

## SPACING SCHEDULE

Wednesday, May 28, 2025

SPACING TIME	CLUB	Music Time for group	Warmup Start	Music Time Start	Music Time End	Warmup end
			Warmup Pool	Competition Pool		Warmup Pool
5 MINUTE LAP WARMUP						
20:00	Brant Artistic Swimming Club	1:10:00	-	12:05 PM	12:25 PM	2:20 PM
10:00	Royal City Artistic Swimming Club			12:25 PM	12:35 PM	
40:00	Ignite Artistic Swimming Club			12:35 PM	1:15 PM	
5 MINUTE BREAK						
25:00	Mississauga Artistic Swimming Club	0:40:00	12:45 PM	1:20 PM	1:45 PM	2:35 PM
15:00	Olympium Artistic Swimming Club			1:45 PM	2:00 PM	
5 MINUTE BREAK						
20:00	York Artistic Swimming Club	0:50:00	1:30 PM	2:05 PM	2:25 PM	3:30 PM
30:00	Toronto Artistic Swimming Club			2:25 PM	2:55 PM	
5 MINUTE BREAK						
35:00	Remix Artistic Swimming Club	0:45:00	2:25 PM	3:00 PM	3:35 PM	4:20 PM
10:00	Granite Artistic Swimming			3:35 PM	3:45 PM	
5 MINUTE BREAK						
30:00	Durham Artistic Swimming Club	0:35:00	3:15 PM	3:50 PM	4:20 PM	5:00 PM
05:00	Kawartha Artistic Swimming Club			4:20 PM	4:25 PM	
5 MINUTE BREAK						
40:00	Nepean Artistic Swimming Club	0:50:00	3:55 PM	4:30 PM	5:10 PM	5:55 PM
05:00	Thunder Bay Artistic Swimming Club			5:10 PM	5:15 PM	
05:00	Calgary Elite Artistic Swimming Club			5:15 PM	5:20 PM	
5 MINUTE BREAK						
20:00	Summit Artistic Swimming	0:50:00	4:15 PM	5:25 PM	5:45 PM	-
20:00	Sea Stars Artistic Swimming			5:45 PM	6:05 PM	
05:00	Cayman Islands			6:05 PM	6:10 PM	
05:00	Camana Bay Aquatic Club			6:10 PM	6:15 PM	

Spacing time has been calculated based on 65% of each club's total routine time. Grouped clubs may choose to share time and stagger their routines within the full group time allowance, or to follow the provided times for each club.

Clubs are asked to submit a spacing music file to their club's music Dropbox folder, or to provide a run sheet in advance of Wednesday, May 27th. For questions on spacing, please reach out to Lauren Lindner at [llindner@ontarioartisticswimming.ca](mailto:llindner@ontarioartisticswimming.ca).