



Coupe du Québec des Maitres Manche 5  
Pointe-Claire, 11-2-2023



**Schedule Session No. 1 - Session 1**

**2023-02-11 - 14:00**

Warmup: 13:00 until 13:45

Team Leaders Meeting: 13:20

14:00	1.	200m Freestyle	All	Timed Final	18 +	0:45	11 Heats	101
14:45	2.	50m Butterfly	All	Timed Final	18 +	0:14	10 Heats	95
14:59	3.	100m Breaststroke	All	Timed Final	18 +	0:19	7 Heats	66
15:18	Pause 15 minutes						0:15	
15:33	4.	50m Freestyle	All	Timed Final	18 +	0:19	14 Heats	138
15:52	5.	200m Butterfly	All	Timed Final	18 +	0:12	2 Heats	15
16:04	6.	100m Backstroke	All	Timed Final	18 +	0:24	8 Heats	75
16:28	7.	50m Breaststroke	All	Timed Final	18 +	0:16	10 Heats	93
16:44	Pause 15 minutes						0:15	
16:59	8.	100m Freestyle	All	Timed Final	18 +	0:22	10 Heats	93
17:21	9.	200m Medley	All	Timed Final	18 +	0:34	8 Heats	78
17:55	10.	50m Backstroke	All	Timed Final	18 +	0:17	8 Heats	71
18:12	Échauffement du 1500m Libre - 20 minutes - Warmup 1500m Free						0:20	
18:32	11.	1500m Freestyle	All	Timed Final	18 +	0:28	not seeded	-
	Fin estimée vers 20:30							