



SPACING SCHEDULE / HORAIRE D'ENTRAINEMENT

May 7, 2023 / 7 mai 2023

v1.1 - 2023-04-30

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
46:00	Calgary Aquabelles	1:48:00	9:00	9:45	10:31	12:20
40:00	Remix Artistic Swimming			10:32	11:12	
22:00	Dollard Artistic Swimming			11:13	11:35	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
42:00	Québec Excellence Synchro	1:02:00	10:55	11:40	12:22	13:28
20:00	Performance Synchro			12:23	12:43	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
33:00	Montreal Synchro	1:26:00	12:03	12:48	13:21	15:01
26:00	Pacific Wave Synchro			13:22	13:48	
27:00	CAEM			13:49	14:16	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
23:00	Granite Artistic Swimming	0:42:00	13:36	14:21	14:44	15:49
19:00	Olympium Artistic Swimming			14:45	15:04	
13:00	Atlantis Synchro	0:36:00	14:20	15:05	15:18	16:11
07:00	Charlottetown Naiads			15:19	15:26	
08:00	Amethystes de Sherbrooke			15:27	15:35	
08:00	Neptune Natation Artistique			15:36	15:44	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
45:00	GO Capital Artistic Swimming	1:22:00	15:04	15:49	16:34	17:57
37:00	Waterloo Regional Synchro			16:35	17:12	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
05:00	Calgary Winter Club	0:19:00	16:32	17:17	17:22	18:16
08:00	Excel AS club			17:23	17:31	
06:00	TEAM CANADA			17:32	17:38	
02:00	Ignite Artistic Swimming	0:31:00	16:54	17:39	17:41	18:59
02:00	Nepean Artistic Swimming			17:42	17:44	
18:00	Toronto Artistic Swimming			17:45	18:03	
04:00	University of Toronto AS Club			18:04	18:08	
05:00	York Artistic Swimming			18:09	18:14	
03:00	Caprice Artistic Swimming	0:25:00	17:30	18:15	18:18	19:10
06:00	Kamloops Sunrays			18:19	18:25	
03:00	Nelson Reflections			18:26	18:29	
13:00	Victoria Artistifc Swimming			18:30	18:43	
5 MINUTE PAUSE / PAUSE DE 5 MINUTES						
16:00	Saskatoon Aqualenes	1:23:00	18:03	18:48	19:04	20:13
27:00	Regina Synchro			19:05	19:32	
40:00	Calgary Killarney AS Club			19:33	20:13	
13:00	Winnipeg Artistic Swim Club	0:32:00	18:44	20:14	20:27	21:00
13:00	Aquatica Synchro			20:28	20:41	
06:00	Thunder Bay Synchro			20:42	20:48	

Time is calculated by taking 100% of time of all routines for each club /
Le temps a été calculé en prenant 100% du temps de routine de chaque club