

Competition Guide

SYNCHRO SHERBROOKE 2026 INVITATION

March 14 and March 15, 2026

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Vibrant Sherbrooke: A Committed Partner

SHERBROOKE VIBRANTE

This year, the City of Sherbrooke is generously providing the official competition passes.

In an environmentally conscious approach, recycling bins will be available for you to return your passes at the end of your participation. This initiative reflects our shared commitment to reducing our ecological footprint and supporting responsible practices during our events.

We would like to express our gratitude to the City of Sherbrooke for its support and essential contribution to the success of our event. Thanks to this collaboration, we can offer all participants an experience that is professional, welcoming, and environmentally responsible. Plan de la ville de Sherbrooke

Competition Venue

Centre Multisport Roland Dussault (Aréna Eugène Lalonde)

350 Rue Terrill, Sherbrooke, QC J1E 3S7



Off Ice Venue

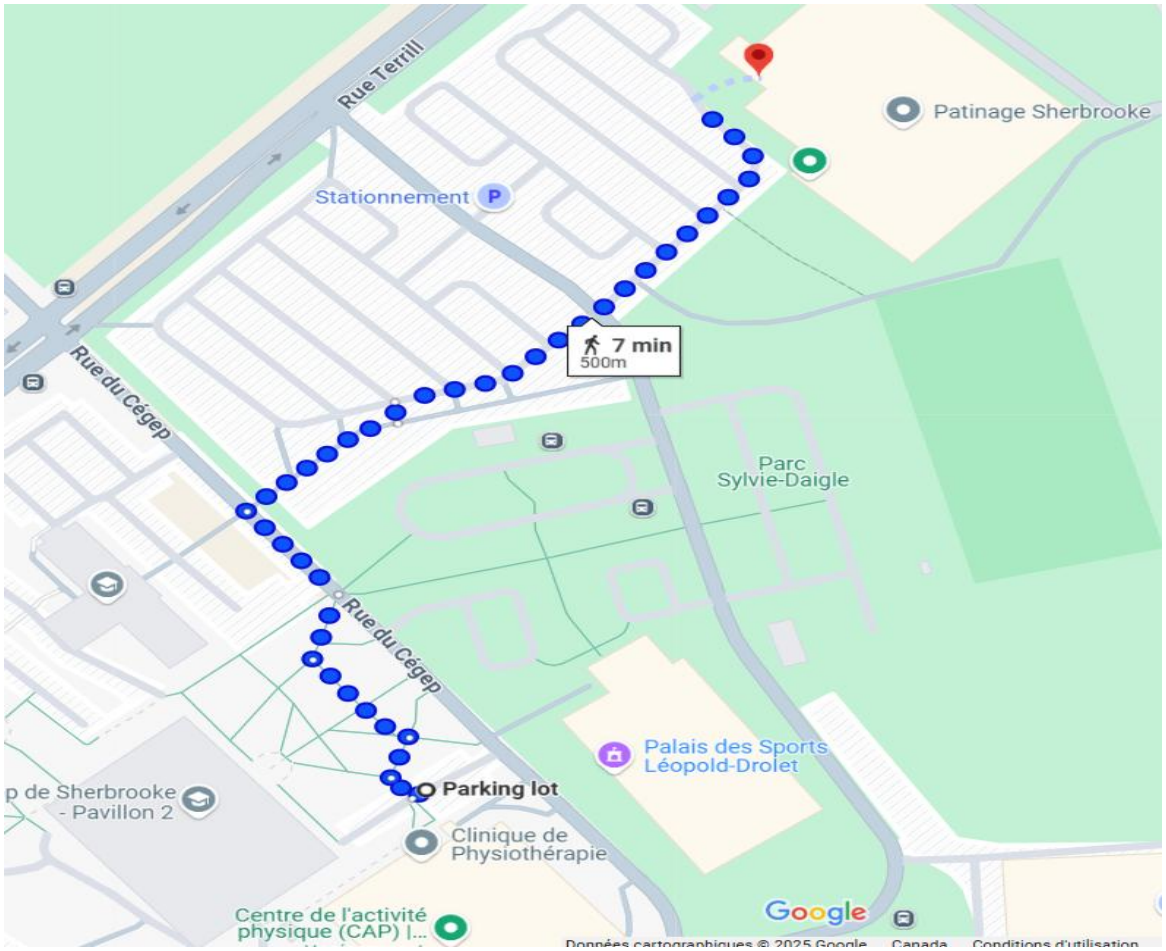
Cégep de Sherbrooke (CAP) Centre de l'activité physique – Gym C

1-21-110, 355 Rue du Cégep, 355 Rue du Cégep, Sherbrooke, QC J1E 3X7



DIRECTIONS BETWEEN THE ARENA AND THE OFF ICE SITE

The distance between the arena and the off ice venue is approximately a 10 minute walk.

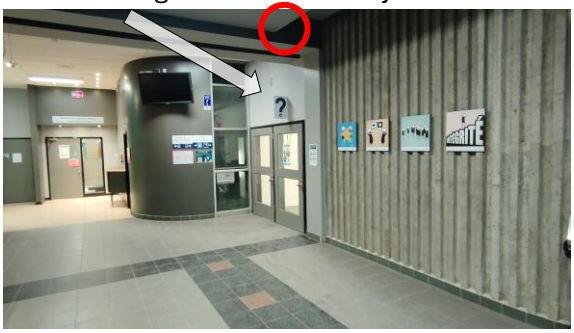


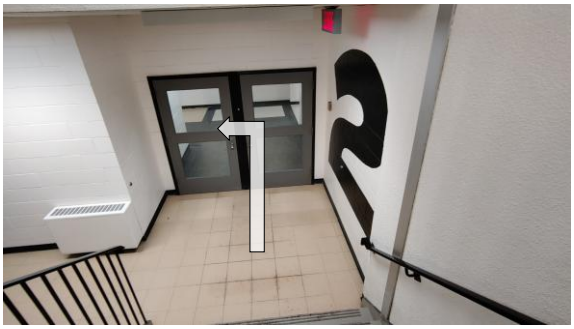
OFF ICE ROOM (GYMNASIUM C)

The off ice gymnasium is located in the CAP (Centre for Physical Activity) at Cégep de Sherbrooke.

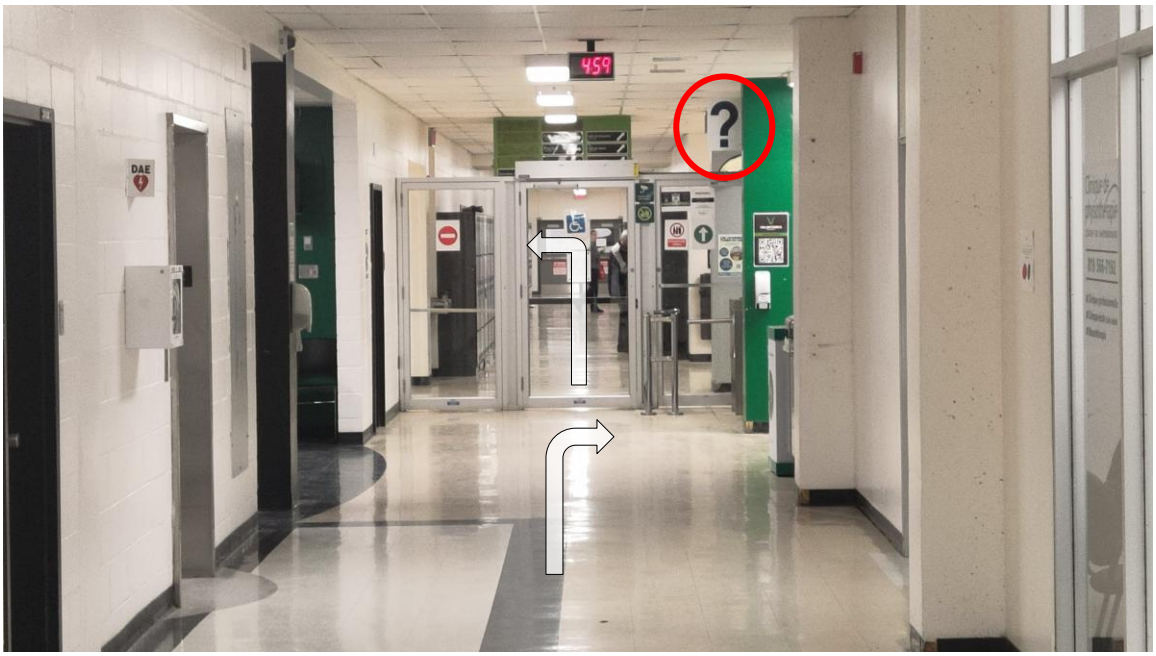
Once inside the CAP, follow the signs to the reception desk. Upon arrival, staff will direct you to the gymnasium assigned to your team.



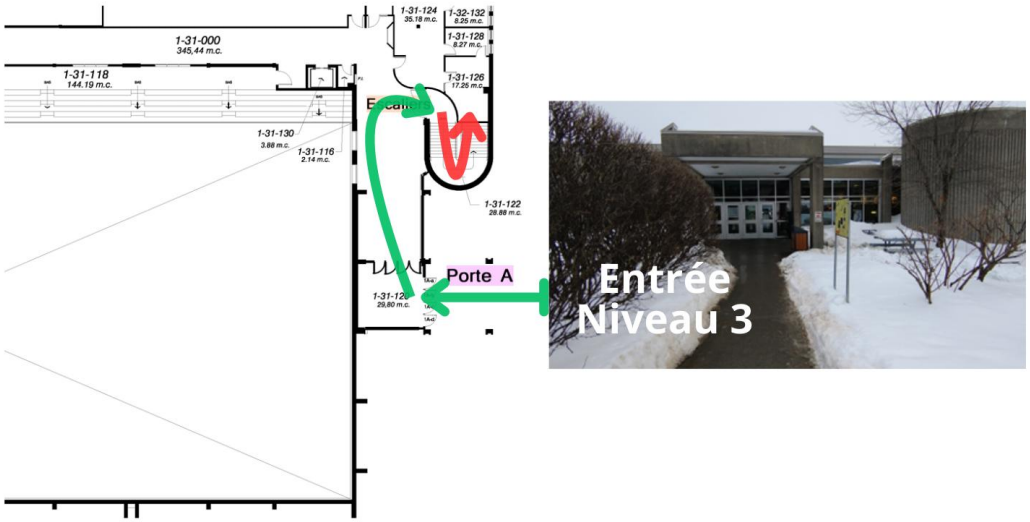


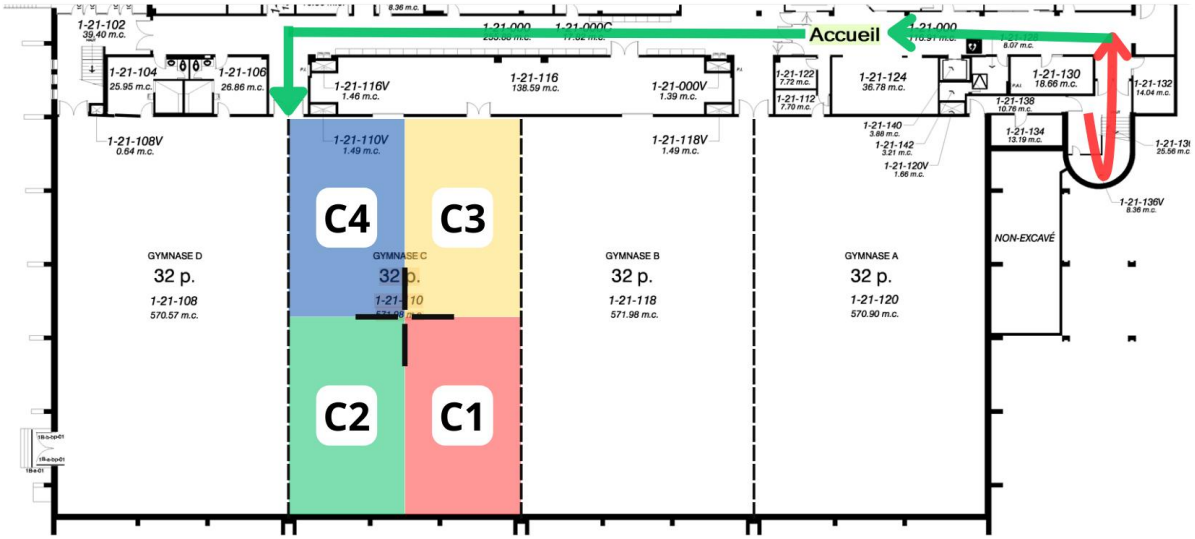






Gymnasium C is divided into four zones: C1, C2, C3, and C4





Schedule by Event

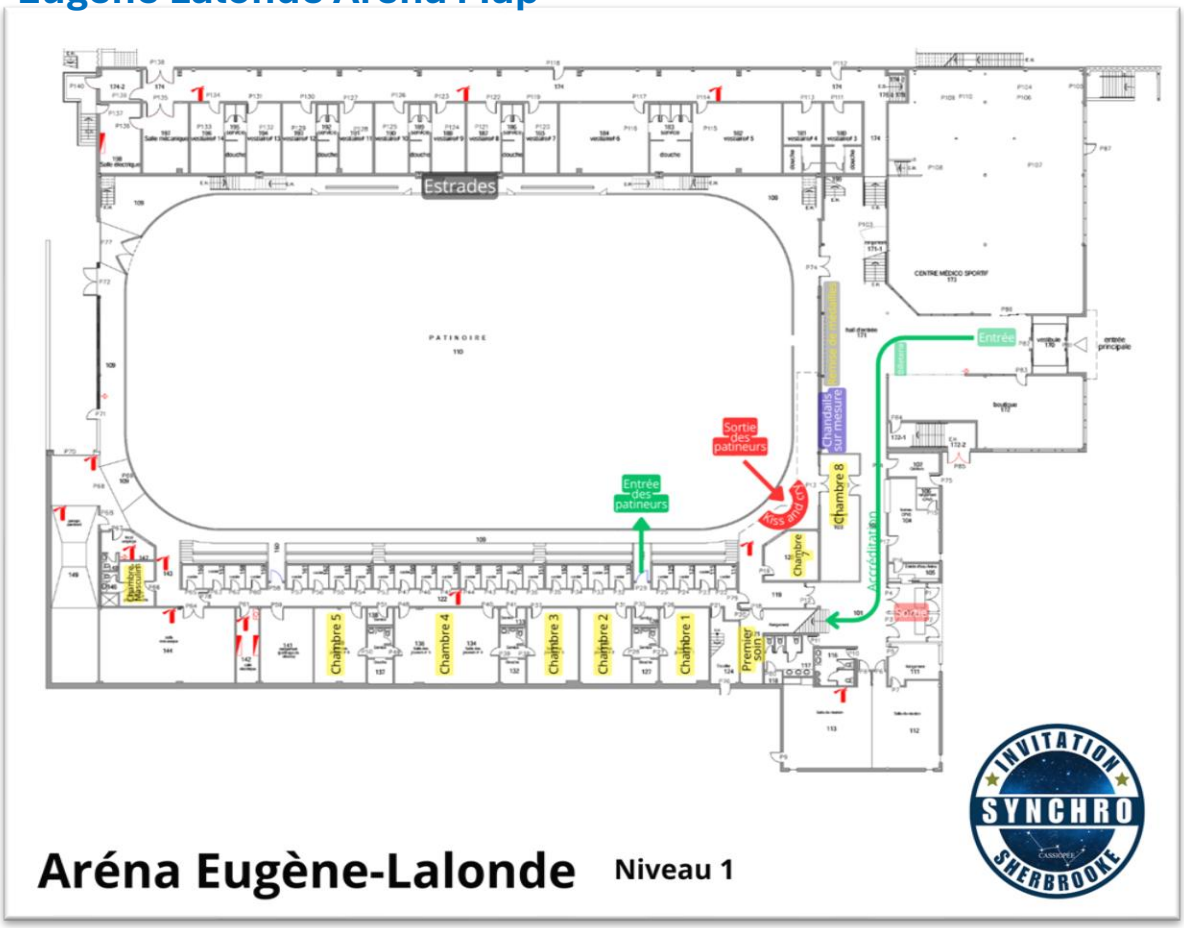
Saturday, March 14, 2026			
ÉVÉ.	**HRE**	**CATÉGORIES**	**# D'ÉQUIPES**
	8h20	Pratique Star 3 (Hors-compétition)	1
	8h29	Pratique Star 4 Gr.1 (Hors-compétition)	6
	9h35	Pratique Star 4 Gr.2 (Hors-compétition)	7
1	11h00	Ouvert	1
2	11h09	Adulte I	3
3	11h49	Adulte III	8
4	13h02	Star 3	1
5	13h23	Star 4 Gr.1	6
6	14h15	Star 4 Gr.2	7
7	15h13	Star 6	7
8	16h11	Star 8 (glace après 5e)	10
	17h55	Invité	1
9	18h13	Ouvert	1
10	18h22	Adulte I	3
11	19h02	Adulte II	6

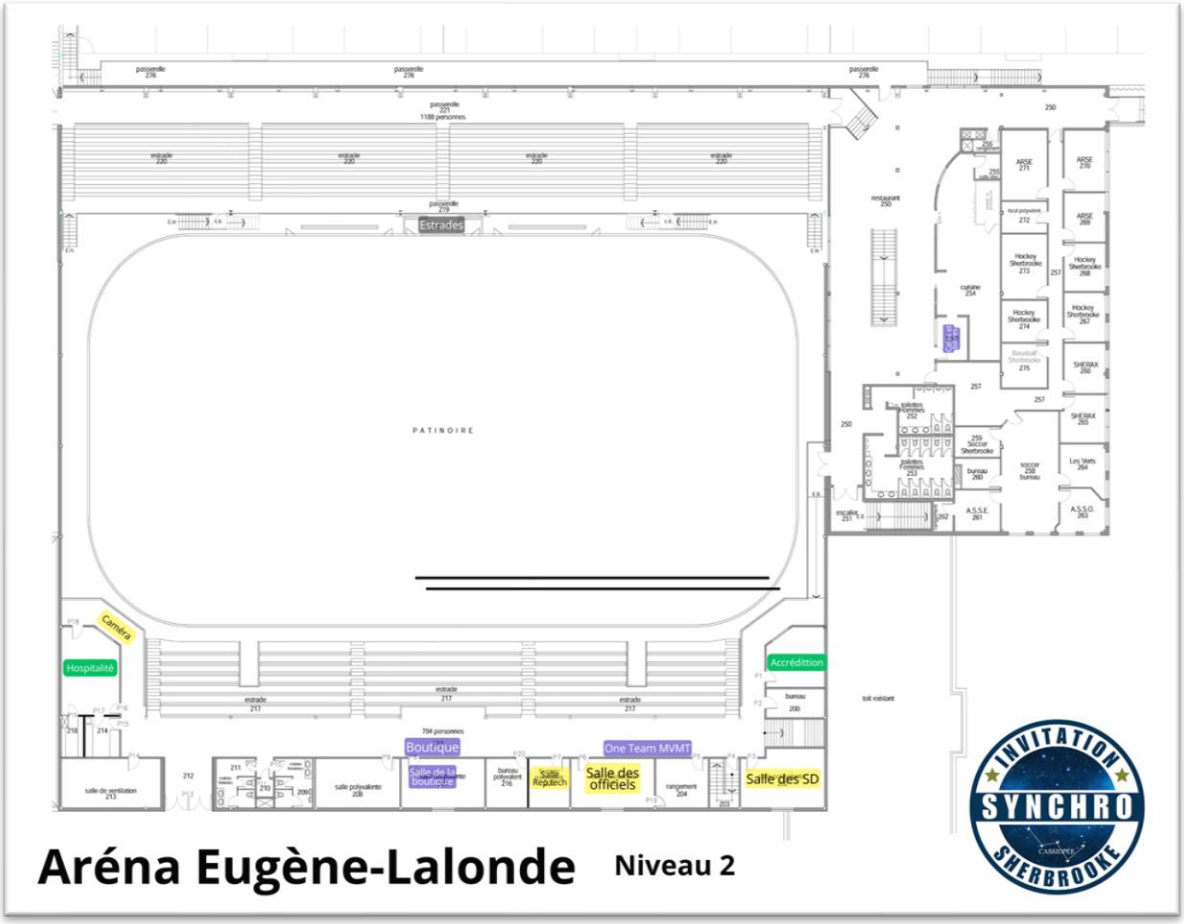
Sunday, March 15, 2026			
ÉVÉ.	**HEURE**	**CATÉGORIES**	**# D'ÉQUIPES**
12	10h00	Star 6	7
13	11h05	Star 8	10
14	13h02	Adulte II	6
15	14h06	Adulte III	8

Detailed Schedule, Results and Medal Ceremonies

We invite you to wait for your results in the stands. When results are ready, the podium ceremony will be announced in the arena by the announcer. The medal ceremony time will be announced at the same moment. Medals will be awarded at the arena entrance, in front of the black curtain. Please consult the various documents using the QR code provided.

Eugène Lalonde Arena Map





Flashmob

2024 2025 2026







Star 3 and Star 4 Practice

Star 3 and Star 4 teams have **8 minutes and 30 seconds** of on-ice time to familiarize themselves with the rink dimensions and visual markers. Accredited coaches may accompany their team on the ice if they wish.

Star 3: background music will be played.

Star 4: the program music will be played twice
first at 00:01:00 and again at 00:05:00.

Fan favourite

The Fan Favourite vote is officially back this year — connect to our Facebook page and make the counter explode!

https://www.facebook.com/invitationsynchrosherbrooke/

Special Guests

NOVA Senior – Saturday, March 14 at 17:55

We are proud to welcome the Nova Senior team, who will represent Canada at the 2026 ISU Synchronized Skating World Championships in Austria. Their most recent season was filled with success:

- 6th – ISU CH Marie Lundmark Trophy, Turku, Finland
- 3rd – ISU CH Boston International Classic, Boston, USA
- 2nd – Québec Sectionals Championships – JR SR
- 2nd – National Championships – Gatineau, QC

Limited Parking

On Saturday, March 14, the Sherbrooke Phoenix (QMJHL) has a game at 4 PM. Our competition arena and the Phoenix arena share the same parking lot. We strongly recommend planning your arrival before 3 PM or after 6:30 PM

Ticketing

Admission fees:

$10.00 per day, or $15.00 for the full weekend (ages 12 and up)

Payment can be made in cash or by card (tap).

Free admission for children 11 and under.

Accreditation

Accreditation has moved this year: it will be located on Level 2, in the room directly above the Kiss & Cry. Registered team managers will receive individual passes for each team member. For managers and chaperones, only those registered for the competition and recognized by Skate Canada will receive a pass.

Boutique and Food Services

The arena restaurant will be open:

- Saturday: 10:00 to 19:00
- Sunday: 10:00 to 15:00

Only Coffee and beer will be available.

Additional beverages, sandwiches, and snacks will be sold at the boutique located in the stands of the Eugène Lalonde Arena

Questions

If needed, feel free to contact us at: synchrosherbrooke@gmail.com

Have a great competition!

Synchro Sherbrooke Invitation