

SPACING SCHEDULE / HORAIRE D'ENTRAINEMENT

May 6 Mai 2024

v1.1 - 2024-05-02

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
18:00	GO Capital Artistic Swimming	0:48:00	7:30	8:00	8:18	9:50
07:00	Toronto Artistic Swimming			8:19	8:26	
23:00	Waterloo Regional Synchro			8:27	8:50	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
12:00	Saskatoon Aqualenes	1:12:00	8:10	8:55	9:07	10:54
17:00	Regina Synchro			9:08	9:25	
43:00	Calgary Killarney AS Club			9:26	10:09	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
43:00	Montreal Synchro	1:15:00	9:29	10:14	10:57	12:16
05:00	Team Canada			10:58	11:03	
27:00	Pacific Wave Synchro			11:04	11:31	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
20:00	Atlantis Synchro	0:57:00	10:51	11:36	11:56	13:21
15:00	Surf City Artistic Swimming			11:57	12:12	
15:00	Artistic Swimming Fredericton			12:13	12:28	
07:00	Aquasouls Artistic Swimming			12:29	12:36	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
24:00	Aquatica Artistic Swimming	0:50:00	11:56	12:41	13:05	14:19
06:00	Thunder Bay Artistic Swimming			13:06	13:12	
06:00	BC Aquasonics			13:13	13:19	
14:00	Victoria Artistic Swimming			13:20	13:34	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
36:00	Granite Artistic Swimming	1:21:00	12:54	13:39	14:15	15:47
12:00	York Artistic Swimming			14:16	14:28	
33:00	Olympium Artistic Swimming			14:29	15:02	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
10:00	Amethystes de Sherbrooke	0:55:00	14:22	15:07	15:17	16:50
25:00	CAEM			15:18	15:43	
06:00	Charlottetown Naiads			15:44	15:50	
14:00	Neptune Natation Artistique			15:51	16:05	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
52:00	Québec Excellence Synchro	1:13:00	15:25	16:10	17:02	18:09
21:00	Performance Synchro			17:03	17:24	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
32:00	Calgary Aquabelles	1:30:00	16:44	17:29	18:01	19:47
34:00	Remix Artistic Swimming			18:02	18:36	
21:00	Dollard Artistic Swimming			18:37	18:58	
03:00	Calgary Elite Synchro			18:59	19:02	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
14:00	Edmonton Auroras	0:39:00	17:48	19:07	19:21	20:00
07:00	Red Deer Silhouettes			19:22	19:29	
03:00	Kamloops Sunrays			19:30	19:33	
15:00	Excel AS club			19:34	19:49	

Time is calculated by taking 90% of time of all routines for each club /
 Le temps a été calculé en prenant 90% du temps de routine de chaque club