



SPACING SCHEDULE / HORAIRE D'ENTRAINEMENT

May 4 Mai 2026

v3.2 - 2026-04-28

TIME / TEMPS	CLUB	Time for group / Temps du groupe	Warm up Start Début Échauffement	Music time start Début Musique	Music time end Fin Musique	Warm up end Fin Échauffement
			Warmup Pool Bassin d'échauffement	Competition Pool Bassin de compétition		Warmup Pool Bassin d'échauffement
0:18:00	Durham Artistic Swimming	0:35:00	8:30	9:00	9:18	10:36
0:17:00	Surf City Artistic Swimming			9:19	9:36	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
0:30:00	Remix Artistic Swimming	1:17:00	8:56	9:41	10:11	11:45
0:19:00	Calgary Aquabelles			10:12	10:31	
0:28:00	Dollard Artistic Swimming			10:32	11:00	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
0:04:00	Artistic Swimming Fredericton	0:45:00	10:20	11:05	11:09	12:38
0:11:00	Atlantis Artistic Swimming Club			11:10	11:21	
0:13:00	Aquasouls Artistic Swimming			11:22	11:35	
0:17:00	Aquatica Synchro			11:36	11:53	
30 MINUTE PAUSE / PAUSE DE 30 MINUTES						
0:40:00	Pacific Wave Artistic Swimming	1:21:00	11:38	12:23	13:03	14:30
0:41:00	Montreal Synchro			13:04	13:45	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
0:29:00	Québec Excellence Synchro	0:56:00	13:05	13:50	14:19	15:34
0:10:00	Performance Synchro			14:20	14:30	
0:14:00	CAEM			14:31	14:45	
0:03:00	Beaconsfield Synchro			14:46	14:49	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
0:21:00	Granite Artistic Swimming	0:56:00	14:09	14:54	15:15	16:38
0:08:00	Olympium Artistic Swimming			15:16	15:24	
0:23:00	York Artistic Swimming			15:25	15:48	
0:04:00	London Regional Artistic Swimming			15:49	15:53	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
0:22:00	Waterloo Regional AS	0:57:00	15:13	15:58	16:20	17:43
0:16:00	Mississauga Artistic Swimming			16:21	16:37	
0:17:00	GO Capital Artistic Swimming			16:38	16:55	
0:02:00	Ignite Artistic Swimming			16:56	16:58	
30 MINUTE PAUSE / PAUSE DE 30 MINUTES						
1:02:00	Calgary Killarney AS Club	1:19:00	16:43	17:28	18:30	19:34
0:14:00	Saskatoon Aqualenes			18:31	18:45	
0:03:00	Border City Stingrays			18:46	18:49	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
0:10:00	Edmonton Auroras	0:24:00	18:09	18:54	19:04	20:05
0:04:00	Prince George Waterlilies			19:05	19:09	
0:10:00	Victoria Artistic Swimming			19:10	19:20	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
0:17:00	Excel Artistic Swim Club	0:33:00	18:40	19:25	19:42	20:45
0:04:00	Red Deer Silhouettes			19:43	19:47	
0:12:00	Regina Synchro			19:48	20:00	

Time is calculated by taking 70% of time of all routines for each club /
Le temps a été calculé en prenant 70% du temps de routine de chaque club