



Finale Regionale ANLSL
Côte Saint-Luc
14-15 juin 2025



Schedule Session No. 1 - Session 1

2025/06/14 - 7:45

Warmup: 6:45 until 7:35

25 min warmup 1 + 25 min warmup 2 + 10 min break

7:45	1.	100m Medley	Girls	Timed Final	- 12	0:31	13 Heats	123
8:16	2.	100m Medley	Boys	Timed Final	- 12	0:27	11 Heats	107
8:43	3.	50m Freestyle	Girls	Timed Final	- 12	0:23	19 Heats	185
9:06	4.	50m Freestyle	Boys	Timed Final	- 12	0:22	18 Heats	176
9:28	5.	200m Backstroke	Girls	Timed Final	9 - 12	0:26	6 Heats	56
9:54	6.	200m Backstroke	Boys	Timed Final	9 - 12	0:26	6 Heats	50
10:20	7.	400m Freestyle	Girls	Timed Final	9 - 12	0:43	6 Heats	58
11:03	8.	400m Freestyle	Boys	Timed Final	9 - 12	0:35	5 Heats	50
11:38	9.	4 x 100m Freestyle	Girls	Timed Final	- 12	0:22	3 Heats	17
12:00	10.	4 x 100m Freestyle	Boys	Timed Final	- 12	0:23	3 Heats	15
12:23	Remise des médailles Finale Régionale							
12:23	End of session				Total duration	4:38		

Schedule Session No. 2 - Session 2

2025/06/14 - 15:00

Warmup: 14:00 until 14:50

25 min warmup 1 + 25 min warmup 2 + 10 min break

15:00	11.	200m Freestyle	Girls	Timed Final	- 12	0:47	12 Heats	114
15:47	12.	200m Freestyle	Boys	Timed Final	- 12	0:43	11 Heats	104
16:30	13.	100m Butterfly	Girls	Timed Final	- 12	0:15	6 Heats	48
16:45	14.	100m Butterfly	Boys	Timed Final	- 12	0:12	5 Heats	36
16:57	15.	50m Backstroke	Girls	Timed Final	- 12	0:24	14 Heats	138
17:21	16.	50m Backstroke	Boys	Timed Final	- 12	0:26	15 Heats	141
17:47	17.	100m Breaststroke	Girls	Timed Final	- 12	0:28	11 Heats	103
18:15	18.	100m Breaststroke	Boys	Timed Final	- 12	0:26	10 Heats	93
18:41	19.	200m Medley	Girls	Timed Final	- 12	0:38	9 Heats	88
19:19	20.	200m Medley	Boys	Timed Final	- 12	0:32	8 Heats	73
19:51	21.	4 x 50m Medley	Girls	Timed Final	- 12	0:12	3 Heats	17
20:03	22.	4 x 50m Medley	Boys	Timed Final	- 12	0:12	3 Heats	17
20:15	Remise des médailles Finale Régionale							
20:15	End of session				Total duration	5:15		

Schedule Session No. 3 - Session 3

2025/06/15 - 8:00

Warmup: 7:00 until 7:50

25 min warmup 1 + 25 min warmup 2 + 10 min break

8:00	23.	200m Breaststroke	Girls	Timed Final	9 - 12	0:27	6 Heats	52
8:27	24.	200m Breaststroke	Boys	Timed Final	9 - 12	0:24	5 Heats	47
8:51	25.	50m Butterfly	Girls	Timed Final	- 12	0:17	12 Heats	118
9:08	26.	50m Butterfly	Boys	Timed Final	- 12	0:14	10 Heats	96
9:22	27.	100m Freestyle	Girls	Timed Final	- 12	0:37	17 Heats	162
9:59	28.	100m Freestyle	Boys	Timed Final	- 12	0:34	16 Heats	153
10:33	29.	100m Backstroke	Girls	Timed Final	- 12	0:29	11 Heats	102
11:02	30.	100m Backstroke	Boys	Timed Final	- 12	0:30	11 Heats	105
11:32	31.	50m Breaststroke	Girls	Timed Final	- 12	0:21	14 Heats	133
11:53	32.	50m Breaststroke	Boys	Timed Final	- 12	0:18	12 Heats	116
12:11	33.	4 x 50m Freestyle	Girls	Timed Final	- 12	0:11	3 Heats	17
12:22	34.	4 x 50m Freestyle	Boys	Timed Final	- 12	0:10	3 Heats	17
12:32	Remise des médailles Finale Régionale							



ASSOCIATION DE NATATION LAC ST-LOUIS
LAC ST-LOUIS SWIMMING ASSOCIATION

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12:32 End of session

Total duration

4:32