

14. Appendix I: Junior & Senior National Stream

This age division is subject to the rules and regulations stipulated in the CAS Rulebook.



COMPETITIONS

- Training Meet #1 & #2
- Pacific Coast Provincial Qualifier
- Pacific Peaks Provincial Championships
- Canadian Artistic Swimming Qualifier
- Canadian Artistic Swimming Championships
- Canada Summer Games (next in 2025)

See Section 5.5 for the Qualifying Pathway.



PROVINCIAL MEETS

TRAINING MEET & TECH CONFERENCE #1

- Team 'B' Element Halves
- Learning & Technical Sessions
- Team BC Selection Criteria Events*

TRAINING MEET & TECH CONFERENCE #2

- Team 'B' Elements Full
- Learning & Technical Sessions
- Team BC Selection Criteria Events*

QUALIFIER & CHAMPIONSHIPS

- Team 'A' Elements
 - Water Routines
 - Team BC Selection Criteria Events*
- *Refer High Performance Selection Criteria



TIME LIMITS

- ALL routines are +/- 5 seconds
- Deck work must be less than 10 seconds
- Walk on must be less than 30 seconds, timed from the first athlete crossing the starting point until all are stationary.

| | Solos | Duets | Mixed Duet | Acro | Team |
|------|-------|-------|------------|------|------|
| Tech | 2:00 | 2:20 | 2:20 | | 2:50 |
| Free | 2:15 | 2:45 | 2:45 | 3:00 | 3:30 |



TEAM ELEMENTS

See the **2022-2025 World Aquatics Manual** (Appendix 2) for full element descriptions.
Note: incorrect element performance according to World Aquatics description will result in a '0'; any incorrect performance of other aspects of the description (i.e.: pop-up, entry in to the starting position) will be considered in the overall execution of the element and not result in a '0'

TRAINING MEET #1

Note: Athletes will perform 8 skills in front of a judge at this meet: the 2 thrust elements in full and the remaining three elements as halves

| Element 'B' 1 st Halves | Element 'B; 2 nd Halves |
|--|---|
| 1B Flying Fish Hybrid (Full Element) | |
| 2B – Starting in a Vertical Position , a <i>Half Twist</i> is executed as one leg is lowered to a Bent Knee Vertical Position . Continuing in the same direction another <i>Half Twist</i> is executed, as the bent knee is extended to a Vertical Position *Pop up – rise to vertical from underwater | 2B – Starting in a Vertical Position . The legs are symmetrically lowered to a Split Position . A <i>Walkout Front</i> is executed *Pop up – rise to vertical from underwater |
| 3B - From a Fishtail Position , 2 <i>Fouetté</i> rotations (180°+180°) are executed. | 3B - The horizontal leg is rapidly lifted to a Vertical Position . Continuing in the same direction, a rapid <i>Spinning 360°</i> (1 rotation) is executed. |
| 4 – The Butterfly Hybrid is to be performed rapidly. From a Front Pike Position , one leg is lifted to a Fishtail Position . The horizontal leg is lifted through an arc of 180° as the vertical leg is lowered to assume a Split Position . Without a pause a hip rotation of 180° is executed as the front leg is raised to assume a Fishtail Position . | 4 – Continuing in the same direction a 180° rotation is executed as the horizontal leg is lifted to a Vertical Position . The legs are lowered simultaneously to a Bent Knee Surface Arch Position . The bent knee is straightened to a Surface Arch Position and with continuous motion an <i>Arch to Back Layout Finish Action</i> is executed |
| 5B – Rocket Split Bent Knee Hybrid (Full Element) | |

TRAINING MEET #2

- 1B Flying Fish Hybrid DD – 2.3
- 2B Vertical-Half Twist to Bent Knee-Half Twist to Vertical-Split - Walkout DD - 2.3
- 3B Two Fouetté Rotations – Vertical – Spinning 360° DD – 2.3
- 4 Butterfly Hybrid DD – 2.9
- 5B Rocket Split Bent Knee Hybrid DD – 2.1

QUALIFIER & CHAMPIONSHIPS

- 1A Flying Fish Element Hybrid Spinning 180° – DD: 2.5
- 2A Vertical-Full Twist to Bent Knee-Full Twist to Vertical-Open 180°-Walkout – DD: 2.6
- 3A Two Fouetté Rotations – Vertical – Continuous Spin 720° DD – 2.6
- 4 Butterfly Hybrid – DD: 2.9
- 5A Rocket Split Bent Knee Twirl Hybrid – DD: 2.4



ROUTINE TECHNICAL ELEMENTS

- See CAS rule book
- Refer to 2022-2025 World Aquatics Artistic Swimming Rules for required elements and pictures.