

ANLSL Regionale #5
Dollard-des-Ormeaux, 15- - 16-3-2025

Schedule Session No. 1 - SAMEDI MATIN - Profond (10-12)

2025-03-15 - 8:00

Warmup: 7:00 until 7:50

8:00	1.	200m Medley	Girls	Timed Final	10 - 12	0:30	7 Heats	41
8:30	2.	50m Butterfly	Girls	Timed Final	10 - 12	0:20	14 Heats	81
8:50	3.	100m Freestyle	Girls	Timed Final	10 - 12	0:25	12 Heats	68
9:15	4.	100m Breaststroke	Girls	Timed Final	10 - 12	0:30	12 Heats	72
9:45	5.	100m Backstroke	Girls	Timed Final	10 - 12	0:50	17 Heats	97
10:35	6.	400m Medley	Girls	Timed Final	10 - 12	0:25	3 Heats	18
11:00	End of session			Total duration		3:00		

Schedule Session No. 2 - SAMEDI MATIN - Peu profond (10-12)

2025-03-15 - 8:00

Warmup: 7:00 until 7:50

8:00	7.	200m Medley	Boys	Timed Final	10 - 12	0:25	6 Heats	35
8:25	8.	50m Butterfly	Boys	Timed Final	10 - 12	0:25	18 Heats	105
8:50	9.	100m Freestyle	Boys	Timed Final	10 - 12	0:35	16 Heats	92
9:25	10.	100m Breaststroke	Boys	Timed Final	10 - 12	0:40	15 Heats	86
10:05	11.	100m Backstroke	Boys	Timed Final	10 - 12	0:45	17 Heats	102
10:50	12.	400m Medley	Boys	Timed Final	10 - 12	0:25	3 Heats	15
11:15	End of session			Total duration		3:15		

Schedule Session No. 3 - SAMEDI APRES-MIDI - Profond (9-)

2025-03-15 - 13:15

Warmup: 12:15 until 13:05

13:15	13.	200m Freestyle	All	Timed Final	- 9	0:40	9 Heats	50
13:55	14.	50m Breaststroke	All	Timed Final	- 9	0:30	18 Heats	107
14:25	15.	100m Butterfly	All	Timed Final	- 9	0:05	1 Heat	5
14:30	16.	50m Freestyle	All	Timed Final	- 9	0:30	20 Heats	118
15:00	17.	100m Backstroke	All	Timed Final	- 9	0:30	9 Heats	50
15:30	18.	50m Butterfly	All	Timed Final	- 9	0:15	9 Heats	53
15:45	19.	100m Breaststroke	All	Timed Final	- 9	0:30	9 Heats	49
16:15	20.	100m Medley	All	Timed Final	- 9	0:20	8 Heats	45
16:35	21.	200m Medley	All	Timed Final	- 9	0:10	2 Heats	9
16:45	22.	50m Backstroke	All	Timed Final	- 9	0:45	21 Heats	126
17:30	23.	100m Freestyle	All	Timed Final	- 9	0:40	14 Heats	82
18:10	End of session			Total duration		4:55		

Schedule Session No. 4 - DIMANCHE MATIN - Peu profond (10-12)

2025-03-16 - 10:00

Warmup: 9:00 until 9:50

10:00	24.	200m Freestyle	Boys	Timed Final	10 - 12	0:45	11 Heats	64
10:45	25.	50m Breaststroke	Boys	Timed Final	10 - 12	0:25	17 Heats	98
11:10	26.	200m Backstroke	Boys	Timed Final	10 - 12	0:15	3 Heats	16
11:25	27.	50m Freestyle	Boys	Timed Final	10 - 12	0:25	22 Heats	128
11:50	28.	200m Breaststroke	Boys	Timed Final	10 - 12	0:25	5 Heats	29
12:15	29.	50m Backstroke	Boys	Timed Final	10 - 12	0:20	12 Heats	71
12:35	30.	100m Medley	Boys	Timed Final	10 - 12	0:30	12 Heats	67
13:05	End of session			Total duration		3:05		

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Schedule Session No. 5 - DIMANCHE MATIN - Profond (10-12)

2025-03-16 - 10:00

Warmup: 9:00 until 9:50

10:00	31.	200m Freestyle	Girls	Timed Final	10 - 12	0:45	12 Heats	70
10:45	32.	50m Breaststroke	Girls	Timed Final	10 - 12	0:20	13 Heats	74
11:05	33.	200m Backstroke	Girls	Timed Final	10 - 12	0:15	3 Heats	16
11:20	34.	50m Freestyle	Girls	Timed Final	10 - 12	0:20	17 Heats	99
11:40	35.	200m Breaststroke	Girls	Timed Final	10 - 12	0:20	4 Heats	20
12:00	36.	50m Backstroke	Girls	Timed Final	10 - 12	0:15	8 Heats	46
12:15	37.	100m Medley	Girls	Timed Final	10 - 12	0:25	10 Heats	60
12:40	End of session				Total duration	2:40		