

Eastern Ontario Regional UPDATED Session Times

SCHEDULE OF SESSIONS: REVISED

Day	Session	Age Group	Type	Warm Up	Start	Est End Time
Friday	1	13 & over	Prelims	8:00 AM	9:00 AM	12:24 PM
Friday	2	12 & under	Time finals	12:30 PM	1:15 PM	5:05 PM
Friday	3	13 & over	Finals	5:30 PM	6:30 PM	8:43 PM
Saturday	4	13 & over	Prelims	7:00 AM	8:00 AM	12:08 PM
Saturday	5	12 & under	Time finals	12:15 PM	1:00 PM	5:39 PM
Saturday	6	13 & over	Finals	5:45 PM	6:45 PM	9:27 PM
Sunday	7	13 & over	Prelims	7:00 AM	8:00 AM	12:22 PM
Sunday	8	12 & under	Time finals	12:30 PM	1:15 PM	5:30 PM
Sunday	9	13 & over	Finals	5:30 PM	6:30 PM	8:30 PM