

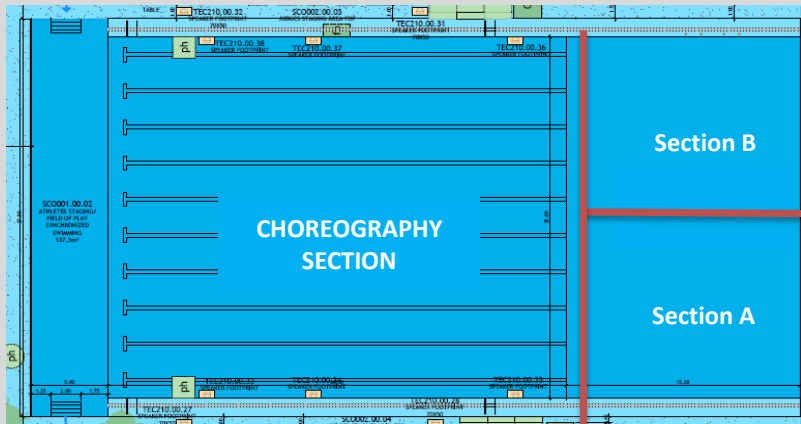


Synchronised Swimming Training Schedule Form

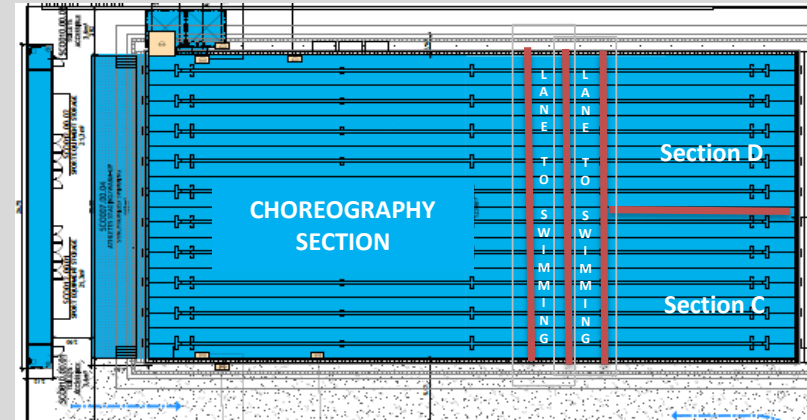


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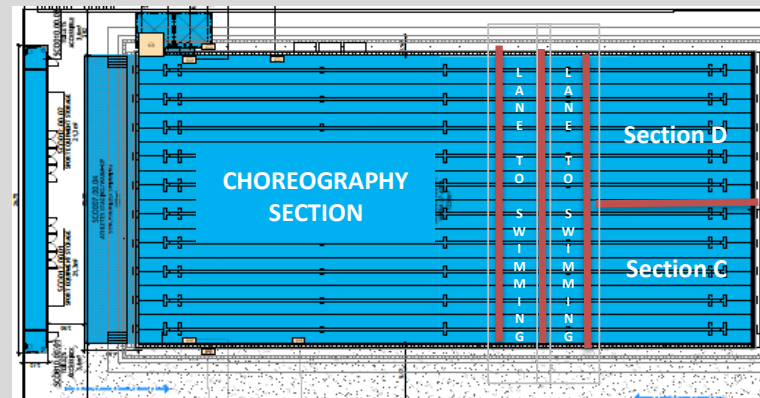
COMPETITION POOL



WARM UP POOL



FUR POOL





Synchronised Swimming

Training Schedule Form



24 JULY
WARM UP POOL

warm up pool	
duet	18
team	24
duet/team	42

MARIA LENK AQUATIC CENTRE

WARM UP POOL

				coreography section (30x25x3)			training section C (15x12,5x3)			training section D (15x12,5x3)			
music				YES			NO			NO			
lifts allowed				YES			YES			YES			
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
24/jul	group 1	EGY	D/T	00:42	00:42	15:30	16:12	00:40	14:48	15:28	00:20	16:14	16:34

AVAILABLE FOR PRACTICE WITHOUT MUSIC FROM 14:00 TO 19:00

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



24 JULY
COMPETITION POOL

competition pool	
duet	26
team	34
duet/team	60

MARIA LENK AQUATIC CENTRE													
				COMPETITION POOL									
				coreography section (30x25x3)				training section A (20x12,5x3)			training section B (20x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
24/jul	group 1	EGY	D/T	01:00	01:00	17:20	18:20	00:40	16:38	17:18	00:20	18:22	18:42
AVAILABLE FOR PRACTICE WITHOUT MUSIC FROM 14:00 TO 19:00													

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



25 JULY
WARM UP POOL

warm up pool	
duet	26
team	34
duet/team	60

MARIA LENK AQUATIC CENTRE													
				WARM UP POOL									
				coreography section (30x25x3)				training section C (15x12,5x3)			training section D (15x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
25/jul	group 1	EGY	D/T	01:00	01:00	16:30	17:30	00:40	15:48	16:28	00:30	17:32	18:02
AVAILABLE FOR PRACTICE WITHOUT FROM 8:00 TO 12:00 AND FROM 14:00 TO 19:00													

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



25 JULY
COMPETITION POOL

competition pool	
duet	52
team	68
duet/team	120

MARIA LENK AQUATIC CENTRE													
				COMPETITION POOL									
				coreography section (30x25x3)				training section A (20x12,5x3)			training section B (20x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
25/jul	group 1	EGY	D/T	02:00	02:00	09:00	11:00	00:40	08:18	08:58	00:30	11:02	11:32
AVAILABLE FOR PRACTICE WITHOUT MUSIC FROM 8:00 TO 12:00													

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



26 JULY
WARM UP POOL

warm up pool	
duet	26
team	34
duet/team	60

MARIA LENK AQUATIC CENTRE													
				WARM UP POOL									
				coreography section (30x25x3)				training section C (15x12,5x3)			training section D (15x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
26/jul	group 1	EGY	D/T	01:00	01:00	16:30	17:30	00:40	15:48	16:28	00:20	17:32	17:52
AVAILABLE FOR PRACTICE WITHOUT FROM 8:00 TO 12:00 AND FROM 14:00 TO 19:00													

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



26 JULY

COMPETITION POOL

competition pool	
duet	52
team	68
duet/team	120

MARIA LENK AQUATIC CENTRE

COMPETITION POOL

				coreography section (30x25x3)			training section A (20x12,5x3)			training section B (20x12,5x3)			
music				YES			NO			NO			
lifts allowed				YES			YES			YES			
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
26/jul	group 1	EGY	D/T	02:00	02:00	09:00	11:00	00:40	08:18	08:58	00:30	11:02	11:32

AVAILABLE FOR PRACTICE WITHOUT MUSIC FROM 8:00 TO 12:00

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



27 JULY
WARM UP POOL

warm up pool	
duet	26
team	34
duet/team	60

MARIA LENK AQUATIC CENTRE													
WARM UP POOL													
				ccoreography section (30x25x3)				training section C (15x12,5x3)			training section D (15x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
27/jul	group 1	EGY	D/T	01:00	01:00	09:00	10:00	00:45	08:13	08:58	00:30	10:02	10:32
AVAILABLE FOR PRACTICE WITHOUT FROM 8:00 TO 12:00 AND FROM 14:00 TO 19:00													

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



27 JULY

COMPETITION POOL

competition pool	
duet	52
team	68
duet/team	120

MARIA LENK AQUATIC CENTRE													
				COMPETITION POOL									
				coreography section (30x25x3)				training section A (20x12,5x3)			training section B (20x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
27/jul	group 1	EGY	D/T	02:00	02:00	16:00	18:00	00:40	15:18	15:58	00:30	18:02	18:32
AVAILABLE FOR PRACTICE WITHOUT MUSIC FROM 14:00 TO 19:00													

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



28 JULY

WARM UP POOL

warm up pool	
duet	26
team	34
duet/team	60

MARIA LENK AQUATIC CENTRE													
				WARM UP POOL									
				coreography section (30x25x3)				training section C (15x12,5x3)			training section D (15x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
28/jul	group 1	EGY	D/T	01:00	01:00	09:00	10:00	00:40	08:18	08:58	00:30	10:02	10:32

AVAILABLE FOR PRACTICE WITHOUT FROM 8:00 TO 12:00 AND FROM 14:00 TO 19:00

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



28 JULY

COMPETITION POOL

competition pool	
duet	52
team	68
duet/team	120

MARIA LENK AQUATIC CENTRE													
				COMPETITION POOL									
				coreography section (30x25x3)				training section A (20x12,5x3)			training section B (20x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
28/jul	group 1	EGY	D/T	02:00	02:00	15:45	17:45	00:40	15:03	15:43	00:30	17:47	18:17
AVAILABLE FOR PRACTICE WITHOUT MUSIC FROM 14:00 TO 19:00													

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



29 JULY

WARM UP POOL

warm up pool	
duet	33
team	44
duet/team	77

MARIA LENK AQUATIC CENTRE

WARM UP POOL

				coreography section (30x25x3)			training section C (15x12,5x3)			training section D (15x12,5x3)			
music				YES			NO			NO			
lifts allowed				YES			YES			YES			
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
29/jul	group 1	EGY	D/T	01:17	01:17	16:00	17:17	00:40	15:18	15:58	00:30	17:19	17:49

AVAILABLE FOR PRACTICE WITHOUT FROM 8:00 TO 12:00 AND FROM 14:00 TO 19:00

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



29 JULY

COMPETITION POOL

competition pool	
duet	52
team	68
duet/team	120

MARIA LENK AQUATIC CENTRE													
				COMPETITION POOL									
				coreography section (30x25x3)				training section A (20x12,5x3)			training section B (20x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
29/jul	group 1	EGY	D/T	02:00	02:00	09:00	11:00	00:40	08:18	08:58	00:30	11:02	11:32
AVAILABLE FOR PRACTICE WITHOUT MUSIC FROM 8:00 TO 12:30													

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



30 JULY
WARM UP POOL

warm up pool	
duet	26
team	34
duet/team	60

MARIA LENK AQUATIC CENTRE													
music lifts allowed				WARM UP POOL									
				coreography section (30x25x3)				training section C (15x12,5x3)			training section D (15x12,5x3)		
				YES				NO			NO		
				YES				YES			YES		
Day	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
30/jul	group 2	JPN	D/T	01:00	01:00	08:40	09:40	00:40	07:58	08:38	00:30	09:42	10:12
30/jul	group 3	GRE	D	01:00	00:26	09:41	10:07	00:40	08:59	09:39	00:30	10:43	11:13
30/jul	group 1	EGY	D/T	01:00	01:00	10:08	11:08	00:40	09:26	10:06	00:30	11:10	11:40
AVAILABLE FOR PRACTICE WITHOUT MUSIC FROM 14:00 TO 19:00													

Group 3 can stay in the choreography section 34 minutes after finishing their music time

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



30 JULY COMPETITION POOL

competition pool	
duet	26
team	34
duet/team	60

MARIA LENK AQUATIC CENTRE													
				COMPETITION POOL									
				coreography section (30x25x3)				training section A (20x12,5x3)			training section B (20x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
30/jul	group 2	JPN	D/T	01:00	01:00	15:45	16:45	00:40	15:03	15:43	00:30	16:47	17:17
30/jul	group 3	GRE	D	01:00	00:26	16:46	17:12	00:40	16:04	16:44	00:30	17:48	18:18
30/jul	group 1	EGY	D/T	01:00	01:00	17:13	18:13	00:40	16:31	17:11	00:30	18:15	18:45

Group 3 can stay in the choreography section 34 minutes after finishing their music time

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



31 JULY

WARM UP POOL

warm up pool	
duet	26
team	34
duet/team	60

MARIA LENK AQUATIC CENTRE													
WARM UP POOL													
				coreography section (30x25x3)				training section C (15x12,5x3)			training section D (15x12,5x3)		
music lifts allowed				YES				NO			NO		
				YES				YES			YES		
Day	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
31/jul	group 3	GRE	D	01:00	00:26	15:45	16:11	00:40	15:03	15:43	00:30	16:47	17:17
31/jul	group 1	EGY	D/T	01:00	01:00	16:12	17:12	00:40	15:30	16:10	00:30	17:14	17:44
31/jul	group 2	JPN	D/T	01:00	01:00	17:13	18:13	00:40	16:31	17:11	00:30	18:15	18:45

AVAILABLE FOR PRACTICE WITHOUT MUSIC UNTIL 19:20 AND FROM 8:00 TO 12:00

Group 3 can stay in the choreoghapy section 34 minutes after finishing their music time

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



31 JULY COMPETITION POOL

competition pool	
duet	26
team	34
duet/team	60

MARIA LENK AQUATIC CENTRE													
				COMPETITION POOL									
				coreography section (30x25x3)				training section A (20x12,5x3)			training section B (20x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
31/jul	group 3	GRE	D	01:00	00:26	08:45	09:11	00:40	08:03	08:43	00:30	09:47	10:17
31/jul	group 1	EGY	D/T	01:00	01:00	09:12	10:12	00:40	08:30	09:10	00:30	10:14	10:44
31/jul	group 2	JPN	D/T	01:00	01:00	10:13	11:13	00:40	09:31	10:11	00:30	11:15	11:45
AVAILABLE FOR PRACTICE WITHOUT MUSIC UNTIL 13:00													

Group 3 can stay in the choreography section 34 minutes after finishing their music time

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



01 AUGUST WARM UP POOL

warm up pool	
duet	26
team	34
duet/team	60

MARIA LENK AQUATIC CENTRE													
WARM UP POOL													
				coreography section (30x25x3)				training section C (15x12,5x3)			training section D (15x12,5x3)		
music lifts allowed				YES				NO			NO		
				YES				YES			YES		
Day	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
01/ago	group 4	BRA	D/T	01:00	01:00	08:40	09:40	00:40	07:58	08:38	00:30	09:42	10:12
01/ago	group 1	EGY	D/T	01:00	01:00	09:41	10:41	00:40	08:59	09:39	00:30	10:43	11:13
01/ago	group 2	JPN	D/T	01:00	01:00	10:42	11:42	00:40	10:00	10:40	00:30	11:44	12:14
01/ago	group 3	GRE	D	01:00	00:26	11:43	12:09	00:40	11:01	11:41	00:30	12:45	13:15
AVAILABLE FOR PRACTICE WITHOUT MUSIC FROM 15:00 TO 19:50													

Group 3 can stay in the choreography section 34 minutes after finishing their music time

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



01 AUGUST COMPETITION POOL

competition pool	
duet	26
team	34
duet/team	60

MARIA LENK AQUATIC CENTRE													
				COMPETITION POOL									
				coreography section (30x25x3)				training section A (20x12,5x3)			training section B (20x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
01/ago	group 4	BRA	D/T	01:00	01:00	15:45	16:45	00:40	15:03	15:43	00:20	16:47	17:07
01/ago	group 1	EGY	D/T	01:00	01:00	16:46	17:46	00:40	16:04	16:44	00:20	17:48	18:08
01/ago	group 2	JPN	D/T	01:00	01:00	17:47	18:47	00:40	17:05	17:45	00:20	18:49	19:09
01/ago	group 3	GRE	D	01:00	00:26	18:48	19:14	00:40	18:06	18:46	00:20	19:50	20:10

Group 3 can stay in the choreography section 34 minutes after finishing their music time

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



02 AUGUST

WARM UP POOL

warm up pool	
duet	26
team	34
duet/team	60

MARIA LENK AQUATIC CENTRE													
WARM UP POOL													
				coreography section (30x25x3)				training section C (15x12,5x3)			training section D (15x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
Day	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
02/ago	group 1	EGY	D/T	01:00	01:00	14:45	15:45	00:40	14:03	14:43	00:30	15:47	16:17
02/ago	group 2	JPN	D/T	01:00	01:00	15:46	16:46	00:40	15:04	15:44	00:30	16:48	17:18
02/ago	group 3	GRE	D	01:00	00:26	16:47	17:13	00:40	16:05	16:45	00:30	17:49	18:19
		AUT	D		00:26	17:14	17:40						
02/ago	group 4	BRA	D/T	01:00	01:00	17:41	18:41	00:40	16:59	17:39	00:30	18:43	19:13
AVAILABLE FOR PRACTICE WITHOUT MUSIC FROM 08:00 TO 12:00													

Group 3 can stay in the choreoghapy section 7 minutes after finishing their music time

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



02 AUGUST COMPETITION POOL

competition pool	
duet	26
team	34
duet/team	60

MARIA LENK AQUATIC CENTRE													
				COMPETITION POOL									
				coreography section (30x25x3)				training section A (20x12,5x3)			training section B (20x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
02/ago	group 1	EGY	D/T	01:00	01:00	08:00	09:00	00:45	07:13	07:58	00:30	09:02	09:32
02/ago	group 2	JPN	D/T	01:00	01:00	09:01	10:01	00:45	08:14	08:59	00:30	10:03	10:33
02/ago	group 3	GRE	D	01:00	00:26	10:02	10:28	00:45	09:15	10:00	00:30	11:04	11:34
		AUT	D		00:26	10:29	10:55						
02/ago	group 4	BRA	D/T	01:00	01:00	10:56	11:56	00:45	10:09	10:54	00:30	11:58	12:28

AVAILABLE FOR PRACTICE WITHOUT MUSIC UNTIL 13:00

Group 3 can stay in the choreoghapy section 7 minutes after finishing their music time

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



03 AUGUST

WARM UP POOL

warm up pool	
duet	15
team	20
duet/team	35

MARIA LENK AQUATIC CENTRE													
WARM UP POOL													
				coreography section (30x25x3)				training section C (15x12,5x3)			training section D (15x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
Day	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
03/ago	group 2	JPN	D/T	00:51	00:35	08:00	08:35	00:40	07:18	07:58	00:20	08:53	09:13
		AUT	D		00:15	08:36	08:51						
03/ago	group 3	BRA	D/T	00:51	00:35	08:52	09:27	00:40	08:10	08:50	00:20	09:45	10:05
		ISR	D		00:15	09:28	09:43						
03/ago	group 4	AUS	D/T	00:51	00:35	09:44	10:19	00:40	09:02	09:42	00:20	10:37	10:57
		ESP	D		00:15	10:20	10:35						
03/ago	group 1	EGY	D/T	00:51	00:35	10:36	11:11	00:40	09:54	10:34	00:20	11:29	11:49
		GRE	D		00:15	11:12	11:27						

AVAILABLE FOR PRACTICE WITHOUT MUSIC UNTIL 13:00 AND FROM 15:00 TO 20:00



Synchronised Swimming

Training Schedule Form



03 AUGUST COMPETITION POOL

competition pool	
duet	15
team	20
duet/team	35

MARIA LENK AQUATIC CENTRE													
				COMPETITION POOL									
				coreography section (30x25x3)				training section A (20x12,5x3)			training section B (20x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
03/ago	group 2	JPN	D/T	00:51	00:35	15:45	16:20	00:40	15:03	15:43	00:30	16:38	17:08
		AUT	D		00:15	16:21	16:36						
03/ago	group 3	BRA	D/T	00:51	00:35	16:37	17:12	00:40	15:55	16:35	00:30	17:30	18:00
		ISR	D		00:15	17:13	17:28						
03/ago	group 4	AUS	D/T	00:51	00:35	17:29	18:04	00:40	16:47	17:27	00:30	18:22	18:52
		ESP	D		00:15	18:05	18:20						
03/ago	group 1	EGY	D/T	00:51	00:35	18:21	18:56	00:40	17:39	18:19	00:30	19:14	19:44
		GRE	D		00:15	18:57	19:12						

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



04 AUGUST

WARM UP POOL

warm up pool	
duet	15
team	20
duet/team	35

MARIA LENK AQUATIC CENTRE													
				WARM UP POOL									
				coreography section (30x25x3)				training section C (15x12,5x3)			training section D (15x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
Day	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
04/ago	group 3	BRA	D/T	00:51	00:35	14:00	14:35	00:40	13:18	13:58	00:20	14:53	15:13
		ISR	D		00:15	14:36	14:51						
04/ago	group 4	AUS	D/T	00:51	00:35	14:52	15:27	00:40	14:10	14:50	00:20	15:45	16:05
		BLR	D		00:15	15:28	15:43						
04/ago	group 5	ESP	D	00:51	00:15	15:44	15:59	00:40	15:02	15:42	00:20	16:37	16:57
		SVK	D		00:15	16:00	16:15						
04/ago	group 1	EGY	D/T	00:51	00:35	16:16	16:51	00:40	15:34	16:14	00:20	17:09	17:29
		GRE	D		00:15	16:52	17:07						
04/ago	group 2	JPN	D/T	00:51	00:35	17:08	17:43	00:40	16:26	17:06	00:20	18:01	18:21
		AUT	D		00:15	17:44	17:59						

AVAILABLE FOR PRACTICE WITHOUT MUSIC FROM 7:00 TO 12:00 AND FROM 13:00 TO 18:30

Group 5 can stay in the choreography section 20 minutes after finishing their music time

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



04 AUGUST COMPETITION POOL

competition pool	
duet	15
team	20
duet/team	35

MARIA LENK AQUATIC CENTRE													
				COMPETITION POOL									
				coreography section (30x25x3)				training section A (20x12,5x3)			training section B (20x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
04/ago	group 3	BRA	D/T	00:51	00:35	08:00	08:35	00:40	07:18	07:58	00:20	08:53	09:13
		ISR	D		00:15	08:36	08:51						
04/ago	group 4	AUS	D/T	00:51	00:35	08:52	09:27	00:40	08:10	08:50	00:20	09:45	10:05
		BLR	D		00:15	09:28	09:43						
04/ago	Group 5	ESP	D	00:51	00:15	09:44	09:59	00:40	09:02	09:42	00:20	10:37	10:57
		SVK	D		00:15	10:00	10:15						
04/ago	group 1	EGY	D/T	00:51	00:35	10:16	10:51	00:40	09:34	10:14	00:20	11:09	11:29
		GRE	D		00:15	10:52	11:07						
04/ago	group 2	JPN	D/T	00:51	00:35	11:08	11:43	00:40	10:26	11:06	00:20	12:01	12:21
		AUT	D		00:15	11:44	11:59						
Group 5 can stay in the choreoghapy section 20 minutes after finishing their music time								the first group wam up at the warm up pool					

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



05 AUGUST

WARM UP POOL

warm up pool	
duet	13
team	18
duet/team	31

MARIA LENK AQUATIC CENTRE													
				WARM UP POOL									
				coreography section (30x25x3)				training section C (15x12,5x3)			training section D (15x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
Day	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
05/ago	group 4	AUS	D/T	00:59	00:31	07:45	08:16	00:40	07:03	07:43	00:20	08:46	09:06
		BLR	D		00:13	08:17	08:30						
		ESP	D		00:13	08:31	08:44						
05/ago	group 1	EGY	D/T	00:59	00:31	08:45	09:16	00:40	08:03	08:43	00:20	09:46	10:06
		GRE	D		00:13	09:17	09:30						
		SVK	D		00:13	09:31	09:44						
05/ago	group 2	JPN	D/T	00:59	00:31	09:45	10:16	00:40	09:03	09:43	00:20	10:46	11:06
		AUT	D		00:13	10:17	10:30						
		CZE	D		00:13	10:31	10:44						
05/ago	group 3	BRA	D/T	00:59	00:31	10:45	11:16	00:40	10:03	10:43	00:20	11:46	12:06
		ISR	D		00:13	11:17	11:30						
		FRA	D		00:13	11:31	11:44						

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



06 AUGUST WARM UP POOL

warm up pool	
duet	18
team	24
duet/team	42

MARIA LENK AQUATIC CENTRE													
				WARM UP POOL									
				coreography section (30x25x3)			training section C (15x12,5x3)			training section D (15x12,5x3)			
music				YES			NO			NO			
lifts allowed				YES			YES			YES			
Day	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
06/ago	group 1	EGY	D/T	01:20	00:42	08:00	08:42	00:45	07:13	07:58	00:20	09:22	09:42
		GRE	D		00:18	08:43	09:01						
		SVK	D		00:18	09:02	09:20						
06/ago	group 2	AUT	D	01:20	00:18	09:21	09:39	00:45	08:34	09:19	00:20	10:43	11:03
		CZE	D		00:18	09:40	09:58						
06/ago	group 3	BRA	D/T	01:20	00:42	09:59	10:41	00:45	09:12	09:57	00:20	11:21	11:41
		ISR	D		00:18	10:42	11:00						
		FRA	D		00:18	11:01	11:19						
06/ago	group 4	AUS	D/T	01:20	00:42	13:19	14:01	00:45	12:32	13:17	00:20	14:41	15:01
		BLR	D		00:18	14:02	14:20						
		ESP	D		00:18	14:21	14:39						

AVAILABLE FOR PRACTICE WITHOUT MUSIC FROM 15:30 TO 19:30

group 2 can stay in the choreography section 43 minutes after finishing their music time



Synchronised Swimming

Training Schedule Form



06 AUGUST COMPETITION POOL

competition pool	
duet	12
team	14
duet/team	28

MARIA LENK AQUATIC CENTRE													
				COMPETITION POOL									
				coreography section (30x25x3)				training section A (20x12,5x3)			training section B (20x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
06/ago	group 1	EGY	D/T	00:54	00:28	14:55	15:23	00:35	14:18	14:53	00:20	15:51	16:11
		GRE	D		00:12	15:24	15:36						
		SVK	D		00:12	15:37	15:49						
06/ago	group 2	AUT	D	00:54	00:12	15:50	16:02	00:35	15:13	15:48	00:20	16:46	17:06
		CZE	D		00:12	16:03	16:15						
06/ago	group 3	BRA	D/T	00:54	00:28	16:16	16:44	00:35	15:39	16:14	00:20	17:12	17:32
		ISR	D		00:12	16:45	16:57						
		FRA	D		00:12	16:58	17:10						
06/ago	group 4	AUS	D/T	00:54	00:28	17:11	17:39	00:35	16:34	17:09	00:20	18:07	18:27
		BLR	D		00:12	17:40	17:52						
		ESP	D		00:12	17:53	18:05						

group 2 can stay in the choreoghapy section 29 minutes after finishing their music time

the first group wam up at the section D of the warm up pool



Synchronised Swimming

Training Schedule Form



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07 AUGUST WARM UP POOL

warm up pool	
duet	26
team	34
duet/team	60

MARIA LENK AQUATIC CENTRE													
WARM UP POOL													
				coreography section (30x25x3)				training section C (15x12,5x3)			training section D (15x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
Day	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
07/ago	group 4	AUS	D/T	01:54	01:00	08:00	09:00	00:40	07:18	07:58	00:20	09:56	10:16
		BLR	D		00:26	09:01	09:27						
		ESP	D		00:26	09:28	09:54						
07/ago	group 1	EGY	D/T	01:54	01:00	09:55	10:55	00:40	09:13	09:53	00:20	11:51	12:11
		GRE	D		00:26	10:56	11:22						
		SVK	D		00:26	11:23	11:49						
BREAK													
07/ago	group 2	AUT	D	01:54	00:26	15:05	15:31	00:40	14:23	15:03	00:20	17:01	17:21
		CZE	D		00:26	15:32	15:58						
07/ago	group 3	BRA	D/T	01:54	01:00	15:59	16:59	00:40	15:17	15:57	00:20	17:55	18:15
		ISR	D		00:26	17:00	17:26						
		FRA	D		00:26	17:27	17:53						

AVAILABLE FOR PRACTICE WITHOUT MUSIC UNTIL 20:00

group 2 can stay in the choreography section 1 hour after finishing their music time

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



07 AUGUST COMPETITION POOL

competition pool	
duet	26
team	34
duet/team	60

MARIA LENK AQUATIC CENTRE

MARIA LENK AQUATIC CENTRE														
				COMPETITION POOL										
				coreography section (30x25x3)				training section A (20x12,5x3)			training section B (20x12,5x3)			
music				YES				NO			NO			
lifts allowed				YES				YES			YES			
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time	
07/ago	group 2	AUT	D	01:54	00:26	08:00	08:26	00:40	07:18	07:58	00:20	09:56	10:16	
		CZE	D		00:26	08:27	08:53						10:16	
07/ago	group 3	BRA	D/T	01:54	01:00	08:54	09:54	00:40	08:12	08:52	00:20	10:50	11:10	
		ISR	D		00:26	09:55	10:21						11:10	
		FRA	D		00:26	10:22	10:48						11:10	
07/ago	group 4	AUS	D/T	01:54	01:00	10:49	11:49	00:40	10:07	10:47	00:20	12:45	13:05	
		BLR	D		00:26	11:50	12:16						13:05	
		ESP	D		00:26	12:17	12:43						13:05	
BREAK														
07/ago	group 1	EGY	D/T	01:54	01:00	18:30	19:30	00:40	17:48	18:28	00:20	20:26	20:46	
		GRE	D		00:26	19:31	19:57							
		SVK	D		00:26	19:58	20:24							

group 2 can stay in the choreoghapy section 1 hour after finishing their music time

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



08 AUGUST
WARM UP POOL

warm up pool	
duet	15
team	20
duet/team	35

MARIA LENK AQUATIC CENTRE													
WARM UP POOL													
				coreography section (30x25x3)				training section C (15x12,5x3)			training section D (15x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
Day	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
08/ago	group 3	BRA	D/T	01:23	00:35	08:00	08:35	00:40	07:18	07:58	00:30	09:09	09:39
		ISR	D		00:15	08:36	08:51						
		FRA	D		00:15	08:52	09:07						
08/ago	group 4	AUS	D/T	01:23	00:35	09:08	09:43	00:40	08:26	09:06	00:30	10:17	10:47
		BLR	D		00:15	09:44	09:59						
		ESP	D		00:15	10:00	10:15						
MUSIC BREAK													
08/ago	group 1	EGY	D/T	01:23	00:35	15:30	16:05	00:40	14:48	15:28	00:30	16:39	17:09
		GRE	D		00:15	16:06	16:21						
		SVK	D		00:15	16:22	16:37						
08/ago	group 2	AUT	D	01:23	00:15	16:38	16:53	00:40	15:56	16:36	00:30	18:03	18:33
		CZE	D		00:15	16:54	17:09						
		MEX	D		00:15	17:10	17:25						
Group 2 can stay in the choreoghapy section 36 minutes after finishing their music time													
AVAILABLE FOR PRACTICE WITHOUT MUSIC UNTIL 20:00 AND FROM 11:00 TO 14:30													

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



08 AUGUST FUR POOL

FUR pool	
duet	15
team	20
duet/team	35

FUR													
				FUR POOL									
				coreography section (30x25x3)				training section C (20x12,5x3)			training section D (20x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
Day	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
08/ago	group 1	EGY	D/T	01:07	00:35	08:20	08:55	00:40	07:38	08:18	00:20	09:13	09:33
		GRE	D		00:15	08:56	09:11						
		SVK	D		00:15	09:12	09:27						
08/ago	group 2	AUT	D	01:07	00:15	09:28	09:43	00:40	08:30	09:10	00:20	10:37	10:57
		CZE	D		00:15	09:44	09:59						
MUSIC BREAK													
08/ago	group 3	BRA	D/T	01:07	00:35	15:43	16:18	00:40	15:01	15:41	00:20	16:36	16:56
		ISR	D		00:15	16:19	16:34						
		FRA	D		00:15	16:35	16:50						
08/ago	group 4	AUS	D/T	01:07	00:35	16:51	17:26	00:40	15:53	16:33	00:20	18:08	18:28
		BLR	D		00:15	17:27	17:42						
		ESP	D		00:15	17:43	17:58						

Group 2 can stay in the choreography section 36 minutes after finishing their music time

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



09 AUGUST WARM UP POOL

warm up pool	
duet	20
team	27
duet/team	47

MARIA LENK AQUATIC CENTRE													
WARM UP POOL													
				coreography section (30x25x3)				training section C (15x12,5x3)			training section D (15x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
Day	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
09/ago	group 5	ITA	D/T	01:29	00:47	08:00	08:47	00:30	07:28	07:58	00:20	09:31	09:51
		MEX	D		00:20	08:48	09:08						
		UKR	D		00:20	09:09	09:29						
09/ago	group 6	COL	D	01:29	00:20	09:30	09:50	00:30	08:58	09:28	00:20	10:40	11:00
		SUI	D		00:20	09:51	10:11						
		CAN	D		00:20	10:12	10:32						
09/ago	group 2	AUT	D	01:29	00:20	10:33	10:53	00:30	09:40	10:10	00:20	12:04	12:24
		CZE	D		00:20	10:54	11:14						
09/ago	group 3	BRA	D/T	01:29	00:47	11:15	12:02	00:30	10:43	11:13	00:20	12:46	13:06
		ISR	D		00:20	12:03	12:23						
		FRA	D		00:20	12:24	12:44						
MUSIC BREAK													
09/ago	group 4	AUS	D/T	01:29	00:47	14:44	15:31	00:30	14:12	14:42	00:20	16:15	16:35
		BLR	D		00:20	15:32	15:52						
		ESP	D		00:20	15:53	16:13						
09/ago	group 1	EGY	D/T	01:29	00:47	16:14	17:01	00:30	15:42	16:12	00:20	17:45	18:05
		GRE	D		00:20	17:02	17:22						
		SVK	D		00:20	17:23	17:43						
Group 2 can stay in the choreography section after finishing their music time for 48 minutes and group 6 can stay 27 minutes								AVAILABLE FOR PRACTICE WITHOUT MUSIC UNTIL 20:00					

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



09 AUGUST COMPETITION POOL

competition pool	
duet	6
team	8
duet/team	14

MARIA LENK AQUATIC CENTRE													
				COMPETITION POOL									
				coreography section (30x25x3)				training section A (20x12,5x3)			training section B (20x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
09/ago	group 4	AUS	D/T	00:28	00:14	18:00	18:14	00:30	17:28	17:58	00:20	18:30	18:50
		BLR	D		00:06	18:15	18:21						
		ESP	D		00:06	18:22	18:28						
09/ago	group 5	ITA	D/T	00:28	00:14	18:29	18:43	00:30	17:57	18:27	00:20	18:59	19:19
		MEX	D		00:06	18:44	18:50						
		UKR	D		00:06	18:51	18:57						
09/ago	group 6	COL	D	00:28	00:06	18:58	19:04	00:30	18:26	18:56	00:20	19:28	19:48
		SUI	D		00:06	19:05	19:11						
		CAN	D		00:06	19:12	19:18						
09/ago	group 1	EGY	D/T	00:28	00:14	19:19	19:33	00:30	18:47	19:17	00:20	19:49	20:09
		GRE	D		00:06	19:34	19:40						
		SVK	D		00:06	19:41	19:47						
09/ago	group 2	AUT	D	00:28	00:06	19:48	19:54	00:30	19:16	19:46	00:20	20:18	20:38
		CZE	D		00:06	19:55	20:01						
09/ago	group 3	BRA	D/T	00:28	00:14	20:02	20:16	00:30	19:30	20:00	00:20	20:32	20:52
		ISR	D		00:06	20:17	20:23						
		FRA	D		00:06	20:24	20:30						
Group 2 can stay in the choreography section after finishing their music time for 15 minutes and group 6 can stay 8 minutes								The first group will practice before music at Section D of the warm up pool					

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



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10 AUGUST WARM UP POOL

warm up pool	
duet	15
team	20
duet/team	35

MARIA LENK AQUATIC CENTRE													
				WARM UP POOL									
				coreography section (30x25x3)				training section C (15x12,5x3)			training section D (15x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
Day	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
10/ago	group 5	ITA	D/T	01:07	00:35	08:00	08:35	00:40	07:18	07:58	00:20	09:09	09:29
		MEX	D		00:15	08:36	08:51						
		ARG	D		00:15	08:52	09:07						
10/ago	group 6	UKR	D/T	01:07	00:35	09:08	09:43	00:40	08:26	09:06	00:20	10:17	10:37
		SUI	D		00:15	09:44	09:59						
		CAN	D		00:15	10:00	10:15						
10/ago	group 1	EGY	D/T	01:07	00:35	10:16	10:51	00:40	09:34	10:14	00:20	11:25	11:45
		GRE	D		00:15	10:52	11:07						
		SVK	D		00:15	11:08	11:23						
MUSIC BREAK													
10/ago	group 2	AUT	D	01:07	00:15	15:13	15:28	00:40	14:31	15:11	00:20	16:22	16:42
		CZE	D		00:15	15:29	15:44						
10/ago	group 3	BRA	D/T	01:07	00:35	15:45	16:20	00:40	15:03	15:43	00:20	16:54	17:14
		ISR	D		00:15	16:21	16:36						
		FRA	D		00:15	16:37	16:52						
10/ago	group 4	AUS	D/T	01:07	00:35	16:53	17:28	00:40	16:11	16:51	00:20	18:02	18:22
		BLR	D		00:15	17:29	17:44						
		ESP	D		00:15	17:45	18:00						
10/ago	Group 7	CHN	D/T	01:07	00:35	18:01	18:36	00:40	17:19	17:59	00:20	19:10	19:30
		COL	D		00:15	18:37	18:52						
10/ago	Group 8	GBR	D	01:07	00:15	18:53	19:08	00:40	18:11	18:51	00:20	20:02	20:22
		RUS	D/T		00:35	19:09	19:44						

Groups 7 and 8 can stay in the choreography section after finishing their music time for 16 minutes and group 2 can stay 36 minutes

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



10 AUGUST
FUR POOL

FUR pool	
duet	15
team	20
duet/team	35

FUR														
				FUR POOL										
				coreography section (30x25x3)				training section C (20x12,5x3)			training section D (20x12,5x3)			
music				YES				NO			NO			
lifts allowed				YES				YES			YES			
Day	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time	
10/ago	group 2	AUT	D	01:07	00:15	08:20	08:35	00:40	07:38	08:18	00:20	09:13	09:33	
		CZE	D		00:15	08:36	08:51							
		COL	D		00:15	08:52	09:07							
10/ago	group 3	BRA	D/T	01:07	00:35	09:08	09:43	00:40	08:26	09:06	00:20	10:17	10:37	
		ISR	D		00:15	09:44	09:59							
		FRA	D		00:15	10:00	10:15							
10/ago	group 4	AUS	D/T	01:07	00:35	10:16	10:51	00:40	09:34	10:14	00:20	11:25	11:45	
		BLR	D		00:15	10:52	11:07							
		ESP	D		00:15	11:08	11:23							
MUSIC BREAK														
10/ago	group 5	ITA	D/T	01:07	00:35	15:43	16:18	00:40	15:01	15:41	00:20	16:52	17:12	
		MEX	D		00:15	16:19	16:34							
		ARG	D		00:15	16:35	16:50							
10/ago	group 6	UKR	D/T	01:07	00:35	16:51	17:26	00:40	16:09	16:49	00:20	18:00	18:20	
		SUI	D		00:15	17:27	17:42							
		CAN	D		00:15	17:43	17:58							
10/ago	group 1	EGY	D/T	01:07	00:35	17:59	18:34	00:40	17:17	17:57	00:20	19:08	19:28	
		GRE	D		00:15	18:35	18:50							
		SVK	D		00:15	18:51	19:06							

Group 2 can stay in the choreography section after finishing their music time for 20 minutes



Synchronised Swimming

Training Schedule Form



11 AUGUST WARM UP POOL

warm up pool	
duet	18
team	24
duet/team	42

MARIA LENK AQUATIC CENTRE													
				WARM UP POOL									
				coreography section (30x25x3)				training section C (15x12,5x3)			training section D (15x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
Day	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
11/ago	Group 6	UKR	D/T	01:20	00:42	08:00	08:42	00:45	07:13	07:58	00:20	09:22	09:42
		SUI	D		00:18	08:43	09:01						
		CAN	D		00:18	09:02	09:20						
11/ago	Group 7	CHN	D/T	01:20	00:42	09:21	10:03	00:45	08:34	09:19	00:20	10:43	11:03
		COL	D		00:18	10:04	10:22						
11/ago	Group 8	RUS	D/T	01:20	00:42	10:23	11:05	00:45	09:36	10:21	00:20	11:45	12:05
		GBR	D		00:18	11:06	11:24						
11/ago	group 4	AUS	D/T	01:20	00:42	11:25	12:07	00:45	10:38	11:23	00:20	12:47	13:07
		BLR	D		00:18	12:08	12:26						
		ESP	D		00:18	12:27	12:45						
MUSIC BREAK													
11/ago	group 2	JPN	D/T	01:20	00:42	14:40	15:22	00:45	13:53	14:38	00:20	16:02	16:22
		AUT	D		00:18	15:23	15:41						
		CZE	D		00:18	15:42	16:00						
11/ago	group 3	BRA	D/T	01:20	00:42	16:01	16:43	00:45	15:14	15:59	00:20	17:23	17:43
		ISR	D		00:18	16:44	17:02						
		FRA	D		00:18	17:03	17:21						
11/ago	group 5	ITA	D/T	01:20	00:42	17:22	18:04	00:45	16:35	17:20	00:20	18:44	19:04
		MEX	D		00:18	18:05	18:23						
		ARG	D		00:18	18:24	18:42						
11/ago	group 1	EGY	D/T	01:20	00:42	18:43	19:25	00:45	17:56	18:41	00:20	20:05	20:25
		GRE	D		00:18	19:26	19:44						
		SVK	D		00:18	19:45	20:03						

Groups 7 and 8 can stay in the choreography section after finishing their music time for 19 minutes

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



11 AUGUST COMPETITION POOL

competition pool	
duet	9
team	12
duet/team	21

MARIA LENK AQUATIC CENTRE													
				COMPETITION POOL									
				coreography section (30x25x3)				training section A (20x12,5x3)			training section B (20x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
11/ago	Group 6	UKR	D/T	00:41	00:21	15:20	15:41	00:40	14:38	15:18	00:20	16:03	16:23
		SUI	D		00:09	15:42	15:51						
		CAN	D		00:09	15:52	16:01						
11/ago	Group 7	CHN	D/T	00:41	00:21	16:02	16:23	00:40	15:20	16:00	00:20	16:45	17:05
		COL	D		00:09	16:24	16:33						
11/ago	Group 8	RUS	D/T	00:41	00:21	16:34	16:55	00:40	15:52	16:32	00:20	17:17	17:37
		GBR	D		00:09	16:56	17:05						
		USA	D		00:09	17:06	17:15						
11/ago	group 1	EGY	D/T	00:41	00:21	17:16	17:37	00:40	16:34	17:14	00:20	17:59	18:19
		GRE	D		00:09	17:38	17:47						
		SVK	D		00:09	17:48	17:57						
11/ago	group 2	JPN	D/T	00:41	00:21	17:58	18:19	00:40	17:16	17:56	00:20	18:41	19:01
		AUT	D		00:09	18:20	18:29						
		CZE	D		00:09	18:30	18:39						
11/ago	group 3	BRA	D/T	00:41	00:21	18:40	19:01	00:40	17:58	18:38	00:20	19:23	19:43
		ISR	D		00:09	19:02	19:11						
		FRA	D		00:09	19:12	19:21						
11/ago	group 4	AUS	D/T	00:41	00:21	19:22	19:43	00:40	18:40	19:20	00:20	20:05	20:25
		BLR	D		00:09	19:44	19:53						
		ESP	D		00:09	19:54	20:03						
11/ago	group 5	ITA	D/T	00:41	00:21	20:04	20:25	00:40	19:22	20:02	00:20	20:47	21:07
		MEX	D		00:09	20:26	20:35						
		ARG	D		00:09	20:36	20:45						

Group 7 can stay in the choreography section after finishing their music time for 10 minutes

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



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12 AUGUST WARM UP POOL

warm up pool	
duet	15
team	20
duet/team	35

MARIA LENK AQUATIC CENTRE													
				WARM UP POOL									
				coreography section (30x25x3)				training section C (15x12,5x3)			training section D (15x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
Day	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
12/ago	Group 7	CHN	D/T	01:07	00:35	08:00	08:35	00:40	07:18	07:58	00:20	09:09	09:29
		COL	D		00:15	08:36	08:51						
		KAZ	D		00:15	08:52	09:07						
12/ago	Group 8	RUS	D/T	01:07	00:35	09:08	09:43	00:40	08:26	09:06	00:20	10:17	10:37
		GBR	D		00:15	09:44	09:59						
		USA	D		00:15	10:00	10:15						
12/ago	group 1	EGY	D/T	01:07	00:35	10:16	10:51	00:40	09:34	10:14	00:20	11:25	11:45
		GRE	D		00:15	10:52	11:07						
		SVK	D		00:15	11:08	11:23						
12/ago	group 2	JPN	D/T	01:07	00:35	11:24	11:59	00:40	10:42	11:22	00:20	12:33	12:53
		AUT	D		00:15	12:00	12:15						
		CZE	D		00:15	12:16	12:31						
MUSIC BREAK													
12/ago	group 3	BRA	D/T	01:07	00:35	15:16	15:51	00:40	14:34	15:14	00:20	16:25	16:45
		ISR	D		00:15	15:52	16:07						
		FRA	D		00:15	16:08	16:23						
12/ago	group 4	AUS	D/T	01:07	00:35	16:24	16:59	00:40	15:42	16:22	00:20	17:33	17:53
		BLR	D		00:15	17:00	17:15						
		ESP	D		00:15	17:16	17:31						
12/ago	group 5	ITA	D/T	01:07	00:35	17:32	18:07	00:40	16:50	17:30	00:20	18:41	19:01
		MEX	D		00:15	18:08	18:23						
		ARG	D		00:15	18:24	18:39						
12/ago	Group 6	UKR	D/T	01:07	00:35	18:40	19:15	00:40	17:58	18:38	00:20	19:49	20:09
		SUI	D		00:15	19:16	19:31						
		CAN	D		00:15	19:32	19:47						

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



12 AUGUST
FUR POOL

FUR pool	
duet	15
team	20
duet/team	35

FUR														
				FUR POOL										
				coreography section (30x25x3)				training section C (15x12,5x3)			training section D (15x12,5x3)			
music				YES				NO			NO			
lifts allowed				YES				YES			YES			
Day	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time	
12/ago	group 3	BRA	D/T	01:07	00:35	08:20	08:55	00:40	07:38	08:18	00:20	09:29	09:49	
		ISR	D		00:15	08:56	09:11							
		FRA	D		00:15	09:12	09:27							
12/ago	group 4	AUS	D/T	01:07	00:35	09:28	10:03	00:40	08:46	09:26	00:20	10:37	10:57	
		BLR	D		00:15	10:04	10:19							
		ESP	D		00:15	10:20	10:35							
12/ago	group 5	ITA	D/T	01:07	00:35	10:36	11:11	00:40	09:54	10:34	00:20	11:45	12:05	
		MEX	D		00:15	11:12	11:27							
		ARG	D		00:15	11:28	11:43							
12/ago	Group 6	UKR	D/T	01:07	00:35	11:44	12:19	00:40	11:02	11:42	00:20	12:53	13:13	
		SUI	D		00:15	12:20	12:35							
		CAN	D		00:15	12:36	12:51							
BREAK														
12/ago	Group 7	CHN	D/T	01:07	00:35	15:43	16:18	00:40	15:01	15:41	00:20	16:52	17:12	
		ARG	D		00:15	16:19	16:34							
		KAZ	D		00:15	16:35	16:50							
12/ago	Group 8	RUS	D/T	01:07	00:35	16:51	17:26	00:40	16:09	16:49	00:20	18:00	18:20	
		GBR	D		00:15	17:27	17:42							
		USA	D		00:15	17:43	17:58							
12/ago	group 1	EGY	D/T	01:07	00:35	17:59	18:34	00:40	17:17	17:57	00:20	19:08	19:28	
		GRE	D		00:15	18:35	18:50							
		SVK	D		00:15	18:51	19:06							
12/ago	group 2	JPN	D/T	01:07	00:35	19:07	19:42	00:40	18:25	19:05	00:20	20:16	20:36	
		AUT	D		00:15	19:43	19:58							
		CZE	D		00:15	19:59	20:14							

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



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13 AUGUST WARM UP POOL

warm up pool	
duet	19
team	23

				WARM UP POOL									
				coreography section (30x25x3)				training section C (15x12,5x3)			training section D (15x12,5x3)		
music lifts allowed				YES				NO			NO		
				YES				YES			YES		
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
13/ago	Duets group 2	duet 5	D	01:19	00:19	08:00	08:19	00:45	07:13	07:58	00:20	09:21	09:41
		duet 6	D		00:19	08:20	08:39						
		duet 7	D		00:19	08:40	08:59						
		duet 8	D		00:19	09:00	09:19						
13/ago	Duets group 3	duet 9	D	01:19	00:19	09:20	09:39	00:45	08:33	09:18	00:20	10:41	11:01
		duet 10	D		00:19	09:40	09:59						
		duet 11	D		00:19	10:00	10:19						
		duet 12	D		00:19	10:20	10:39						
13/ago	Duets group 4	duet 13	D	01:19	00:19	10:40	10:59	00:45	09:53	10:38	00:20	12:01	12:21
		duet 14	D		00:19	11:00	11:19						
		duet 15	D		00:19	11:20	11:39						
		duet 16	D		00:19	11:40	11:59						
13/ago	Duets group 5	duet 17	D	01:19	00:19	12:00	12:19	00:45	11:13	11:58	00:20	13:21	13:41
		duet 18	D		00:19	12:20	12:39						
		duet 19	D		00:19	12:40	12:59						
		duet 20	D		00:19	13:00	13:19						
13/ago	Duets group 6	duet 21	D	01:19	00:19	13:20	13:39	00:45	12:33	13:18	00:20	14:41	15:01
		duet 22	D		00:19	13:40	13:59						
		duet 23	D		00:19	14:00	14:19						
		duet 24	D		00:19	14:20	14:39						
BREAK													
13/ago	Duets group 1	duet 1	D	01:19	00:19	15:30	15:49	00:45	14:43	15:28	00:20	16:51	17:11
		duet 2	D		00:19	15:50	16:09						
		duet 3	D		00:19	16:10	16:29						
		duet 4	D		00:19	16:30	16:49						
TEAMS													
				competition section (30x25x3)				training section C (16x12,5x3)			training section D (16x12,5x3)		
music lifts allowed				YES				NO			NO		
				YES				YES			YES		
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
13/ago	Teams group 4	Team 7	T	00:47	00:23	16:50	17:13	00:45	16:00	16:45	00:30	17:42	18:12
		Team 8	T		00:23	17:14	17:37						
13/ago	Teams group 1	Team 1	T	00:47	00:23	17:38	18:01	00:45	16:48	17:33	00:30	18:30	19:00
		Team 2	T		00:23	18:02	18:25						
13/ago	Teams group 2	Team 3	T	00:47	00:23	18:26	18:49	00:45	17:36	18:21	00:30	19:18	19:48
		Team 4	T		00:23	18:50	19:13						
13/ago	Teams group 3	Team 5	T	00:47	00:23	19:14	19:37	00:45	18:24	19:09	00:30	20:06	20:36
		Team 6	T		00:23	19:38	20:01						

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



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13 AUGUST

COMPETITION POOL

competition pool	
duet	6

MARIA LENK AQUATIC CENTRE													
IN ORDER OF FREE DUET DRAW				COMPETITION POOL									
				coreography section (30x25x3)				training section A (20x12,5x3)			training section B (20x12,5x3)		
music				YES				NO			NO		
lifts allowed				YES				YES			YES		
DAY	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
13/ago	Duets group 1	duet 1	D	00:28	00:07	18:15	18:22	00:30	17:43	18:13			
		duet 2	D		00:07	18:22	18:29						
		duet 3	D		00:07	18:29	18:36						
		duet 4	D		00:07	18:36	18:43						
13/ago	Duets group 2	duet 5	D	00:28	00:07	18:43	18:50				00:30	18:11	18:41
		duet 6	D		00:07	18:50	18:57						
		duet 7	D		00:07	18:57	19:04						
		duet 8	D		00:07	19:04	19:11						
13/ago	Duets group 3	duet 9	D	00:28	00:07	19:11	19:18	00:30	18:39	19:09			
		duet 10	D		00:07	19:18	19:25						
		duet 11	D		00:07	19:25	19:32						
		duet 12	D		00:07	19:32	19:39						
13/ago	Duets group 4	duet 13	D	00:28	00:07	19:39	19:46				00:30	19:07	19:37
		duet 14	D		00:07	19:46	19:53						
		duet 15	D		00:07	19:53	20:00						
		duet 16	D		00:07	20:00	20:07						
13/ago	Duets group 5	duet 17	D	00:28	00:07	20:07	20:14	00:30	19:35	20:05			
		duet 18	D		00:07	20:14	20:21						
		duet 19	D		00:07	20:21	20:28						
		duet 20	D		00:07	20:28	20:35						
13/ago	Duets group 6	duet 21	D	00:28	00:07	20:35	20:42				00:30	20:03	20:33
		duet 22	D		00:07	20:42	20:49						
		duet 23	D		00:07	20:49	20:56						
		duet 24	D		00:07	20:56	21:03						

 Before music session

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



14 AUGUST

WARM UP COMPETITION - DUETS FREE ROUTINE

		Competition Pool									
		Free Duets warm up with music in order of appearance				training section A (20x12,5x3)			training section B (20x12,5x3)		
		music				NO			NO		
		lifts allowed				YES			YES		
Day	group	NOC	music time	start time	end time	total time	start time	end time	total time	start time	end time
14/ago	Duets group 1	1	0:03:30	07:32	07:35	00:30	07:00	07:30			
		2	0:03:30	07:35	07:39						
		3	0:03:30	07:39	07:42						
		4	0:03:30	07:42	07:46						
14/ago	Duets group 2	5	0:03:30	07:46	07:49				00:30	07:14	07:44
		6	0:03:30	07:49	07:53						
		7	0:03:30	07:53	07:56						
		8	0:03:30	07:56	08:00						
14/ago	Duets group 3	9	0:03:30	08:00	08:03	00:30	07:28	07:58			
		10	0:03:30	08:03	08:07						
		11	0:03:30	08:07	08:10						
		12	0:03:30	08:10	08:14						
14/ago	Duets group 4	13	0:03:30	08:14	08:17				00:30	07:42	08:12
		14	0:03:30	08:17	08:21						
		15	0:03:30	08:21	08:24						
		16	0:03:30	08:24	08:28						
14/ago	Duets group 5	17	0:03:30	08:28	08:31	00:30	07:56	08:26			
		18	0:03:30	08:31	08:35						
		19	0:03:30	08:35	08:38						
		20	0:03:30	08:38	08:42						
14/ago	Duets group 6	21	0:03:30	08:42	08:45				00:30	08:10	08:40
		22	0:03:30	08:45	08:49						
		23	0:03:30	08:49	08:52						
		24	0:03:30	08:52	08:56						

		Warm Up Pool									
		Free Duets warm up with music in order of appearance				training section C (15x12,5x3)			training section D (15x12,5x3)		
		music				NO			NO		
		lifts allowed				YES			YES		
Day	NOC	music time	start time	end time	total time	start time	end time	total time	start time	end time	
14/ago											
14/ago											
14/ago											
14/ago											
14/ago											
14/ago											
14/ago											

ONLY FOR DUETS FROM 7:00 TO 13:15

WARM UP WITHOUT MUSIC - FIRST GROUP: 9:30 - 9:45 (duet 1-12) /
SECOND GROUP: 9:45 - 10:00 (duet 13-24)



Synchronised Swimming

Training Schedule Form



competition pool	
duet	5
team	6

14 AUGUST

COMPETITION POOL - WARM UP POOL

warm up pool	
duet	8
team	12

		competition pool												
		coreography section (30x25x3)			training section A (20x12,5x3)			training section B (20x12,5x3)						
		music			YES			NO			NO			
		lifts allowed			YES			YES			YES			
Day	group	NOC	EVENTS	music time	start time	end time	total time	start time	end time	total time	start time	end time		
14/ago	Teams group 1	Team 1	T	00:06	13:50	13:56	OPEN FOR TEAMS FROM 13:45 TO 15:00							
		Team 2	T	00:06	13:57	14:03								
14/ago	Teams group 2	team 3	T	00:06	14:04	14:10								
		team 4	T	00:06	14:11	14:17								
14/ago	Teams group 3	Team 5	T	00:06	14:18	14:24								
		Team 6	T	00:06	14:25	14:31								
14/ago	Teams group 4	Team 7	T	00:06	14:32	14:38								
		Team 8	T	00:06	14:39	14:45								

		warm up pool												
		coreography section (30x25x3)			training section C (15x12,5x3)			training section D (15x12,5x3)						
		music			YES			NO			NO			
		lifts allowed			YES			YES			YES			
Day	group	NOC	EVENTS	music time	start time	end time	total time	start time	end time	total time	start time	end time		
14/ago	Teams group 1	Team 1	T	00:12	14:15	14:27	OPEN FOR TEAMS FROM 13:45 TO 15:20							
		Team 2	T	00:12	14:28	14:40								
14/ago	Teams group 2	team 3	T	00:12	14:41	14:53								
		team 4	T	00:12	14:54	15:06								
14/ago	Teams group 3	Team 5	T	00:12	15:07	15:19								
		Team 6	T	00:12	15:20	15:32								
14/ago	Teams group 4	Team 7	T	00:12	15:33	15:45								
		Team 8	T	00:12	15:46	15:58								

IN ORDER OF DUET TECHNICAL ROUTINE DRAW												
Day	group	duet	EVENTS	music time	start time	end time	total time	start time	end time	total time	start time	end time
14/ago	Duets group 1	Duet 1	D	00:05	18:20	18:25	00:30	17:48	18:18	00:20	18:45	19:05
		Duet 2	D	00:05	18:26	18:31						
		Duet 3	D	00:05	18:32	18:37						
		Duet 4	D	00:05	18:38	18:43						
14/ago	Duets group 2	Duet 5	D	00:05	18:44	18:49	00:30	18:12	18:42	00:20	19:09	19:29
		duet 6	D	00:05	18:50	18:55						
		Duet 7	D	00:05	18:56	19:01						
		Duet 8	D	00:05	19:02	19:07						
14/ago	Duets group 3	Duet 9	D	00:05	19:08	19:13	00:30	18:36	19:06	00:20	19:33	19:53
		Duet 10	D	00:05	19:14	19:19						
		Duet 11	D	00:05	19:20	19:25						
		Duet 12	D	00:05	19:26	19:31						
14/ago	Duets group 4	Duet 13	D	00:05	19:32	19:37	00:30	19:00	19:30	00:20	19:57	20:17
		Duet 14	D	00:05	19:38	19:43						
		Duet 15	D	00:05	19:44	19:49						
		Duet 16	D	00:05	19:50	19:55						
14/ago	Duets group 5	Duet 17	D	00:05	19:56	20:01	00:30	19:24	19:54	00:20	20:21	20:41
		Duet 18	D	00:05	20:02	20:07						
		Duet 19	D	00:05	20:08	20:13						
		Duet 20	D	00:05	20:14	20:19						
14/ago	Duets group 6	Duet 21	D	00:05	20:20	20:25	00:30	19:48	20:18	00:20	20:45	21:05
		Duet 22	D	00:05	20:26	20:31						
		Duet 23	D	00:05	20:32	20:37						
		Duet 24	D	00:05	20:38	20:43						

IN ORDER OF DUET TECHNICAL ROUTINE DRAW												
Day	group	duet	EVENTS	music time	start time	end time	total time	start time	end time	total time	start time	end time
14/ago	Duets group 1	Duet 1	D	00:08	16:00	16:08	00:30	15:28	15:58			
		Duet 2	D	00:08	16:09	16:17						
		Duet 3	D	00:08	16:18	16:26						
		Duet 4	D	00:08	16:27	16:35						
14/ago	Duets group 2	Duet 5	D	00:08	16:36	16:44	00:30	16:04	16:34			
		duet 6	D	00:08	16:45	16:53						
		Duet 7	D	00:08	16:54	17:02						
		Duet 8	D	00:08	17:03	17:11						
14/ago	Duets group 3	Duet 9	D	00:08	17:12	17:20	00:30	16:40	17:10			
		Duet 10	D	00:08	17:21	17:29						
		Duet 11	D	00:08	17:30	17:38						
		Duet 12	D	00:08	17:39	17:47						
14/ago	Duets group 4	Duet 13	D	00:08	17:48	17:56	00:30	17:16	17:46			
		Duet 14	D	00:08	17:57	18:05						
		Duet 15	D	00:08	18:06	18:14						
		Duet 16	D	00:08	18:15	18:23						
14/ago	Duets group 5	Duet 17	D	00:08	18:24	18:32	00:30	17:52	18:22			
		Duet 18	D	00:08	18:33	18:41						
		Duet 19	D	00:08	18:42	18:50						
		Duet 20	D	00:08	18:51	18:59						
14/ago	Duets group 6	Duet 21	D	00:08	19:00	19:08	00:30	18:28	18:58			
		Duet 22	D	00:08	19:09	19:17						
		Duet 23	D	00:08	19:18	19:26						
		Duet 24	D	00:08	19:27	19:35						

OPEN ONLY FOR DUETS FROM 15:30 TO 21:00

WARM UP POOL OPEN FROM 20:15 TO 21:00



Synchronised Swimming

Training Schedule Form


15 AUGUST
WARM UP COMPETITION - DUETS TECHNICAL ROUTINE

Competition Pool												Warm Up Pool																							
		Duets warm up with music in order of appearance				training section A (20x12.5x3)			training section B (20x12.5x3)					Duets warm up with music in order of appearance			training section C (15x12.5x3)			training section D (15x12.5x3)															
		music				NO			NO					music			NO			NO															
		lifts allowed				YES			YES					lifts allowed			YES			YES															
Day	group	NOC	music time	start time	end time	total time	start time	end time	total time	start time	end time	Day	NOC	music time	start time	end time	total time	start time	end time	total time	start time	end time													
15/ago	Duets group 1	1	0:03:00	07:45	07:48	00:30	07:13	07:43					15/ago																						
		2	0:03:00	07:48	07:51																														
		3	0:03:00	07:51	07:54																														
		4	0:03:00	07:54	07:57																														
15/ago	Duets group 2	5	0:03:00	07:57	08:00				00:30	07:25	07:55	15/ago																							
		6	0:03:00	08:00	08:03																														
		7	0:03:00	08:03	08:06																														
		8	0:03:00	08:06	08:09																														
15/ago	Duets group 3	9	0:03:00	08:09	08:12	00:30	07:37	08:07					15/ago																						
		10	0:03:00	08:12	08:15																														
		11	0:03:00	08:15	08:18																														
		12	0:03:00	08:18	08:21																														
15/ago	Duets group 4	13	0:03:00	08:21	08:24				00:30	07:49	08:19	15/ago																							
		14	0:03:00	08:24	08:27																														
		15	0:03:00	08:27	08:30																														
		16	0:03:00	08:30	08:33																														
15/ago	Duets group 5	17	0:03:00	08:33	08:36	00:30	08:01	08:31					15/ago																						
		18	0:03:00	08:36	08:39																														
		19	0:03:00	08:39	08:42																														
		20	0:03:00	08:42	08:45																														
15/ago	Duets group 6	21	0:03:00	08:45	08:48				00:30	08:13	08:43	15/ago																							
		22	0:03:00	08:48	08:51																														
		23	0:03:00	08:51	08:54																														
		24	0:03:00	08:54	08:57																														

ONLY FOR DUETS FROM 7:00 TO 13:45

Before music session

 WARM UP WITHOUT MUSIC - FIRST GROUP: 9:30 - 9:45 (duet 1-12) /
 SECOND GROUP: 9:45 - 10:00 (duet 13-24)



Synchronised Swimming

Training Schedule Form



competition pool	
duet	6

15 AUGUST

COMPETITION POOL - WARM UP POOL

warm up pool	
duet	11
team	9

IN ORDER OF DRAW FOR DUETS FREE FINAL				competition pool								
				coreography section (30x25x3)			training section C (20x12,5x3)			training section D (20x12,5x3)		
music				YES			NO			NO		
lifts allowed				YES			YES			YES		
Day	group	NOC	EVENTS	music time	start time	end time	total time	start time	end time	total time	start time	end time
15/ago	Duets group 1	Duet 1	D	00:06	19:30	19:36	00:30	18:58	19:28	00:20	19:59	20:19
		Duet 2	D	00:06	19:37	19:43						
		Duet 3	D	00:06	19:44	19:50						
		Duet 4	D	00:06	19:51	19:57						
15/ago	Duets group 2	Duet 5	D	00:06	19:58	20:04	00:30	19:26	19:56	00:20	20:27	20:47
		duet 6	D	00:06	20:05	20:11						
		Duet 7	D	00:06	20:12	20:18						
		Duet 8	D	00:06	20:19	20:25						
15/ago	Duets group 3	Duet 9	D	00:06	20:26	20:32	00:30	19:54	20:24	00:20	20:55	21:15
		Duet 10	D	00:06	20:33	20:39						
		Duet 11	D	00:06	20:40	20:46						
		Duet 12	D	00:06	20:47	20:53						

				warm up pool								
				coreography section (30x25x3)			training section C (15x12,5x3)			training section D (15x12,5x3)		
music				YES			NO			NO		
lifts allowed				YES			YES			YES		
Day	group	NOC	EVENTS	music time	start time	end time	total time	start time	end time	total time	start time	end time
15/ago	Teams group 2	team 3	T	00:09	15:30	15:39	00:30	14:58	15:28			
		team 4	T	00:09	15:40	15:49						
15/ago	Teams group 3	Team 5	T	00:09	15:50	15:59				00:30	15:18	15:48
		Team 6	T	00:09	16:00	16:09						
15/ago	Teams group 4	Team 7	T	00:09	16:10	16:19	00:30	15:38	16:08			
		Team 8	T	00:09	16:20	16:29						
15/ago	Teams group 1	Team 1	T	00:09	16:30	16:39				00:30	15:58	16:28
		Team 2	T	00:09	16:40	16:49						
15/ago	Duets group 1	Duet 1	D	00:11	17:00	17:11	00:30	16:28	16:58	00:20	17:49	18:09
		Duet 2	D	00:11	17:12	17:23						
		Duet 3	D	00:11	17:24	17:35						
		Duet 4	D	00:11	17:36	17:47						
15/ago	Duets group 2	Duet 5	D	00:11	17:48	17:59	00:30	17:16	17:46	00:20	18:37	18:57
		duet 6	D	00:11	18:00	18:11						
		Duet 7	D	00:11	18:12	18:23						
		Duet 8	D	00:11	18:24	18:35						
15/ago	Duets group 3	Duet 9	D	00:11	18:36	18:47	00:30	18:04	18:34	00:20	19:25	19:45
		Duet 10	D	00:11	18:48	18:59						
		Duet 11	D	00:11	19:00	19:11						
		Duet 12	D	00:11	19:12	19:23						

WARM UP POOL OPEN FROM 19:45 TO 21:30

Before music session



Synchronised Swimming

Training Schedule Form



16 AUGUST

WARM UP COMPETITION - DUETS FREE ROUTINE

Competition Pool											
Free Duets Final warm up with music in order of appearance						training section A (20x12,5x3)			training section B (20x12,5x3)		
music						NO			NO		
lifts allowed						YES			YES		
Day	group	NOC	music time	start time	end time	total time	start time	end time	total time	start time	end time
16/ago	OPEN ONLY FOR DUETS FROM 8:00 TO 9:00										
16/ago											
16/ago											
16/ago	Duets group 1	1	0:04:00	12:00	12:04	00:40	11:18	11:58			
		2	0:04:00	12:05	12:09						
		3	0:04:00	12:10	12:14						
		4	0:04:00	12:15	12:19						
16/ago	Duets group 2	5	0:04:00	12:20	12:24	00:40	11:38	12:18			
		6	0:04:00	12:25	12:29						
		7	0:04:00	12:30	12:34						
		8	0:04:00	12:35	12:39						
16/ago	Duets group 3	9	0:04:00	12:40	12:44	00:40	11:58	12:38			
		10	0:04:00	12:45	12:49						
		11	0:04:00	12:50	12:54						
		12	0:04:00	12:55	12:59						

Warm Up Pool											
coreography section (30x25x3)						training section C (15x12,5x3)			training section D (15x12,5x3)		
music						NO			NO		
lifts allowed						YES			YES		
Day	group	NOC	music time	start time	end time	total time	start time	end time	total time	start time	end time
OPEN ONLY FOR TEAMS FROM 8:00 TO 9:00											
Free Duets Final warm up with music in order of appearance						training section C (16x12,5x3)			training section D (16x12,5x3)		
music						NO			NO		
lifts allowed						YES			YES		
16/ago	Duets group 1	1	0:07:00	09:40	09:47	00:30	09:08	09:38	00:20	10:13	10:33
		2	0:07:00	09:48	09:55						
		3	0:07:00	09:56	10:03						
		4	0:07:00	10:04	10:11						
16/ago	Duets group 2	5	0:07:00	10:12	10:19	00:30	09:40	10:10	00:20	10:45	11:05
		6	0:07:00	10:20	10:27						
		7	0:07:00	10:28	10:35						
		8	0:07:00	10:36	10:43						
16/ago	Duets group 3	9	0:07:00	10:44	10:51	00:30	10:12	10:42	00:20	11:17	11:37
		10	0:07:00	10:52	10:59						
		11	0:07:00	11:00	11:07						
		12	0:07:00	11:08	11:15						



Synchronised Swimming

Training Schedule Form



competition pool	
team	6

16 AUGUST

COMPETITION POOL - WARM UP POOL

warm up pool	
team	10

				competition pool								
				coreography section (30x25x3)			training section C (20x12,5x3)			training section D (20x12,5x3)		
music				YES			NO			NO		
lifts allowed				YES			YES			YES		
DAY	group	NOC	EVENTS	music time	start time	end time	total time	start time	end time	total time	start time	end time
16/ago	group 1	Team 1	T	00:06	16:00	16:06	00:30	15:28	15:58			
		Team 2	T	00:06	16:07	16:13						
16/ago	group 2	Team 3	T	00:06	16:14	16:20				00:30	15:42	16:12
		Team 4	T	00:06	16:21	16:27						
16/ago	group 3	Team 5	T	00:06	16:28	16:34	00:30	15:56	16:26			
		Team 6	T	00:06	16:35	16:41						
16/ago	group 4	Team 7	T	00:06	16:42	16:48				00:30	16:10	16:40
		Team 8	T	00:06	16:49	16:55						

				warm up pool								
				coreography section (30x25x3)			training section C (15x12,5x3)			training section D (15x12,5x3)		
music				YES			NO			NO		
lifts allowed				YES			YES			YES		
DAY	group	NOC	EVENTS	music time	start time	end time	total time	start time	end time	total time	start time	end time
16/ago	Teams group 1	Team 1	T	00:10	17:00	17:10	00:30	16:28	16:58			
		Team 2	T	00:10	17:11	17:21						
16/ago	Teams group 2	Team 3	T	00:10	17:22	17:32				00:30	16:50	17:20
		Team 4	T	00:10	17:33	17:43						
16/ago	Teams group 3	Team 5	T	00:10	17:44	17:54	00:30	17:12	17:42			
		Team 6	T	00:10	17:55	18:05						
16/ago	Teams group 4	Team 7	T	00:10	18:06	18:16				00:30	17:34	18:04
		Team 8	T	00:10	18:17	18:27						

Before music

Warm up pool

the group 1 will start practice before music in the warm up pool

WARM UP POOL OPEN FROM 15:00 TO 16:15 AND FROM 18:30 TO 21:00

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



17 AUGUST

WARM UP POOL

warm up pool	
team	40
team	14

MARIA LENK AQUATIC CENTRE																	
IN ORDER OF TECHNICAL TEAM DRAW				WARM UP POOL													
				coreography section (30x25x3)				training section C (15x12,5x3)			training section D (15x12,5x3)						
				music				YES				NO			NO		
				lifts allowed				YES				YES			YES		
Day	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time				
17/ago	Teams group 3	Team 5	T	01:21	00:40	08:00	08:40	00:40	07:18	07:58	00:30	09:23	09:53				
		Team 6	T		00:40	08:41	09:21										
17/ago	Teams group 4	Team 7	T	01:21	00:40	09:22	10:02	00:40	08:40	09:20	00:30	10:45	11:15				
		Team 8	T		00:40	10:03	10:43										
17/ago	Teams group 1	Team 1	T	01:21	00:40	10:44	11:24	00:40	10:02	10:42	00:30	12:07	12:37				
		Team 2	T		00:40	11:25	12:05										
17/ago	Teams group 2	Team 3	T	01:21	00:40	12:06	12:46	00:40	11:24	12:04	00:30	13:29	13:59				
		Team 4	T		00:40	12:47	13:27										
17/ago	Teams group 1	Team 1	T	00:29	00:14	17:15	17:29	00:30	16:43	17:13	00:30	17:46	18:16				
		Team 2	T		00:14	17:30	17:44										
17/ago	Teams group 2	Team 3	T	00:29	00:14	17:46	18:00	00:30	17:14	17:44	00:30	18:17	18:47				
		Team 4	T		00:14	18:01	18:15										
17/ago	Teams group 3	Team 5	T	00:29	00:14	18:17	18:31	00:30	17:45	18:15	00:30	18:48	19:18				
		Team 6	T		00:14	18:32	18:46										
17/ago	Teams group 4	Team 7	T	00:29	00:14	18:48	19:02	00:30	18:16	18:46	00:30	19:19	19:49				
		Team 8	T		00:14	19:03	19:17										

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



17 AUGUST

COMPETITION POOL

competition pool	
team	40
team	14

MARIA LENK AQUATIC CENTRE													
IN ORDER OF TECHNICAL TEAM DRAW music lifts allowed				COMPETITION POOL									
				coreography section (30x25x3)				training section A (20x12,5x3)			training section B (20x12,5x3)		
				YES				NO			NO		
				YES				YES			YES		
Day	group	NOC	EVENTS	total time	music time	start time	end time	total time	start time	end time	total time	start time	end time
17/ago	Teams group 1	Team 1	T	01:21	00:40	08:00	08:40	00:40	07:18	07:58	00:30	09:23	09:53
		Team 2	T		00:40	08:41	09:21						
17/ago	Teams group 2	Team 3	T	01:21	00:40	09:22	10:02	00:40	08:40	09:20	00:30	10:45	11:15
		Team 4	T		00:40	10:03	10:43						
17/ago	Teams group 3	Team 5	T	01:21	00:40	10:44	11:24	00:40	10:02	10:42	00:30	12:07	12:37
		Team 6	T		00:40	11:25	12:05						
17/ago	Teams group 4	Team 7	T	01:21	00:40	12:06	12:46	00:40	11:24	12:04	00:30	13:29	13:59
		Team 8	T		00:40	12:47	13:27						
17/ago	Teams group 1	Team 1	T	00:29	00:14	19:00	19:14	00:30	18:28	18:58	00:20	19:31	19:51
		Team 2	T		00:14	19:15	19:29						
17/ago	Teams group 2	Team 3	T	00:29	00:14	19:30	19:44	00:30	18:58	19:28	00:20	20:01	20:21
		Team 4	T		00:14	19:45	19:59						
17/ago	Teams group 3	Team 5	T	00:29	00:14	20:00	20:14	00:30	19:28	19:58	00:20	20:31	20:51
		Team 6	T		00:14	20:15	20:29						
17/ago	Teams group 4	Team 7	T	00:29	00:14	20:30	20:44	00:30	19:58	20:28	00:20	21:01	21:21
		Team 8	T		00:14	20:45	20:59						

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



18 AUGUST

WARM UP -TEAMS TECHNICAL ROUTINE

competition pool	
team	4

warm up pool pool	
team	10

Competition Pool											
Teams warm up with music in order of technical routine draw			training section A (20x12,5x3)			training section B (20x12,5x3)					
music			NO			NO					
lifts allowed			YES			YES					
Day	Group	NOC	music time	start time	end time	total time	start time	end time	total time	start time	end time
18/ago	Teams group 1	Team 1	0:04:00	11:45	11:49	00:40	11:03	11:43			
		Team 2	0:04:00	11:50	11:54						
18/ago	Teams group 2	Team 3	0:04:00	11:55	11:59	00:40	11:13	11:53			
		Team 4	0:04:00	12:00	12:04						
18/ago	Teams group 3	Team 5	0:04:00	12:05	12:09	00:40	11:23	12:03			
		Team 6	0:04:00	12:10	12:14						
18/ago	Teams group 4	Team 7	0:04:00	12:15	12:19	00:40	11:33	12:13			
		Team 8	0:04:00	12:20	12:24						
The Group 1 will practice before music session, at the warm up pool section C											

Warm Up Pool											
Teams warm up with music in order of technical routine draw			training section C (15x12,5x3)			training section D (15x12,5x3)					
music			NO			NO					
lifts allowed			YES			YES					
Day	Group	NOC	music time	start time	end time	total time	start time	end time	total time	start time	end time
18/ago	Teams group 1	Team 1	0:10:00	10:00	10:10	00:43	09:15	09:58			
		Team 2	0:10:00	10:11	10:21						
18/ago	Teams group 2	Team 3	0:10:00	10:22	10:32				00:43	09:37	10:20
		Team 4	0:10:00	10:33	10:43						
18/ago	Teams group 3	Team 5	0:10:00	10:44	10:54	00:43	09:59	10:42			
		Team 6	0:10:00	10:55	11:05						
18/ago	Teams group 4	Team 7	0:10:00	11:06	11:16				00:43	10:21	11:04
		Team 8	0:10:00	11:17	11:27						



Synchronised Swimming

Training Schedule Form



18 AUGUST

COMPETITION POOL - WARM UP POOL

competition pool	
team	15

warm up pool pool	
team	15

warm up with music in order of team free routine draw				competition pool								
				competition section (30x25x3)			training section A (20x12,5x3)			training section B (20x12,5x3)		
music				YES			NO			NO		
lifts allowed				YES			YES			YES		
DAY	group	NOC	EVENTS	music time	start time	end time	total time	start time	end time	total time	start time	end time
18/ago	group 1	Team 1	T	00:15	18:30	18:45	00:40	17:48	18:28	00:20	19:03	19:23
		Team 2	T	00:15	18:46	19:01						
18/ago	group 2	Team 3	T	00:15	19:02	19:17	00:20	19:35	19:55	00:40	18:20	19:00
		Team 4	T	00:15	19:18	19:33						
18/ago	group 3	Team 5	T	00:15	19:34	19:49	00:40	18:52	19:32	00:20	20:07	20:27
		Team 6	T	00:15	19:50	20:05						
18/ago	group 4	Team 7	T	00:15	20:06	20:21	00:20	20:39	20:59	00:40	19:24	20:04
		Team 8	T	00:15	20:22	20:37						

music				warm up pool											
				coreography section (30x25x3)			training section C (15x12,5x3)			training section D (15x12,5x3)					
music				YES			NO			NO					
lifts allowed				YES			YES			YES					
DAY	group	NOC	EVENTS	music time	start time	end time	total time	start time	end time	total time	start time	end time			
18/ago	group 1	Team 1	T	00:15	16:40	16:55	00:30	16:08	16:38	00:20	17:13	17:33			
		Team 2	T	00:15	16:56	17:11									
18/ago	group 2	team 3	T	00:15	17:12	17:27	00:30	16:40	17:10	00:20	17:45	18:05			
		team 4	T	00:15	17:28	17:43									
18/ago	group 3	Team 5	T	00:15	17:44	17:59	00:30	17:12	17:42	00:20	18:17	18:37			
		Team 6	T	00:15	18:00	18:15									
18/ago	group 4	Team 7	T	00:15	18:16	18:31	00:30	17:44	18:14	00:20	18:49	19:09			
		Team 8	T	00:15	18:32	18:47									

Before music session After music session

* The training schedule is subject to change



Synchronised Swimming

Training Schedule Form



19 AUGUST

WARM UP -TEAMS FREE ROUTINE

competition pool	
team	15

Competition Pool												
		Teams warm up with music in order of appearance				training section A (20x12,5x3)			training section B (20x12,5x3)			
		music				NO			NO			
		lifts allowed				YES			YES			
DAY	Group	NOC	music time	start time	end time	total time	start time	end time	total time	start time	end time	
19/ago	Teams group 1	Team 1	0:15:00	08:30	08:45	00:40	07:50	08:30	00:20	09:03	09:23	
		Team 2	0:15:00	08:46	09:01							
19/ago	Teams group 2	Team 3	0:15:00	09:02	09:17	00:20	09:35	09:55	00:40	08:22	09:02	
		Team 4	0:15:00	09:18	09:33							
19/ago	Teams group 3	Team 5	0:15:00	09:34	09:49	00:40	08:54	09:34	00:20	10:07	10:27	
		Team 6	0:15:00	09:50	10:05							
19/ago	Teams group 4	Team 7	0:15:00	10:06	10:21	00:20	10:39	10:59	00:40	09:26	10:06	
		Team 8	0:15:00	10:22	10:37							

Before music session After music session

Warm Up Pool - Training without music												
		Teams warm up with music in order of appearance				training section C (15x12,5x3)			training section D (15x12,5x3)			
		music				NO			NO			
		lifts allowed				YES			YES			
DAY	Group	NOC	music time	start time	end time	total time	start time	end time	total time	start time	end time	
19/ago	Teams group 1	Team 1	OPEN FOR TEAMS FROM 7:30 TO 13:30									
		Team 2										
19/ago	Teams group 2	Team 3										
		Team 4										
19/ago	Teams group 3	Team 5										
		Team 6										
19/ago	Teams group 4	Team 7										
		Team 8										