



FINAL SPACING SCHEDULE / HORAIRE FINAL D'ENTRAÎNEMENT

March 16, 2026 / 16 mars 2026

v2.0 - 2026-03-08

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
0:19:00	Mississauga Artistic Swimming	1:02:00	8:00	8:30	8:49	10:35
0:23:00	Waterloo Regional AS			8:50	9:13	
0:18:00	GO Capital Artistic Swimming			9:14	9:32	
0:02:00	Ignite Artistic Swimming			9:33	9:35	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
0:13:00	Performance Synchro	0:58:00	9:10	9:40	9:53	11:40
0:13:00	CAEM			9:54	10:07	
0:32:00	Québec Excellence Synchro			10:08	10:40	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
0:40:00	Pacific Wave Artistic Swimming	1:31:00	10:00	10:45	11:25	13:03
0:41:00	Montreal Synchro			11:26	12:07	
0:10:00	Victoria Artistic Swimming			12:08	12:18	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
00:50:00	Équipe Canada	0:50:00	11:38	12:23	13:13	13:58
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
0:19:00	Durham Artistic Swimming	0:42:00	12:33	13:18	13:37	14:47
0:06:00	London Regional Artistic Swimming			13:38	13:44	
0:17:00	Excel Artistic Swim Club			13:45	14:02	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
0:19:00	Calgary Aquabelles	1:19:00	13:22	14:07	14:26	16:13
0:30:00	Remix Artistic Swimming			14:27	14:57	
0:30:00	Dollard Artistic Swimming			14:58	15:28	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
0:10:00	Olympium Artistic Swimming	1:02:00	14:48	15:33	15:43	17:24
0:06:00	North Shore Artistic Swimming			15:44	15:50	
0:04:00	Prince George Waterlilies			15:51	15:55	
0:19:00	York Artistic Swimming			15:56	16:15	
0:23:00	Granite Artistic Swimming			16:16	16:39	
30 MINUTE PAUSE / PAUSE DE 30 MINUTES						
0:13:00	Artistic Swimming Fredericton	0:57:00	16:24	17:09	17:22	18:54
0:10:00	Atlantis Artistic Swimming Club			17:23	17:33	
0:20:00	Surf City Artistic Swimming			17:34	17:54	
0:14:00	Aquasouls Artistic Swimming			17:55	18:09	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
0:14:00	Saskatoon Aqualenes	1:16:00	17:29	18:14	18:28	20:16
1:02:00	Calgary Killarney AS Club			18:29	19:31	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
0:04:00	Border City Stingrays	0:38:00	18:51	19:36	19:40	21:01
0:22:00	Aquatica Synchro			19:41	20:03	
0:12:00	Edmonton Auroras			20:04	20:16	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
0:12:00	Regina Synchro	0:36:00	19:05	20:21	20:33	21:15
0:05:00	Beaconsfield Synchro			20:34	20:39	
0:04:00	Red Deer Silhouettes			20:40	20:44	
0:02:00	Lethbridge Synchrobelles			20:45	20:47	
0:13:00	Calgary Winter Club			20:48	21:01	

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