



12th CMAS UNDERWATER RUGBY
WORLD CHAMPIONSHIPS
MONTREAL July 07-15 2023



INDIVIDUAL TRAINING SESSIONS

Pool Training Slots (50min. each)					
		July 7, 2023		July 8, 2023	
Hour	July 4 to July 6	Court A	Court B	Court A	Court B
09:00 - 10:00	Pool Closed	Spain	Norway	USA	Norway
10:00 - 11:00	Pool Closed	Sweden	Austria	Colombia	Canada
11:00 - 12:00	Pool Closed	Canada	Germany	Germany	Australia
12:00 - 13:00	Pool Closed	Norway	Canada	Spain	Sweden
13:00 - 14:00	Pool Closed	Australia	Denmark	Denmark	Austria
14:00 - 15:00	Pool Closed	Colombia	Sweden	Pool Closed	
15:00 - 16:00	Pool Closed	USA	Spain	Pool Closed	
16:00 - 17:00	Additional Pool Time	Denmark	USA	Pool Closed	
17:00 - 18:00	Additional Pool Time	Germany	Australia	Pool Closed	
18:00 - 19:00	Additional Pool Time	Austria	Colombia	Pool Closed	
19:00 - 20:00	Additional Pool Time	Pool Closed		Pool Closed	

July 7 & 8: The designated training time included for each federation is indicated in the table above. There's a total of **three (3)** training sessions of **50min effective time** for each participant Federation. This allows 5 minutes prior the training to enter the pool and 5 minutes after to leave the pool, so that the next teams can enter the pool.

July 4 to 6: **Additional** pool time may be available for team training. Proposed practice hour fee is **\$100 CAD per 50min** effective time slot.

To make reservations for the additional training time, please contact the Local Organizing Committee at uwrwc.montreal2023@gmail.com. A training time slot will be assigned to you depending on pool availability in a first arrive first serve basis.

Please review the attached **Pool Distribution** file as it contains relevant information to consider for the Training Sessions.

A maximum of **two (2)** teams per category can enter each court side at the same time. This means, each team playing can invite a sparing team to train on their side of the pool.

The deadline for the additional training time reservation is:

June 16, 2023

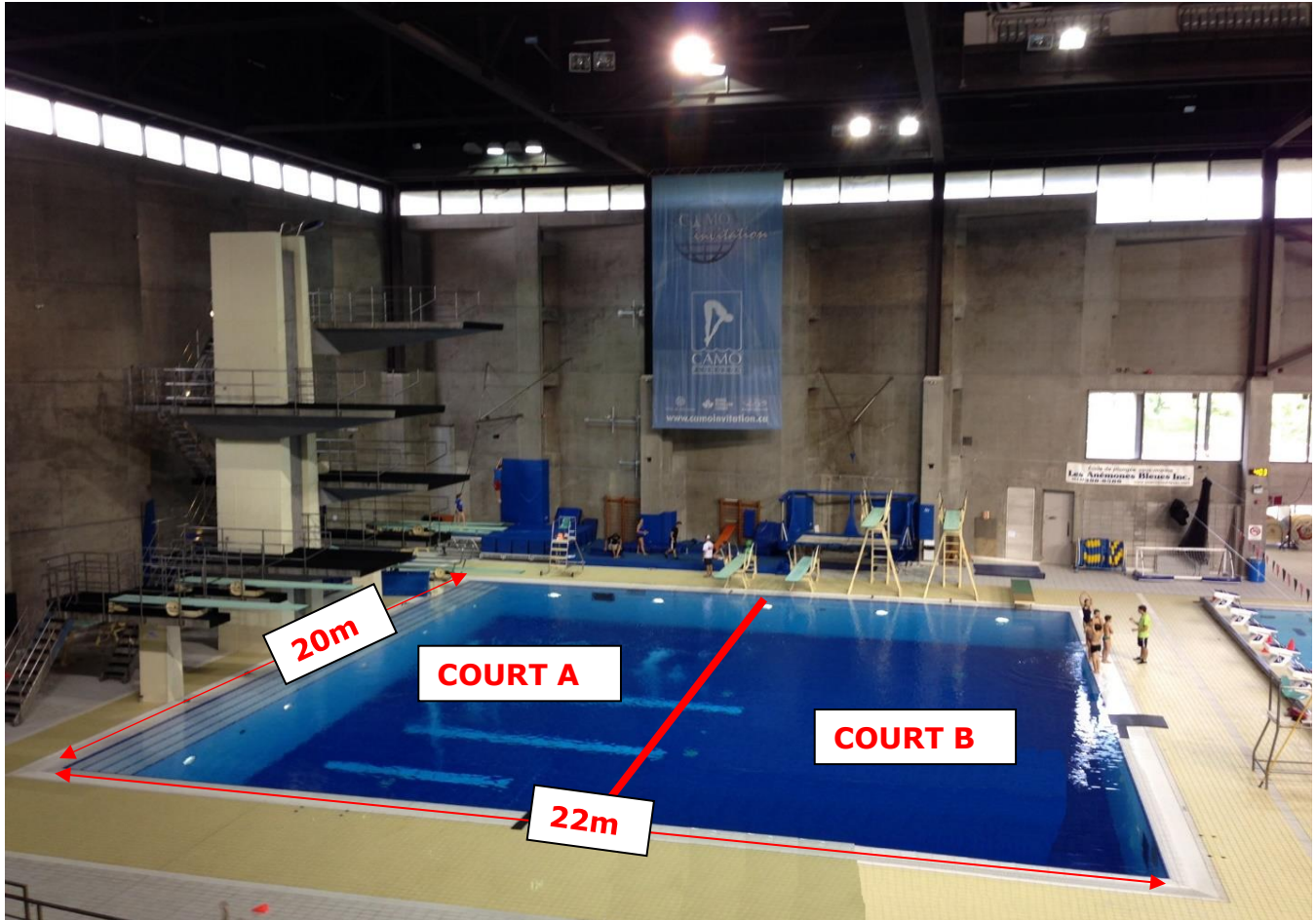
Per 50 min. slot		
100.00 \$	€ 69.00	\$73.00
CAD	EUR	USD



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POOL DISTRIBUTION FOR TEAM'S TRAINING



ADDITIONAL INFORMATION:

- Each court side (marked as A or B) will have its individual set of underwater baskets.
- Diving into the pool for changeovers during training times is not allowed.
- The use of the diving platforms is forbidden at all times.
- Food is not allowed in pool areas.
- Please bring a lock to secure your belongings in the locker rooms.
- To maintain a good water quality, the use of detergents, soap and shampoo or similar liquids within pool is strictly forbidden.

