

**Tier 6 - 7 Provincials & Tier 1-5 South Trials 2009**  
**Talisman Centre, Calgary**

**PRACTICE SCHEDULE**  
**Friday March 6, 2009**

The following routine practice times are for music time in the South Pool. Lanes will be available in the North Pool from 10:00am for Lane Swimming/Warm Up without restriction.

<b>CLUB</b>	<b>AMOUNT OF TIME</b>	<b>TIME</b>
<b>Killarney Synchro</b>	60min	11:00am – 12:00pm
<b>Calgary Winter Club</b>	50 min	12:00pm – 12:50pm
<b>Elite Synchro</b>	35 min	12:50pm – 1:25pm
<b>Calgary Aquabelles</b>	85 min	1:25pm – 2:50pm
<b>Red Deer Synchro</b>	30 min	2:50pm – 3:20pm
<b>Lethbridge Synchrobelles</b>	10 min	3:20pm – 3:30pm
<b>Southern Synchro</b>	5 min	3:30pm – 3:45pm
<b>Okotoks Synchro</b>	5 min	3:45pm – 3:50pm
<b>Edmonton Auroras</b>	35 min	3:50pm – 4:25pm
<b>Univeristy of Alberta</b>	10 min	4:25pm – 4:35pm
<b>Airdrie</b>	0	
<b>Slave Lake</b>	0	

**Routine Practice Times were allocated based on the following number of minutes per routine per club:**

**Team Routines – 5 minutes**

**Combo Routines – 5 minutes**

**Duet Routines – 5 minutes**

**Solo Routines – 0**

**Each Club is responsible to submit their music to the music desk one hour before practice time and will not be picked up until after the competition finishes. Two CDs need to be submitted per routine (no tapes please) clearly labeled with club, tier, event and swimmer information.**