

# 11. Appendix F: 13-15 Provincial Stream





## COMPETITIONS

- ✓ Training Meet & Technical Conference #1
- ✓ Training Meet & Technical Conference #2
- ✓ Training Meet #3
- ✓ PS Provincial Qualifier (Mable Moran)
- ✓ PS Provincial Championship (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


- 📌 Section A First Halves
- 📌 Learning & Technical Session

### TRAINING MEET #3

- 📌 Section B First Halves
- 📌 Primary Water Routine Feedback

### QUALIFIER & CHAMPIONSHIP

- 📌 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



## 13-15 FIGURE GROUPS

### TRAINING MEETS 1

Group selection no less than 2 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: Section A & B 1<sup>st</sup> halves only. No additional transitions permitted.

Section A First Halves – TM #2	Section B First Halves – TM #3
Back Layout position to Bent Knee position (1 <sup>st</sup> half of Flamingo Bent Knee, Half Twist)	Front Layout position to 2 <sup>nd</sup> Vertical position (after the rapid fishtail lower and join) (1 <sup>st</sup> half of Whip Spin 360°)
Back Layout position to Vertical position (after the Twirl) (1 <sup>st</sup> half of Cyclone)	Back Layout position to Fishtail position (1 <sup>st</sup> half of Saturn)
Back Layout position to submerged Back Pike position (1 <sup>st</sup> half of Barracuda Airborne Split)	Front Layout position to 2 <sup>nd</sup> Fishtail position (before the 360° rotation in fishtail) (1 <sup>st</sup> half of Venus)
Front Layout position to 2 <sup>nd</sup> Split position (after the Ariana rotation) (1 <sup>st</sup> half of Swordfish Straight Leg Ariana Rotation)	Back Layout position to 2 <sup>nd</sup> Bent Knee position (after half twist in bent knee) (1 <sup>st</sup> half of Albatross Spin Up 360°)

### QUALIFIER & CHAMPIONSHIP

Section selection 2 weeks prior to event

Section A		Section B		Section C	
Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
Flamingo Bent Knee, Half Twist (2.8)	Barracuda Airborne Split (2.7)	Whip Rapid Spinning 360° (3.0)	Venus (3.0)	Rio Straight Leg Spinning 180° (3.1)	Ipanema Spinning 180° (3.1)
Cyclone (2.4)	Swordfish Straight Leg Ariana Rotation (2.6)	Saturn (2.5)	Albatross Spin Up 360° (2.5)	Walkover Back (2.4)	Kip Combined Spin (2.4)



## LTAD SKILLS

Appendix N outlines the optional, but recommended, Long Term Athlete Development standards.