

SPACING SCHEDULE

Wednesday, May 20th, 2026

SPACING TIME (MINS)	CLUB	# of Athletes	Music Time for Group (MINS)	Warmup Start	Music Time Start	Music Time End	Warmup end
				Warmup Pool	Competition Pool		Warmup Pool
20:00	Remix Artistic Swimming Club	~34	40	10:30 AM	11:00 AM	11:20 AM	12:00 PM
20:00	York Artistic Swimming Club	~33			11:20 PM	11:40 AM	
BREAK							
8:00	Granite Artistic Swimming Club	~15	48	11:15 AM	11:45 PM	11:53 PM	1:03 PM
40:00	Ignite Artistic Swimming Club	~63			11:53 PM	12:33 PM	
BREAK							
22:00	Olympium Artistic Swimming Club	~54	42	12:08 PM	12:38 PM	1:00 PM	1:50 PM
20:00	Mississauga Artistic Swimming Club	~28			1:00 PM	1:20 PM	
BREAK							
30:00	Toronto Artistic Swimming Club	~55	55	12:55 PM	1:25 PM	1:55 PM	2:50 PM
25:00	Brant Artistic Swimming Club	~28			1:55 PM	2:20 PM	
BREAK							
22:00	London Regional Artistic Swimming Club	~36	37	1:55 PM	2:25 PM	2:48 PM	3:32 PM
5:00	Kawartha Artistic Swimming Club	~11			2:48 PM	2:53 PM	
10:00	Thunder Bay Artistic Swim Club	~6			2:53 PM	3:02 PM	
BREAK							
25:00	Summit Artistic Swimming	~19	53	2:36 PM	3:06 PM	3:31 PM	4:30 PM
15:00	Sea Stars Artistic Swimming	~15			3:31 PM	3:46 PM	
6:00	Calgary Aquabelles	~14			3:46 PM	3:52 PM	
8:00	Cayman Islands Artistic Swimming	~7			3:52 PM	4:00 PM	

Spacing time has been calculated based on approximately 60% 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 by **Tuesday, May 19th @ 7:00 PM**.
 For questions on spacing, please reach out to Shamara Ameer at sameer@ontarioartisticswimming.ca.