men	Final	15 +	0:08	2 Heats	-
17:49	207.	100m Butterfly	Girls	Final	11 - 14	0:06	2 Heats	-
17:55	307.	100m Butterfly	Women	Final	15 +	0:06	2 Heats	-
18:01	208.	100m Butterfly	Boys	Final	11 - 14	0:09	3 Heats	-
18:10	308.	100m Butterfly	Men	Final	15 +	0:05	2 Heats	-
18:15	209.	100m Backstroke	Girls	Final	11 - 14	0:14	4 Heats	-
18:29	309.	100m Backstroke	Women	Final	15 +	0:06	2 Heats	-
18:35	210.	100m Backstroke	Boys	Final	11 - 14	0:13	4 Heats	-
18:48	310.	100m Backstroke	Men	Final	15 +	0:06	2 Heats	-
18:54	211.	400m Medley	Girls	Final	11 - 14	0:17	2 Heats	-
19:11	311.	400m Medley	Women	Final	15 +	0:07	1 Heat	-
19:18	212.	400m Medley	Boys	Final	11 - 14	0:16	2 Heats	-
19:34	Pause - Break knockout swim in Deep End pool					0:30		
20:04	213.	4 x 50m Freestyle	Mixed	Timed Final	11 - 14	0:15	4 Heats	28
20:19	313.	4 x 50m Freestyle	Mixed	Timed Final	15 +	0:10	3 Heats	21
20:29	End of session				Total duration	3:29		

Schedule Session No. 6 - Jour 2 Finales (Bassin profond) - Day 2 Finals (Deep End) 2025-12-05 - 17:00

Warmup: 16:00 until 16:50

17:00 Hymne National- National Anthem

17:00	105.	200m Freestyle	Women	Final	11 +	0:19	5 Heats	-
17:19	106.	200m Freestyle	Men	Final	11 +	0:16	4 Heats	-
17:35	107.	100m Butterfly	Women	Final	11 +	0:11	4 Heats	-
17:46	108.	100m Butterfly	Men	Final	11 +	0:10	4 Heats	-
17:56	109.	100m Backstroke	Women	Final	11 +	0:13	4 Heats	-
18:09	110.	100m Backstroke	Men	Final	11 +	0:12	4 Heats	-
18:21	111.	400m Medley	Women	Final	11 +	0:29	4 Heats	-
18:50	112.	400m Medley	Men	Final	11 +	0:28	4 Heats	-
19:18	312.	400m Medley	Men	Final	15 +	0:07	1 Heat	-
19:25	811.	50m Freestyle	Women	Timed Final	11 +	0:12	6 Heats	59
19:37	812.	50m Freestyle	Men	Timed Final	11 +	0:12	6 Heats	60
19:49	821.	50m Freestyle	Women	Timed Final	11 +	0:04	2 Heats	16
19:53	822.	50m Freestyle	Men	Timed Final	11 +	0:03	2 Heats	16
19:56	831.	50m Freestyle	Women	Timed Final	11 +	0:03	1 Heat	8
19:59	832.	50m Freestyle	Men	Timed Final	11 +	0:01	1 Heat	8
20:00	841.	50m Freestyle	Women	Timed Final	11 +	0:02	1 Heat	4
20:02	842.	50m Freestyle	Men	Timed Final	11 +	0:02	1 Heat	4
20:04	113.	4 x 50m Freestyle	Mixed	Timed Final	11 +	0:18	5 Heats	30
20:22	End of session				Total duration	3:22		





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Schedule Session No. 7 - Jour 3 Préliminaires (Bassin peu profond) - Day 3 Prelims (Shallow End) 2025-12-06 - 8:00

Warmup: 7:00 until 7:50

**** Event 322 will swim in the Shallow end

**** L'épreuve 322 se nagera dans le bassin peu profond

8:00	215.	200m Backstroke	Girls	Prelim	11 - 14	0:33	8 Heats	79
8:33	216.	200m Backstroke	Boys	Prelim	11 - 14	0:27	7 Heats	62
9:00	217.	50m Freestyle	Girls	Prelim	11 - 14	0:16	13 Heats	121
9:16	218.	50m Freestyle	Boys	Prelim	11 - 14	0:12	10 Heats	94
9:28	219.	200m Breaststroke	Girls	Prelim	11 - 14	0:29	7 Heats	62
9:57	220.	200m Breaststroke	Boys	Prelim	11 - 14	0:24	6 Heats	57
10:21	221.	400m Freestyle	Girls	Prelim	11 - 14	0:50	8 Heats	74
11:11	222.	400m Freestyle	Boys	Prelim	11 - 14	0:49	8 Heats	71
12:00	322.	400m Freestyle	Men	Prelim	15 +	0:32	6 Heats	51
12:32	End of session				Total duration	4:32		

Schedule Session No. 8 - Jour 3 Préliminaires (Bassin profond) - Day 3 Prelims (Deep End) 2025-12-06 - 8:00

Warmup: 7:00 until 7:50

8:00	115.	200m Backstroke	Women	Prelim	11 +	0:26	7 Heats	61
8:26	315.	200m Backstroke	Women	Prelim	15 +	0:15	4 Heats	35
8:41	116.	200m Backstroke	Men	Prelim	11 +	0:18	5 Heats	49
8:59	316.	200m Backstroke	Men	Prelim	15 +	0:18	5 Heats	42
9:17	117.	50m Freestyle	Women	Prelim	11 +	0:08	7 Heats	64
9:25	317.	50m Freestyle	Women	Prelim	15 +	0:08	7 Heats	67
9:33	118.	50m Freestyle	Men	Prelim	11 +	0:08	7 Heats	62
9:41	318.	50m Freestyle	Men	Prelim	15 +	0:09	8 Heats	76
9:50	119.	200m Breaststroke	Women	Prelim	11 +	0:12	3 Heats	27
10:02	319.	200m Breaststroke	Women	Prelim	15 +	0:12	3 Heats	25
10:14	120.	200m Breaststroke	Men	Prelim	11 +	0:11	3 Heats	27
10:25	320.	200m Breaststroke	Men	Prelim	15 +	0:15	4 Heats	35
10:40	121.	400m Freestyle	Women	Prelim	11 +	0:47	8 Heats	73
11:27	321.	400m Freestyle	Women	Prelim	15 +	0:23	4 Heats	37
11:50	122.	400m Freestyle	Men	Prelim	11 +	0:42	8 Heats	74
12:32	End of session				Total duration	4:32		





Schedule Session No. 9 - Jour 3 Finales (Bassin peu profond) - Day 3 Finals (Shallow End) 2025-12-06 - 17:00

Warmup: 16:00 until 16:50

**** Events 321 and 322 Finals 400 Free 15+ will be swum in the Shallow End

**** Les épreuves 321 et 322 Finales 400m Libre 15+ seront nagées dans le bassin peu profond

17:00 Hymne National- National Anthem

17:00	215.	200m Backstroke	Girls	Final	11 - 14	0:20	4 Heats	-
17:20	216.	200m Backstroke	Boys	Final	11 - 14	0:14	3 Heats	-
17:34	217.	50m Freestyle	Girls	Final	11 - 14	0:08	4 Heats	-
17:42	218.	50m Freestyle	Boys	Final	11 - 14	0:08	4 Heats	-
17:50	219.	200m Breaststroke	Girls	Final	11 - 14	0:20	4 Heats	-
18:10	220.	200m Breaststroke	Boys	Final	11 - 14	0:15	3 Heats	-
18:25	221.	400m Freestyle	Girls	Final	11 - 14	0:15	2 Heats	-
18:40	222.	400m Freestyle	Boys	Final	11 - 14	0:15	2 Heats	-
18:55	321.	400m Freestyle	Women	Final	15 +	0:13	2 Heats	-
19:08	322.	400m Freestyle	Men	Final	15 +	0:13	2 Heats	-
19:21	223.	4 x 50m Medley	Girls	Timed Final	11 - 14	0:12	3 Heats	21
19:33	323.	4 x 50m Medley	Women	Timed Final	15 +	0:08	2 Heats	14
19:41	224.	4 x 50m Medley	Boys	Timed Final	11 - 14	0:11	3 Heats	17
19:52	324.	4 x 50m Medley	Men	Timed Final	15 +	0:08	2 Heats	13

20:00 End of session Total duration 3:00

Schedule Session No. 10 - Jour 3 Finales (Bassin profond) - Day 3 Finals (Deep End) 2025-12-06 - 17:00

Warmup: 16:00 until 16:50

Les finales de cette session débuteront à 16:00 - Finals for this session will start at 4:00pm

17:00 Hymne National- National Anthem

17:00	115.	200m Backstroke	Women	Final	11 +	0:23	5 Heats	-
17:23	315.	200m Backstroke	Women	Final	15 +	0:09	2 Heats	-
17:32	116.	200m Backstroke	Men	Final	11 +	0:17	4 Heats	-
17:49	316.	200m Backstroke	Men	Final	15 +	0:09	2 Heats	-
17:58	117.	50m Freestyle	Women	Final	11 +	0:08	4 Heats	-
18:06	317.	50m Freestyle	Women	Final	15 +	0:04	2 Heats	-
18:10	118.	50m Freestyle	Men	Final	11 +	0:08	4 Heats	-
18:18	318.	50m Freestyle	Men	Final	15 +	0:04	2 Heats	-
18:22	119.	200m Breaststroke	Women	Final	11 +	0:14	4 Heats	-
18:36	319.	200m Breaststroke	Women	Final	15 +	0:05	1 Heat	-
18:41	120.	200m Breaststroke	Men	Final	11 +	0:17	4 Heats	-
18:58	320.	200m Breaststroke	Men	Final	15 +	0:09	2 Heats	-
19:07	121.	400m Freestyle	Women	Final	11 +	0:28	4 Heats	-
19:35	122.	400m Freestyle	Men	Final	11 +	0:25	4 Heats	-
20:00	123.	4 x 50m Medley	Women	Timed Final	11 +	0:16	4 Heats	26
20:16	124.	4 x 50m Medley	Men	Timed Final	11 +	0:14	4 Heats	23

20:30 End of session Total duration 3:30





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Schedule Session No. 11 - Jour 4 Préliminaires (Bassin peu profond) - Day 4 Prelims (Shallow E2025-12-07 - 8:00

Warmup: 7:00 until 7:50

**** Event 332 200m Medley Men 15+ will swim in Shallow End

**** L'épreuve 332 200m QNI Hommes 15+ nagera dans le bassin peu profond

8:00	225.	100m Freestyle	Girls	Prelim	11 - 14	0:23	12 Heats	115
8:23	226.	100m Freestyle	Boys	Prelim	11 - 14	0:18	10 Heats	96
8:41	227.	100m Breaststroke	Girls	Prelim	11 - 14	0:16	7 Heats	67
8:57	228.	100m Breaststroke	Boys	Prelim	11 - 14	0:13	6 Heats	57
9:10	229.	200m Butterfly	Girls	Prelim	11 - 14	0:13	3 Heats	23
9:23	230.	200m Butterfly	Boys	Prelim	11 - 14	0:12	3 Heats	22
9:35	231.	200m Medley	Girls	Prelim	11 - 14	0:41	11 Heats	106
10:16	232.	200m Medley	Boys	Prelim	11 - 14	0:40	11 Heats	105
10:56	332.	200m Medley	Men	Prelim	15 +	0:20	6 Heats	59
11:16	End of session				Total duration	3:16		

Schedule Session No. 12 - Jour 4 Préliminaires (Bassin profond) - Day 4 Prelims (Deep End) 2025-12-07 - 8:00

Warmup: 7:00 until 7:50

8:00	125.	100m Freestyle	Women	Prelim	11 +	0:14	8 Heats	76
8:14	325.	100m Freestyle	Women	Prelim	15 +	0:12	7 Heats	69
8:26	126.	100m Freestyle	Men	Prelim	11 +	0:14	8 Heats	76
8:40	326.	100m Freestyle	Men	Prelim	15 +	0:13	8 Heats	79
8:53	127.	100m Breaststroke	Women	Prelim	11 +	0:05	2 Heats	15
8:58	327.	100m Breaststroke	Women	Prelim	15 +	0:06	3 Heats	24
9:04	128.	100m Breaststroke	Men	Prelim	11 +	0:04	2 Heats	20
9:08	328.	100m Breaststroke	Men	Prelim	15 +	0:08	4 Heats	35
9:16	129.	200m Butterfly	Women	Prelim	11 +	0:11	3 Heats	26
9:27	329.	200m Butterfly	Women	Prelim	15 +	0:07	2 Heats	18
9:34	130.	200m Butterfly	Men	Prelim	11 +	0:06	2 Heats	19
9:40	330.	200m Butterfly	Men	Prelim	15 +	0:07	2 Heats	13
9:47	131.	200m Medley	Women	Prelim	11 +	0:27	8 Heats	76
10:14	331.	200m Medley	Women	Prelim	15 +	0:21	6 Heats	56
10:35	132.	200m Medley	Men	Prelim	11 +	0:25	8 Heats	75
11:00	End of session				Total duration	3:00		





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Schedule Session No. 13 - Jour 4 Finales (Bassin peu profond) - Day 4 Finals (Shallow End) 2025-12-07 - 16:00

Warmup: 15:00 until 15:50

16:00	Hymne National- National Anthem								
16:00	225.	100m Freestyle	Girls	Final	11 - 14	0:11	4 Heats	-	
16:11	226.	100m Freestyle	Boys	Final	11 - 14	0:11	4 Heats	-	
16:22	227.	100m Breaststroke	Girls	Final	11 - 14	0:12	4 Heats	-	
16:34	228.	100m Breaststroke	Boys	Final	11 - 14	0:13	4 Heats	-	
16:47	229.	200m Butterfly	Girls	Final	11 - 14	0:10	2 Heats	-	
16:57	230.	200m Butterfly	Boys	Final	11 - 14	0:10	2 Heats	-	
17:07	231.	200m Medley	Girls	Final	11 - 14	0:18	4 Heats	-	
17:25	232.	200m Medley	Boys	Final	11 - 14	0:18	4 Heats	-	
17:43	233.	4 x 50m Freestyle	Girls	Timed Final	11 - 14	0:16	4 Heats	24	
17:59	333.	4 x 50m Freestyle	Women	Timed Final	15 +	0:07	2 Heats	15	
18:06	234.	4 x 50m Freestyle	Boys	Timed Final	11 - 14	0:11	3 Heats	19	
18:17	334.	4 x 50m Freestyle	Men	Timed Final	15 +	0:06	2 Heats	15	
18:23	End of session				Total duration	2:23			

Schedule Session No. 14 - Jour 4 Finales (Bassin profond) - Day 4 Finals (Deep End) 2025-12-07 - 16:00

16:00	125.	100m Freestyle	Women	Final	11 +	0:08	3 Heats	-	
16:08	325.	100m Freestyle	Women	Final	15 +	0:05	2 Heats	-	
16:13	126.	100m Freestyle	Men	Final	11 +	0:08	3 Heats	-	
16:21	326.	100m Freestyle	Men	Final	15 +	0:05	2 Heats	-	
16:26	127.	100m Breaststroke	Women	Final	11 +	0:03	3 Heats	-	
16:29	327.	100m Breaststroke	Women	Final	15 +	0:06	2 Heats	-	
16:35	128.	100m Breaststroke	Men	Final	11 +	0:03	3 Heats	-	
16:38	328.	100m Breaststroke	Men	Final	15 +	0:05	2 Heats	-	
16:43	129.	200m Butterfly	Women	Final	11 +	0:09	3 Heats	-	
16:52	329.	200m Butterfly	Women	Final	15 +	0:09	2 Heats	-	
17:01	130.	200m Butterfly	Men	Final	11 +	0:03	3 Heats	-	
17:04	330.	200m Butterfly	Men	Final	15 +	0:09	2 Heats	-	
17:13	131.	200m Medley	Women	Final	11 +	0:12	3 Heats	-	
17:25	132.	200m Medley	Men	Final	11 +	0:13	3 Heats	-	
17:38	331.	200m Medley	Women	Final	15 +	0:08	2 Heats	-	
17:46	332.	200m Medley	Men	Final	15 +	0:09	2 Heats	-	
17:55	133.	4 x 50m Freestyle	Women	Timed Final	11 +	0:14	4 Heats	22	
18:09	134.	4 x 50m Freestyle	Men	Timed Final	11 +	0:11	3 Heats	20	
18:20	End of session				Total duration	2:20			

