



## SPACING SCHEDULE / HORAIRE D'ENTRAINEMENT

May 7, 2023 / 7 mai 2023

v1.2 - 2023-05-02

| TIME / TEMPS                        | CLUB                          | Time for group / Temps du groupe | Warm up Start<br>Début Échauffement  | Music time start<br>Début Musique         | Music time end<br>Fin Musique | Warm up end<br>Fin Échauffement      |
|-------------------------------------|-------------------------------|----------------------------------|--------------------------------------|---|-------------------------------|--------------------------------------|
|                                     |                               |                                  | Warmup Pool<br>Bassin d'échauffement | Competition Pool<br>Bassin de compétition |                               | Warmup Pool<br>Bassin d'échauffement |
| 46:00                               | Calgary Aquabelles            | 1:48:00                          | 9:00                                 | 9:45                                      | 10:31                         | 12:20                                |
| 40:00                               | Remix Artistic Swimming       |                                  |                                      | 10:32                                     | 11:12                         |                                      |
| 22:00                               | Dollard Artistic Swimming     |                                  |                                      | 11:13                                     | 11:35                         |                                      |
| 5 MINUTE PAUSE / PAUSE DE 5 MINUTES |                               |                                  |                                      |   |                               |                                      |
| 42:00                               | Québec Excellence Synchro     | 1:02:00                          | 10:55                                | 11:40                                     | 12:22                         | 13:28                                |
| 20:00                               | Performance Synchro           |                                  |                                      | 12:23                                     | 12:43                         |                                      |
| 5 MINUTE PAUSE / PAUSE DE 5 MINUTES |                               |                                  |                                      |   |                               |                                      |
| 33:00                               | Montreal Synchro              | 1:26:00                          | 12:03                                | 12:48                                     | 13:21                         | 15:01                                |
| 26:00                               | Pacific Wave Synchro          |                                  |                                      | 13:22                                     | 13:48                         |                                      |
| 27:00                               | CAEM                          |                                  |                                      | 13:49                                     | 14:16                         |                                      |
| 5 MINUTE PAUSE / PAUSE DE 5 MINUTES |                               |                                  |                                      |   |                               |                                      |
| 23:00                               | Granite Artistic Swimming     | 0:42:00                          | 13:36                                | 14:21                                     | 14:44                         | 15:49                                |
| 19:00                               | Olympium Artistic Swimming    |                                  |                                      | 14:45                                     | 15:04                         |                                      |
| 13:00                               | Atlantis Synchro              | 0:41:00                          | 14:20                                | 15:05                                     | 15:18                         | 16:17                                |
| 05:00                               | Calgary Winter Club           |                                  |                                      | 15:19                                     | 15:24                         |                                      |
| 07:00                               | Charlottetown Naiads          |                                  |                                      | 15:25                                     | 15:32                         |                                      |
| 08:00                               | Amethystes de Sherbrooke      |                                  |                                      | 15:33                                     | 15:41                         |                                      |
| 08:00                               | Neptune Natation Artistique   |                                  |                                      | 15:42                                     | 15:50                         |                                      |
| 5 MINUTE PAUSE / PAUSE DE 5 MINUTES |                               |                                  |                                      |   |                               |                                      |
| 45:00                               | GO Capital Artistic Swimming  | 1:22:00                          | 15:10                                | 15:55                                     | 16:40                         | 18:03                                |
| 37:00                               | Waterloo Regional Synchro     |                                  |                                      | 16:41                                     | 17:18                         |                                      |
| 5 MINUTE PAUSE / PAUSE DE 5 MINUTES |                               |                                  |                                      |   |                               |                                      |
| 08:00                               | Excel AS club                 | 0:40:00                          | 16:38                                | 17:23                                     | 17:31                         | 18:53                                |
| 06:00                               | TEAM CANADA                   |                                  |                                      | 17:32                                     | 17:38                         |                                      |
| 02:00                               | Ignite Artistic Swimming      |                                  |                                      | 17:39                                     | 17:41                         |                                      |
| 02:00                               | Nepean Artistic Swimming      |                                  |                                      | 17:42                                     | 17:44                         |                                      |
| 18:00                               | Toronto Artistic Swimming     |                                  |                                      | 17:45                                     | 18:03                         |                                      |
| 04:00                               | University of Toronto AS Club |                                  |                                      | 18:04                                     | 18:08                         |                                      |
| 03:00                               | Caprice Artistic Swimming     | 0:19:00                          | 17:23                                | 18:08                                     | 18:11                         | 19:14                                |
| 03:00                               | Nelson Reflections            |                                  |                                      | 18:12                                     | 18:15                         |                                      |
| 13:00                               | Victoria Artistifc Swimming   |                                  |                                      | 18:16                                     | 18:29                         |                                      |
| 5 MINUTE PAUSE / PAUSE DE 5 MINUTES |                               |                                  |                                      |   |                               |                                      |
| 16:00                               | Saskatoon Aqualenes           | 1:23:00                          | 17:49                                | 18:34                                     | 18:50                         | 19:59                                |
| 27:00                               | Regina Synchro                |                                  |                                      | 18:51                                     | 19:18                         |                                      |
| 40:00                               | Calgary Killarney AS Club     |                                  |                                      | 19:19                                     | 19:59                         |                                      |
| 13:00                               | Winnipeg Artistic Swim Club   | 0:32:00                          | 18:30                                | 20:00                                     | 20:13                         | 21:00                                |
| 13:00                               | Aquatica Synchro              |                                  |                                      | 20:14                                     | 20:27                         |                                      |
| 06:00                               | Thunder Bay Synchro           |                                  |                                      | 20:28                                     | 20:34                         |                                      |

Time is calculated by taking 100% of time of all routines for each club /  
Le temps a été calculé en prenant 100% du temps de routine de chaque club