

SPACING SCHEDULE / HORAIRE D'ENTRAINEMENT

May 5, 2019 / 5 mai 2019

v3 (April 26)

ONLY ATHLETES TAKING PART IN JUNIOR/SENIOR EVENTS ARE ALLOWED IN POOL
SEULS LES ATHLÈTES PARTICIPANT À DES ÉPREUVES JUNIOR/SENIOR AURONT ACCÈS À LA PISCINE

TIME / TEMPS	GROUP TIME / TEMPS DU GROUPE	CLUB	Warm up Start	Music time start	Music time end	Warm up End	
			Warmup Pool	Competition Pool		Warmup Pool	
04:00	30:00	Kamloops Sunrays	8:30	9:00	9:04	11:00	
05:00		BC Aquasonics		9:04	9:09		
21:00		Saskatoon Aqualenes		9:09	9:30		
32:00	1:11:00	Montreal Synchro	8:45	9:30	10:02	11:56	
39:00		Quebec Excellence Synchro		10:02	10:41		
13:00	32:00	Victoria Synchro	9:41	10:41	10:54	12:13	
04:00		Burnaby Caprice Synchro		10:54	10:58		
15:00		Pacific Wave Synchro		10:58	11:13		
10:00	34:00	CAEM	10:13	11:13	11:23	12:17	
06:00		Neptune		11:23	11:29		
06:00		Nixines		11:29	11:35		12:47
12:00		Synchro Laval		11:35	11:47		
06:00	36:00	Aquasouls	10:47	11:47	11:53	13:23	
15:00		Atlantis Synchro		11:53	12:08		
15:00		Fredericton Synchro		12:08	12:23		
24:00	17:00	GO Capital Synchro	11:23	12:23	12:47	14:40	
36:00		Olympium Synchro		12:47	13:23		
17:00		Waterloo Regional Synchro		13:23	13:40		
27:00	1:15:00	Calgary Aquabelles	13:00	13:40	14:07	16:15	
32:00		Dollard Synchro		14:07	14:39		
16:00		Variety Village Artistic Swimming		14:39	14:55		
15:00	36:00	Calgary Killarney Synchro	13:39	14:55	15:10	16:15	
21:00		Winnipeg Synchro		15:10	15:31		
11:00	11:00	Regional Training Centre - Ontario	13:55	15:31	15:42	16:15	
09:00	09:00	Granite Artistic Swimming		15:42	15:51		
04:00	04:00	Vestales de St-Hyacinthe	14:05	15:51	15:55	16:15	
10:00	15:00	CAEM	15:25	15:55	16:05	16:15	
05:00		Améthystes de Sherbrooke	14:10	16:05	16:10		
05:00	05:00	Excel Synchro	14:10	16:10	16:15	16:15	

Time is calculated by taking 75% of time of all routines for each club /
Le temps a été calculé en prenant 75% du temps de routine de chaque club