

## SPACING SCHEDULE / HORAIRE D'ENTRAINEMENT

May 5, 2025 / 5 mai 2025  
 v1.3 - 2025-05-04

| TIME / TEMPS                          | CLUB                            | Music Time for group /<br>Temps de musique du<br>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 |
| 23:00                                 | Calgary Aquabelles              | 1:19:00                                                 | 7:30                                 | 8:15                                      | 8:38                          | 10:21                                |
| 37:00                                 | Remix Artistic Swimming         |                                                         |                                      | 8:39                                      | 9:16                          |                                      |
| 19:00                                 | Dollard Artistic Swimming       |                                                         |                                      | 9:17                                      | 9:36                          |                                      |
| 5 MINUTE BREAK / PAUSE DE 5 MINUTES   |                                 |                                                         |                                      |                                           |                               |                                      |
| 27:00                                 | York Artistic Swimming          | 0:59:00                                                 | 8:56                                 | 9:41                                      | 10:08                         | 11:26                                |
| 08:00                                 | Durham Artistic Swimming        |                                                         |                                      | 10:09                                     | 10:17                         |                                      |
| 24:00                                 | Granite Artistic Swimming       |                                                         |                                      | 10:17                                     | 10:41                         |                                      |
| 5 MINUTE BREAK / PAUSE DE 5 MINUTES   |                                 |                                                         |                                      |                                           |                               |                                      |
| 06:00                                 | Artistic Swimming Fredericton   | 0:42:00                                                 | 10:01                                | 10:46                                     | 10:52                         | 12:14                                |
| 17:00                                 | Surf City Artistic Swimming     |                                                         |                                      | 10:53                                     | 11:10                         |                                      |
| 19:00                                 | Atlantis Artistic Swimming Club |                                                         |                                      | 11:10                                     | 11:29                         |                                      |
| 5 MINUTE BREAK / PAUSE DE 5 MINUTES   |                                 |                                                         |                                      |                                           |                               |                                      |
| 32:00                                 | Montreal Synchro                | 0:58:00                                                 | 10:49                                | 11:34                                     | 12:06                         | 13:18                                |
| 26:00                                 | Pacific Wave Artistic Swimming  |                                                         |                                      | 12:07                                     | 12:33                         |                                      |
| LUNCH BREAK / PAUSE DE DINER          |                                 |                                                         |                                      |                                           |                               |                                      |
| 13:00                                 | Performance Synchro             | 0:54:00                                                 | 12:15                                | 13:00                                     | 13:13                         | 14:42                                |
| 02:00                                 | Amethystes de Sherbrooke        |                                                         |                                      | 13:14                                     | 13:16                         |                                      |
| 28:00                                 | Québec Excellence Synchro       |                                                         |                                      | 13:17                                     | 13:45                         |                                      |
| 11:00                                 | CAEM                            |                                                         |                                      | 13:46                                     | 13:57                         |                                      |
| 5 MINUTE BREAK / PAUSE DE 5 MINUTES   |                                 |                                                         |                                      |                                           |                               |                                      |
| 08:00                                 | Ignite Artistic Swimming        | 0:36:00                                                 | 13:17                                | 14:02                                     | 14:10                         | 15:25                                |
| 19:00                                 | Olympium Artistic Swimming      |                                                         |                                      | 14:11                                     | 14:30                         |                                      |
| 09:00                                 | Aquasouls Artistic Swimming     |                                                         |                                      | 14:31                                     | 14:40                         |                                      |
| 5 MINUTE BREAK / PAUSE DE 5 MINUTES   |                                 |                                                         |                                      |                                           |                               |                                      |
| 06:00                                 | Edmonton Auroras                | 0:38:00                                                 | 14:00                                | 14:45                                     | 14:51                         | 16:11                                |
| 14:00                                 | Excel Synchro                   |                                                         |                                      | 14:52                                     | 15:06                         |                                      |
| 04:00                                 | Toronto Artistic Swimming       |                                                         |                                      | 15:07                                     | 15:11                         |                                      |
| 14:00                                 | Regina Synchro                  |                                                         |                                      | 15:12                                     | 15:26                         |                                      |
| 5 MINUTE BREAK / PAUSE DE 5 MINUTES   |                                 |                                                         |                                      |                                           |                               |                                      |
| 17:00                                 | GO Capital Artistic Swimming    | 0:51:00                                                 | 14:46                                | 15:31                                     | 15:48                         | 17:09                                |
| 04:00                                 | Team Canada Junior Duet         |                                                         |                                      | 15:49                                     | 15:53                         |                                      |
| 30:00                                 | Waterloo Regional AS            |                                                         |                                      | 15:54                                     | 16:24                         |                                      |
| 15 MINUTE BREAK / PAUSE DE 15 MINUTES |                                 |                                                         |                                      |                                           |                               |                                      |
| 02:00                                 | Team Manitoba                   | 0:31:00                                                 | 15:54                                | 16:39                                     | 16:41                         | 17:59                                |
| 13:00                                 | Aquatica Artistic Swimming      |                                                         |                                      | 16:42                                     | 16:55                         |                                      |
| 04:00                                 | Team Canada                     |                                                         |                                      | 16:56                                     | 17:00                         |                                      |
| 06:00                                 | Mississauga Artistic Swimming   |                                                         |                                      | 17:01                                     | 17:07                         |                                      |
| 06:00                                 | Thunder Bay Artistic Swimming   |                                                         |                                      | 17:08                                     | 17:14                         |                                      |
| 5 MINUTE BREAK / PAUSE DE 5 MINUTES   |                                 |                                                         |                                      |                                           |                               |                                      |
| 43:00                                 | Calgary Killarney               | 1:04:00                                                 | 16:34                                | 17:19                                     | 18:02                         | 19:10                                |
| 17:00                                 | Saskatoon Aqualenes             |                                                         |                                      | 18:03                                     | 18:20                         |                                      |
| 04:00                                 | Team NB                         |                                                         |                                      | 18:21                                     | 18:25                         |                                      |
| 5 MINUTE BREAK / PAUSE DE 5 MINUTES   |                                 |                                                         |                                      |                                           |                               |                                      |
| 15:00                                 | Victoria Artistifc Swimming     | 0:29:00                                                 | 17:45                                | 18:30                                     | 18:45                         | 19:47                                |
| 06:00                                 | Red Deer Silhouettes            |                                                         |                                      | 18:46                                     | 18:52                         |                                      |
| 04:00                                 | Kamloops Sunrays                |                                                         |                                      | 18:53                                     | 18:57                         |                                      |
| 04:00                                 | Calgary Winter Club             |                                                         |                                      | 18:58                                     | 19:02                         |                                      |

Time is calculated by taking 65% of time of all routines for each club /  
 Le temps a été calculé en prenant 65% du temps de routine de chaque club