

Update: March 8, 2025

2025 Winter League: Sunday, March 16, 2025 (weekend #5)

11:30am-5:00pm in Pan Am Pool Main Tank

Format:

12U: 5v5 (4 + goalie), 4 x 8 min running time, 1 min break between periods, no time outs, no shot clocks, goalies cannot pass centre; Pool set up is same as school league (6 lane long course).

14U and Older: 4 x 6 min Stopped Time, Shot Clocks, 1 min break between periods, 2 min at halftime, 1 x 60s Time out/game, games every 50

Youth Development: will play 6v6 (5+goalie).

Pan Am Pool Main Tank - South Pool							Pan Am Pool Main Tank - North Pool						
Game #	Start Time	Category	White	Blue	Referee 1	Referee 2	Game #	Start Time	Div	White	Blue	Referee 1	Referee 2
Set up 2 courts, 6 lanes long (like school league) to run 10U and 12U Games.													
	11:30 AM	Warm-Up						11:30 AM	Warm-Up				
49	11:45 AM	12U Mixed	Barracudas	Piranhas			50	11:45 AM	12U Mixed	Sharks	Orcas		
							51	12:20 PM	10U Mixed	Exhibition Game	Exhibition Game		
Change to a single field of play in 8 lanes long.													
46	1:15 PM	Open Men	Team E	Team G									
47	2:15 PM	Open Women	Youth Team	Open Women									
48	3:15 PM	Open Men	Team F	Team G									
	4:15 PM	End											