

10. Appendix E: 11-12 Provincial Stream





COMPETITIONS

- ✓ Training Meet and Technical Conference #1
- ✓ Training Meet and Technical Conference #2
- ✓ Training Meet #3
- ✓ PS Provincial Qualifier (Mable Moran)
- ✓ PS Provincial Championships (Jean Peters)

See Section 5.4 for the Qualifying Pathway.



PROVINCIAL MEETS

TRAINING MEET & TECH CONFERENCE #1

- 🌟 Basic Positions
- 🌟 Learning & Technical Sessions

TRAINING MEET & TECH CONFERENCE #2

- 🌟 Compulsory Halves
- 🌟 Learning & Technical Sessions

TRAINING MEET #3

- 🌟 Compulsory Halves
- 🌟 Primary Water Routine Feedback

QUALIFIER & CHAMPIONSHIPS


- 🌟 Whole Figures
- 🌟 Water Routines



TIME LIMITS

- 🌟 ALL routines are +/- 5 seconds
- 🌟 Deck work must be 10 seconds or less
- 🌟 For team routines, walk on must be less than 30 seconds, timed from the first athlete crossing the starting point until all are stationary; For solos, duets and Trios: walk on must be less than 20 seconds from the first athlete crossing the starting point until all are stationary

Solos	Duets	Mixed Duet	Combo	Team
2:00	2:30	2:30	3:00	3:00



11-12 FIGURE GROUPS

TRAINING MEETS 1

Group selection no less than 4 weeks prior to competition

Group 1	Group 2	Group 3	Group 4
Right Split	Left Split	Right Split	Surface Arch
Back Layout	Front Layout	Bent Knee Back Layout	Ballet Leg
Front Pike	Flamingo	Submerged Back Pike Position	Inverted Tuck
Bent Knee Vertical	Fishtail	Knight	Vertical

For all positions starting underwater, start the skill with a body boost 'pop-up'.

TRAINING MEET 2 & 3

No draw: compulsory halves only. No additional transitions permitted.

Compulsory Halves
Back Layout position to Ballet Leg position (1 st half of Straight Ballet Leg)
Ballet Leg position to Back Layout position (2 nd half of Straight Ballet Leg)
Back Layout position to submerged Back Pike position (1 st half of Barracuda)
Submerged Back Pike position to the end of the thrust descent (2 nd half of Barracuda)

QUALIFIER & CHAMPIONSHIPS

Group selection 1 week prior to competition

Compulsory	Group 1	Group 2	Group 3
Straight Leg Ballet (1.6)	Front Ariana (2.2)	Water Drop (1.8)	Kip (1.6)
Barracuda (1.8)	Tower (1.9)	Swordfish (2.1)	Swanita Spinning 180° (1.9)



LTAD SKILLS

Appendix N outlines the **mandatory** Long Term Athlete Development standards.