

**2026 CUASL EAST DIVISIONALS**  
**Queen's Athletics & Recreation Centre**  
**284 Earl St., Kingston, Ontario**  
**January 23rd-24th, 2026**  
**Final Schedule**

Key	Warm-up	Coaches		Officials
	Novice	Experienced		AWD
Date	Time	#	Event	
Friday, January 23rd, 2026	08:00		Pool open for Warm-up	
	08:30-08:50	W	Novice Tech Duet Deep End Warm-up	
	08:55-10:10	14	Novice Tech Duet Competition	
	10:15-10:35	W	Experienced Duet Deep End Warm-up (1-8)	
	10:35-10:55	W	Experienced Duet Deep End Warm-up (9-16)	
	11:00-12:45	16	Experienced Duet Competition	
	12:45-13:15		Lunch Break	
	13:15-13:35	W	Novice Tech Solo and AWD Solo Deep End Warm-up	
	13:40-14:30	11	Novice Tech Solo Competition	
	14:35-14:45	2	AWD Solo Competition	
	14:50-15:10	W	Experienced Solo Deep End Warm-up	
	15:15-17:30	23	Experienced Solo Competition (stretch break after competitor 12)	
17:30-18:00		Dinner Break		
18:00-18:30	W	Novice Tech Team Deep End Warm-up		
18:35-19:45	11	Novice Tech Team Competition		
Saturday, January 24th, 2026	08:00		Pool open for Warm-up	
	08:30-09:00	W	Experienced Team Deep End Warm-up (1-7)	
	09:00-09:30	W	Experienced Team Deep End Warm-up (8-14)	
	09:35-11:15	14	Experienced Team Competition	
	11:45		Awards	