***TORONTO***

***GRAND PRIX***

**Friday**

**Approx start times: “A” Flight “B” Flight**

**200 fly 3:30pm - - - - - -**

**100 free 4:00pm 6:30pm**

**100 breast 4:20pm - - - - - -**

**100 back 4:40pm 6:40pm**

**400 free 5:00pm 6:45pm**

**200 IM 5:30pm 7:30pm**

**Finish (approx.) 6:00pm 7:45pm**

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| **WARMUP TIMES:**  **2:00-3:30pm = 50m Pool**  **3:30-5:00pm = 25yd pool**  **6:00-6:30pm = 50m pool (approx.)**  **7:00-8:00pm = 25yd pool** |

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**Saturday**

**Approx start times “A Flight “B” Flight**

**100 fly 10:30am 1:00pm**

**200 free 10:50am 1:10pm**

**200 breast 11:10am 1:40pm (15minute break after breast)**

**200 back 11:30am 2:10pm**

**50 free 12:00pm - - - - - -**

**400 IM 12:15pm 2:40pm**

**Finish (approx.) 12:30pm 3:15pm**

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| **Warmup times:**  **9:00-10:30am = 50m pool**  **10:30-12:00pm = 25yd pool**  **12:30-1:00pm = 50m pool**  **Fifteen minute break ~ 2:00pm** |