

MABLE MORAN PROVINCIAL QUALIFIER & CHAMPIONSHIPS

April 22-24, 2022

PROGRAM

City Centre Aquatic Complex
1210 Pinetree Way
Coquitlam, BC, V3B 7T8



THE BCAS DECLARATION

Our athletes are the heart of our community.
We nurture collaboration, life-long learning and sport for life.
We strive for innovation, excellence and integrity in and out of the pool.
We celebrate our collective journeys honouring our past, present and future.

We foster growth.
We believe in fulfillment.
We welcome everyone.
We are a vibrant community.

Joy...Unity...Movement...Passion

OFFICIALS

Chief Judge	Trish McKay
Chief Referee	Carol Stewart
Jury of Appeal	Lisa Balcombe, Trish McKay, Annie Chau

Officials	
Level 5/FINA	Lisa Balcombe, Annie Chau
Level 4	Christina Demiris, Sharon Devana
Level 3	Trish McKay
Level 2	Lucia Hoess, Robin Bennu, Anne-Marie North
Level 1	Rachel Lefranc, Jo-Anne Emery, Lisa Spaven, Rachel Lefranc, Ariele North, Emily Yang, Stacy Lee, Kalista Iten
Referees	Kianna Vasquez, Daisy Vasquez, Kayla Drew, Mia Pismestrovic



Friday, April 22, 2022					
Time	Event	Time	Panels	Entries	
6:00	6:15		Coach/Referee Meeting, General Warm-up	15 m	
6:15	6:35		Warm-up	20 m	
6:40	6:50	1	Solo: Masters Technical Routine	10 m	2
6:50	7:05	2	Solo: 11-12 PS	15 m	4
7:05	7:20	3	Solo: 13-15 PS	15 m	3
7:20	7:30		Judge/Coach Feedback	10 m	
7:30	7:50		Warm-up	20 m	
7:55	8:30	4	Solo: 16-20 PS	35 m	8
8:30	8:40	5	Solo: Masters Free Routine	10 m	2
8:40	8:50		Judge/Coach Feedback	10 m	
8:45	8:55		AWARDS: MA Solos	10 m	

*Two warm-up lanes from 6 pm to 9 pm

Saturday, April 23, 2022					
Time	Event	Time	Panels	Entries	
8:00	8:15		Coach/Referee Meeting, General Warm-up	15 m	
8:15	8:35		Warm-up	20 m	
8:40	9:50	6	Figures: 10&U, 10&U Novice, 11-12 Novice	1 hr 10	19
8:40	10:10	7	Figures: 16-20 PS	1hr 30	17
10:10	10:30		Warm-up	20 m	
10:35	11:40	8	Figures: LC Beginner	1hr 5m	23
10:35	11:25	9	Figures: LC Intermediate	50 m	14
11:40	12:00		Warm-up	20 m	
12:05	12:15	10	Figures: Adaptive	10 m	2
12:05	12:20	11	Figures: Masters Rec Beginner	15 m	4
12:05	12:20	12	Figures: Masters Rec Intermediate	15 m	3
12:20	12:45		Lunch Break (open pool)	25 m	
12:25	12:45		Awards: 10&U, 16-20, LC, AS Figs	20 m	
12:45	1:05		Warm-up	20 m	
1:10	2:20	13	Figures: 13-15 PS, 16-20 Novice	1 hr 10	34
1:10	2:30	14	Figures: 11-12 PS, 13-15 Novice	1 hr 20	40
2:30	2:50		Warm-up	20 m	
2:55	3:25	15	Team: Limited Competitive	30 m	6
3:25	3:30	16	Team: Masters Recreational	5 m	1
3:30	3:40		Judge/Coach Feedback	10 m	
3:35	4:00		Awards: 11-12, 13-15, MA Figs, PS Solos, LC & MA Teams	25 m	
3:50	4:10		Warm-up (Split: 2 groups 10 mins)	20 m	
4:15	4:25	17	Duet: Adaptive	10 m	1
4:25	4:45	18	Duet: Masters Technical Routine	20 m	6
4:45	4:50	19	Duet: 10&Under PS	5 m	1
4:50	5:10	20	Duet: 11-12 PS	20 m	5
5:10	5:25	21	Duet: 13-15 PS	15 m	3
5:25	5:35		Judge/Coach Feedback	10 m	
5:30	5:45		Awards: 10&U, 11-12, 13-15 PS & AS Duets	15 m	
5:35	5:50		Dinner Break (open pool)	15 m	
5:50	6:10		Warm-up	20 m	
6:15	6:30	22	Duet: 16-20 PS	15 m	2
6:30	7:00	23	Duet: Masters Free Routine	30 m	6
7:00	7:10		Judge/Coach Feedback	10 m	
7:05	7:15		Awards: 16-20 PS & MA Free & Tech Duets	10 m	

*Two warm-up lanes are available from 8am-9:00am and 9:30 am-7:00pm Saturday

Sunday, April 24, 2022						
Time		Event		Time	Panels	Entries
8:00	8:15		Coach/Referee Meeting, General Warm-up	15 m		
8:15	8:35		Warm-up	20 m		
8:40	9:20	24	Team: Masters Technical Routine	40 m		7
9:20	9:30	25	Team: 10 & Under PS	10 m		2
9:30	9:40		Judge/Coach Feedback	10 m		
9:35	9:45		Awards: 10&Under, MA Tech. Teams	10 m		
9:45	9:55		Tribute to Mable Moran	10 m		
9:55	10:15		Warm-up (split: 2 groups 10 mins)	20 m		
10:20	10:45	26	Team: 11-12 PS	25 m		5
10:45	11:35	27	Team: 13-15 PS	50 m		10
11:35	11:45		Judge/Coach Feedback	10 m		
11:40	11:55		Awards: 11-12, 13-15 Teams	15 m		
11:55	12:15		Warm-up	20 m		
12:20	12:25	28	Team: 16-20 PS	5 m		1
12:25	12:50	29	Team: Masters Free Routine	25 m		4
12:50	1:00		Judge/Coach Feedback	10 m		
12:55	1:05		Awards: 16-20, MA Free Teams	10 m		
1:05	1:30		BCSG Coaches Meeting (on deck)/Open Pool	25 m		
1:30	1:50		Warm-up	20 m		
1:55	3:35	30	Figures: BC Summer Games Trials	1h 40m	1,2,3,4	76

*Two warm-up lanes are available from 8am-9:00am and 9:30am-3:30pm Sunday



Friday, April 22, 2022

Coach/Referee Meeting, General Warm-up 6:00 pm - 6:15 pm

Warm-up 6:15 pm - 6:35 pm

Event 1 **Solo: Masters Technical Routine** 6:40 pm - 6:50 pm

		<i>Competitor</i>	Results			
			Execution	Impression	Elements	Routine
PS		Athlete: Sol Park Coached by: Alina Aref'yeva and Sidney Shindle Club: Caprice A.S.C				
1		Athlete: Victoria Stafford Coached by: Alina Aref'yeva and Kalista Iten Club: Caprice A.S.C				
2		Athlete: Cindy Yoshida Coached by: Alina Aref'yeva and Kalista Iten Club: Caprice A.S.C				

Event 2 **Solo: 11-12 PS** 6:50 pm - 7:05 pm

		<i>Competitor</i>	Results			
			Execution	Impression	Difficulty	Routine
1		Athlete: Madison Seriosa Coached by: Katie Stirrat Club: Pacific Wave Synchro				
2		Athlete: Lulu Southern Coached by: Kiana Jepson Club: Nanaimo Diamonds				
3		Athlete: Eva Blackburn Coached by: Kiana Jepson Club: Nanaimo Diamonds				

Event 3 **Solo: 13-15 PS** 7:05-7:20 pm

		<i>Competitor</i>	Results			
			Execution	Impression	Difficulty	Routine
1		Athlete: Laryssa MacDonald Coached by: Kiana Jepson Club: Nanaimo Diamonds				
2		Athlete: Layan Eleswy Coached by: Katie Stirrat Club: Pacific Wave Synchro	Scratch			
3		Athlete: Evangelina Fehr Coached by: Teri Kempter Club: Maple Ridge A.S.C.				

Judge/Coach Feedback 7:20 pm - 7:30 pm

Warm-up 7:30 pm - 7:50 pm

Event 4 **Solo: 16-20 PS** 7:55 pm - 8:30 pm

		<i>Competitor</i>	Results			
			Execution	Impression	Difficulty	Routine
1	Athlete: Cadence Jones Coached by: Kiana Jepson Club: Nanaimo Diamonds					
2	Athlete: Jessica Fitchett Coached by: Erin Fitchett Club: Nelson Reflections					
3	Athlete: Grace Plamondon Coached by: Olivia Audrey Club: Victoria A.S.C					
4	Athlete: Izzy Paradis Coached by: Anastasia Sizenova Club: Kelowna Dolphins					
5	Athlete: Mya Knudsgaard Coached by: Nicole Barager Club: Prince George Water Lilies					
6	Athlete: Poorvi Lalsinghani Coached by: Erin Williams Club: BC Aquasonics					
7	Athlete: Analiese Verburch Coached by: Julia Hansen Club: Kelowna Dolphins					
8	Athlete: Sydney Waldie Coached by: Carol MacFayden Club: Ravensong Waterdancers					

Event 5 **Solo: Masters Free Routine** 8:30 pm - 8:40 pm

		<i>Competitor</i>	Results			
			Execution	Impression	Difficulty	Routine
1	Athlete: Cindy Yoshida Coached by: Alina Aref'yeva and Kalista Iten Club: Caprice A.S.C					
2	Athlete: Victoria Stafford Coached by: Alina Aref'yeva and Kalista Iten Club: Caprice A.S.C					

Judge/Coach Feedback 8:40 pm - 8:50 pm

AWARDS: MA Solos 8:45 pm - 8:55 pm

Saturday, April 23, 2022

Coach/Referee Meeting, General Warm-up	8:00 am – 8:15 am
Warm-up	8:15 am – 8:35 am
Event 6	Figures: 10&Under, 10&Under Novice, 11-12 Novice
	8:40 am – 9:50 am

Panel 1

1. Ballet Leg Single
2. Albatross Half Twist (2.2)
3. Kipnus (1.4)
4. Walkover Front (2.1)

	Competitor	Club		Competitor	Club
PS	MACPHEE, Hailey	KAM			
1	LU, Angela	MR	11**	SEER, Hannah	KAM
2	BAI, Yingshan	VIC	12	JIN, Rachael	VIC
3	PLETT, Mila	VIC	13	NATRALL, Sarha	MR
4	POIRIER, Kaia	VIC	14	MATSON, Avery	KAM
5*	LIU, Selina	CAP	15***	SUN, Angela	BCAQ
6	LUKAC	BCAQ	16	METZ, Vera	PGWL
7	POSTERARO, Thea	PGWL	17	DALVANDI, Sharin	CAP
8	MCKINNON, Jazlyn	PGWL	18	ZHANG, Evelyn	BCAQ
9	SHERSTOBITOFF, Elle	NEL	19	STEWART, Lexi	VIC
10	SHIMEK, Sophia	CAP			

* starts 2nd figure, ** starts 3rd figure, *** starts 4th figure

Event 7	Figures: 16-20 PS	8:40 am - 10:10 am
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Panel 2

1. Ariana (2.2)
2. Rio with 180 spin (fast spin) (3.1)
3. Porpoise Spin 360 (slow spin) (2.1)
4. Seagull (2.1)

	Competitor	Club		Competitor	Club
PS	MANUEL-HEARN, Nevaeh	KAM			
1	KJELLBOTN, Natalie	RW	10**	PARADIS, Izzy	KEL
2	HUGGETT, Kimberly	PGWL	11	GARCIA CORTINAS, Eire	VIC
3	SONNICHSEN, Brooke	NEL	12	LALSINGHANI, Poorvi	BCAQ
4	WALDIE, Sydney	RW	13	FITCHETT, Jessica	NEL
5*	JONES, Cadence	NAN	14***	MORRIS, Jasmine	BCAQ
6	PLAMONDON, Grace	VIC	15	FANG, Ashley	BCAQ
7	AFLAKI, Tanin	PWS	16	KNUDSGAARD, Mya	PGWL
8	SONNICHSEN, Ashley	NEL	17	VERBURGH, Analiese	KEL
9	VEEKEN, Sienna	PGWL			

* starts 2nd figure, ** starts 3rd figure, *** starts 4th figure

Warm-up 10:10 am – 10:30 am

Event 8 Figures: Limited Competitive Beginner 10:35 am – 11:40 am

Panel 1

1. Head First Sculling 5m
2. Back Layout to Bent Knee Back Layout to Ballet Leg
3. 4. Front Layout

	Competitor	Club
PS	MACPHEE, Hailey	KAM
1	BASURTO DE LA PAZ, Valentina	PWS
2	SCHIEDEL, Megan	BCAQ
3	JEPSEN, Seveya	BCAQ
4	REN, Alina	PWS
5	GENG, Ruisi (Grace)	PWS
6*	WO, Millie	PWS
7	LAM, Beatrice	PWS
8	JONASSON, Coco	RW
9	MANN, Taara	BCAQ
10	BAILEY, Farrah	RW
11	WU, Isabella	PWS
12	AARTSEN, Anna	NAN

	Competitor	Club
13**	VALENZUELA, Emma	PWS
14	RAPTON, Emma	NAN
15	WILLIAMS, Fiona	NAN
16	ZHANG, Yulia	PWS
17	KRAUSE, Claire	PWS
18***	WOLL, Sierra	RW
19	AHAMAD, Lilah	BCAQ
20	RAPTON, Audrey	NAN
21	DUNHAM, Leah	NAN
22	PALMER, Hadley	NAN
23	FONTAINE, Gabrielle	NAN

** starts 2nd figure, ** starts 3rd figure, *** starts 4th figure*

Event 9 Figures: Limited Competitive Intermediate 10:35 am – 11:25 am

Panel 2

1. Propellor 5m
2. Back Layout to Bent Knee Back Layout to Ballet Leg
3. Right Split Position
4. Front Layout to Front Pike Position (Front Pike Pull Down)

	Competitor	Club
PS	MANUEL-HEARN, Nevaeh	KAM
1	ZIETARSKI, Alana	BCAQ
2	JENSEN, Grace	KEL
3	CURRIE, Rose	KEL
4*	ORGETA, Eleftheria	KEL
5	JOHNSTON, Makenna	KEL
6	KO, Chloe	BCAQ
7	WENTWORTH, Isabella	KEL

	Competitor	Club
8**	ATKINSON, Fiona	KEL
9	KELLEY, Sadie	BCAQ
10	ANDERSON, Kate	KEL
11***	SKINNER, Rowan	KEL
12	BICHEL, Marina	RW
13	WOSTRADOWSKI, Alina	KEL
14	ELCOCK, Florence	BCAQ

** starts 2nd figure, ** starts 3rd figure, *** starts 4th figure*

Warm-up 11:40 am - 12:00 pm

Event 10 **Figures: Adaptive** 12:05 pm - 12:15 pm

Panel 1

1. Tub Turn and Reverse (Turn both directions)
2. Bent Knee Back Layout Alternate
3. Front Pike Pull Down
4. Back Layout Position

	Competitor	Club
1*	BLANCHETTE, Rachel	CAP
2**	SHISHIDO, Sarah	CAP

** starts 1st and 3rd figures, ** starts 2nd and 4th figures*

Event 11 **Figures: Masters Recreational Beginner** 12:05 pm - 12:20 pm

Panel 2

1. Propellor 5m
2. Kick Pull Kick
3. Somersault Back Tuck
4. Bent Knee Back Layout Alternate

	Competitor	Club
PS	MACPHEE, Hailey	KAM
1	GARDINER, Heather	KEL
2*	HEFFERNAN, Cheryl	KEL
3**	POMEROY, Roxane	KEL
4***	VERBURGH, Sarah	KEL

** starts 1st and 3rd figures, ** starts 2nd and 4th figures*

Event 12 **Figures: Masters Recreational Intermediate** 12:05 pm - 12:20 pm

Panel 3

1. Bent Knee Position
2. Split Position
3. Ballet Leg Single
4. Front Pike Pull Down

	Competitor	Club
PS	MANUEL-HEARN, Nevaeh	KAM
1*	GAINFORTH, Heather	KEL
2**	MADSON, Carmen	KEL
3***	SCHWED, Alanna	KEL

** starts 1st and 4th figures, ** starts 2nd figure, *** starts 3rd figure*

LUNCH BREAK (open pool) 12:20 pm - 12:45 pm

AWARDS: 10&U, 10&U Novice, 11-12 Novice, 16-20, LC and AS Figures 12:25 pm - 12:45 pm

Warm-up

12:45 pm - 1:05 pm

Event 13

Figures: 13-15 PS, 16-20 Novice

1:10 pm - 2:20 pm

Panel 1

1. Ariana (2.2)
2. Porpoise Spin 360 (slow spin) (2.1)

Panel 2

1. Rio with 180 spin (fast spin) (3.1)
2. Seagull (2.1)

	Competitor	Club
PS		
1	ZHU, Junney	BCAQ
2	TWIGG, Indigo	PWS
3	COCARELL, Amira	KEL
4	RANDALL, Kara	PGWL
5	MICHTCHENKO, Olesya	PWS
6	BENNETT, Alexandra	BCAQ
7	ZHANG, Katherine	BCAQ
8	DARLING, Hayley	BCAQ
9*	PRICHARD-MANDL, Lucy	PWS
10	TANG, Muyi	BCAQ
11	JESSEY, Morgan	NAN
12	HANSON, Isabella	NAN
13	KEELING, Lila	NAN
14	HE, Hellen	PWS
15	HAWLEY, Tavia	BCAQ
16	SHIELS, Livia	BCAQ
17	GINIS, Athena	KEL

	Competitor	Club
PS		
18	HALSALL, Aurora	KEL
19	HOONJAN, Giann	KEL
20	KING, Raegan	NAN
21	SAJAN, Nyla	PWS
22	IMRAN, Inaayah	PWS
23	DAVIES, Charlotte	BCAQ
24	LUKAC, Sarah	BCAQ
25	MILLER, Allison	VIC
26	ELESWY, Layan	PWS
27*	YAO, Meixi	PWS
28	TEWATIA, Naisha	BCAQ
29	MOORE, Kennedy	PGWL
30	VASYUTA, Kateryna	VIC
31	LEADER, Marina (novice)	KEL
32	COPELAND, Faith	BCAQ
33	MACDONALD, Laryssa	NAN
34	ZHU, Yiling	CAP

** starts 2nd figure on panel*

Panel 3

1. Straight Ballet Leg (1.6)
2. Swan (2.1)

	<i>Competitor</i>	<i>Club</i>
PS	MANUEL-HEARN, Nevaeh	KAM
1	WARD, Lucee	KAM
2	LEUNG, Alayna	CAP
3	FERGUSON, Ruby	NAN
4	SOLARIK, Thea	NEL
5	SCHROEDER, Mia	NEL
6	GHONEIM, Noor	VIC
7	TIAN, Arissa	PWS
8	DAVIS, Analise	VIC
9	FRANCISCO-IBRAHIM, Sofia	NAN
10	ABDUL WAHID, Alissa	CAP
11	BLACKBURN, Eva	NAN
12*	FEHR, Evangelina	MR
13	HEINEN, Emily	KAM
14	PETERSON, Elyse	MR
15	SOUTHERN, Lulu	NAN
16	ASPINALL, Chloe	CAP
17	FAN, Yolande	CAP
18	CABRONE, Sofia	CAP
19	PERRETT, Alyssa	MR
20	KEHLER, Emma	KAM
21	BAI, Yingfan	VIC
22	LIU, Sophie	PW
23	WILSON, Isabel	NEL
24	SERIOSA, Madison	PWS

Panel 4

1. Barracuda (1.9)
2. Waterdrop (1.5)

	<i>Competitor</i>	<i>Club</i>
PS	MACPHEE, Hailey	KAM
25	MORRIS, Ella	NEL
26	HORYCHUN, Sylvie	CAP
27	SPARROW, Sarah	NEL
28	BARBERIE, Lila	NAN
29	LEHMAN, Zoe Katherine	NAN
30	SLADOJEVIC, Mila	CAP
31	HUNTER, Nina	PWS
32	MURRAY, Scarlet	VIC
33	WU, Kailey	BCAQ
34	NOMURA, Anika	CAP
35	CRANSTON, Alexa	BCAQ
36*	LEDREW, Brylee	VIC
37	LONG, Sadie	MR
38	BI, Claire	VIC
39	XIONG, Ruiyi	BCAQ
40	ABDUL WAHID, Aliya	CAP
41	TURCHANSKI, Aryn	NAN
42	ANGSTADT, Taya	KAM
43	LOWE-PETERS, Finley	NAN
44	MORSON, Makena	VIC
45	HAWTHORNE, Riley	KEL
46	KONG, Helena	PWS
47	PALMER, Audrey	NAN

** starts 2nd figure on panel*



Warm-up **2:30 pm - 2:50 pm**

Event 15 **Team: Limited Competitive** **2:55 pm - 3:25 pm**

<i>Competitors</i>		Results				
		Execution	Artistic Impression	Difficulty	Routine	Champ.
1	Athletes: ANDERSON, Kate BAILEY, Farrah BICHEL, Marina JONASSON, Coco WOLL, Sierra Coached by: Lisa Spaven Club: Ravensong Waterdancers					
2	Athletes: WOSTRADOWSKI, Alina ATKINSON, Fiona JENSEN, Grace JOHNSTON, Makenna WENTWORTH, Isabella SKINNER, Rowan ORGETA, Eleftheria Coached by: Anastasia Sizenova Club: Kelowna Dolphins					
3	Athletes: WU, Isabella VALENZUELA, Emma WO, Millie REN, Alina ZHANG, Yulia LAM, Beatrice BASURTO DE LA PAZ, Valentina KRAUSE, Claire GENG, Grace Coached by: Liza Leusenko and Seray Sefayi Club: Pacific Wave Synchro					
4	Athletes: WILLIAMS, Fiona DUNHAM, Leah RAPTON, Audrey RAPTON, Emma AARTSEN, Anna FONTAINE, Gabrielle PALMER, Hadley Coached by: Megan Nunez-Delgado Club: Nanaimo Diamonds					
5	Athletes: MANN, Taara JEPSEN, Seveya ZIETARSKI, Alana AHAMAD, Lilah SCHIEDEL, Megan Coached by: Madeleine LeBlanc Club: BC Aquasonics					
6	Athletes: KELLEY, Sadie KO, Chloe ELCOCK, Florence CURRIE, Rose Coached by: Natalie Cooke Club: BC Aquasonics					

Event 16 **Team: Masters Recreational** **3:25 pm - 3:30 pm**

<i>Competitors</i>		Results				
		Execution	Artistic Impression	Difficulty	Routine	Champ.
1	Athletes: GAINFORTH, Heather GARDINER, Heather HEFFERNAN, Cheryl MADSON, Carmen POMEROY, Roxane SHWED, Alanna VERBURGH, Sarah Coached by: Julia Hansen Club: Kelowna Dolphins					

Judge/Coach Feedback **3:30 pm - 3:40 pm**

AWARDS: 11-12, 13-15, 13-15 Nov., 16-20 Nov. and MA Figures. PS Solos, LC and MA Rec Teams **3:35 pm - 4:00 pm**

Warm-up (Split: two groups, 10 mins)

3:50 pm - 4:10 pm

Event 17

Duet: Adaptive

4:15 pm - 4:25 pm

		<i>Competitor</i>	Results				
			Execution	Impression	Difficulty	Routine	Champ.
PS	Athletes:	Alana Shewd and Carmen Madson					
	Coached by:	Julia Hansen					
	Club:	Kelowna Dolphins					
1	Athletes:	Rachel Blanchette and Sarah Shishido					
	Coached by:	Madison Michielin and Alina Aref'yeva					
	Club:	Caprice A.S.C.					

Event 18

Duet: Masters Technical Routine

4:25 pm - 4:45 pm

		<i>Competitor</i>	Results			
			Execution	Impression	Elements	Routine
1	Athletes:	Cindy Yoshida and Victoria Stafford				
	Coached by:	Alina Aref'yeva and Sidney Shindle				
	Club:	Caprice A.S.C.				
2	Athlete:	Ava Neely and Rosemary Stuart				
	Coached by:	Julia Hansen				
	Club:	Kelowna Dolphins				
3	Athletes:	Kristen Frick and Courtney Willsey				
	Coached by:	Kristen Frick and Courtney Willsey				
	Club:	University of Victoria				
4	Athletes:	Paige Pomeroy and Zuleida Rodriguez				
	Coached by:	Julia Hansen				
	Club:	Kelowna Dolphins				
5	Athletes:	Stefanie Dickinson and Carol Ross				
	Coached by:	Valerie Hould-Marchand				
	Club:	Vancouver Masters				
6	Athletes:	Stefanie Coutu and Tessa Coutu				
	Coached by:	Valerie Hould-Marchand				
	Club:	Vancouver Masters				

Event 19

Duet: 10&Under PS

4:45 pm - 4:50 pm

		<i>Competitor</i>	Results				
			Execution	Impression	Difficulty	Routine	Champ.
1	Athletes:	Angela Sun and Evelyn Zhang					
	Coached by:	Madeleine LeBlanc					
	Club:	BC Aquasonics					



Event 20
Duet: 11-12 PS
4:50 pm - 5:10 pm

<i>Competitor</i>		Results				
		Execution	Impression	Difficulty	Routine	Champ.
1	Athletes: Eva Blackburn and Aryn Turchanski Coached by: Kiana Jepson Club: Nanaimo Diamonds					
2	Athletes: Angela Lu and Sarha Natrall Coached by: Teri Kempter Club: Maple Ridge A.S.C.					
3	Athletes: Nina Hunter and Arissa Tian Coached by: Seray Sefayi Club: Pacific Wave Synchro					
4	Athletes: Sadie Long and Elyse Peterson Coached by: Kacey Perrett Club: Maple Ridge A.S.C.					
5	Athletes: Isabelle Lukac and Kailey Wu Coached by: Mikayla Papillo Club: BC Aquasonics					
6	Athletes: Lila Barberie and Audrey Palmer Coached by: Kiana Jepson Club: Nanaimo Diamonds					

Event 21
Duet: 13-15 PS
5:10 pm - 5:25 pm

<i>Competitor</i>		Results				
		Execution	Impression	Difficulty	Routine	Champ.
1	Athletes: Muiyi Tang and Junney Zhu Coached by: Sarah Birkbeck Club: BC Aquasonics					
2	Athletes: Evangelina Fehr and Alyssa Perrett Coached by: Teri Kempter Club: Maple Ridge A.S.C.					
3	Athletes: Isabella Hanson and Morgan Jessey Coached by: Kiana Jepson Club: Nanaimo Diamonds					

Judge/Coach Feedback **5:25 pm - 5:35 pm**
AWARDS: 11-12, 13-15 Figures, PS Solos, LC and MA Rec Teams **5:30 pm - 5:45 pm**
Dinner Break (open pool) **5:35 pm - 5:50 pm**

Warm-up 5:50 pm - 6:10 pm

Event 22 Duet: 16-20 PS 6:15 pm - 6:30 pm

		<i>Competitor</i>	Results				
			Execution	Impression	Difficulty	Routine	Champ.
PS	Athletes: Hailey MacPhee and Nevaeh Manuel-Hearn Coached by: Disa Fladmark Club: Kamloops Sunrays						
1	Athletes: Ashley Sonnichsen and Brooke Sonnichsen Coached by: Erin Fitchett Club: Nelson Reflections						
2	Athletes: Natalie Kjellbotn and Sydney Waldie Coached by: Carol MacFayden Club: Ravensong Waterdancers						
3	Athletes: Kimberly Huggett and Sienna Veeken Coached by: Nicole Barager Club: Prince George Waterlilies						

Event 23 Duet: Masters Free Routine 6:30 pm - 7:00 pm

		<i>Competitor</i>	Results			
			Execution	Impression	Difficulty	Routine
1	Athletes: Stefanie Coutu and Tessa Coutu Coached by: Valerie Hould-Marchand Club: Vancouver Masters					
2	Athlete: Kristen Frick and Courtney Willsey Coached by: Kristen Frick and Courtney Willsey Club: UVic					
3	Athletes: Victoria Stafford and Cindy Yoshida Coached by: Alina Aref'yeva and Sidney Shindle Club: Caprice A.S.C.					
4	Athletes: Ava Neely and Rosemary Stuart Coached by: Julia Hansen Club: Kelowna Dolphins					
5	Athletes: Stefanie Dickinson and Carol Ross Coached by: Valerie Hould-Marchand Club: Vancouver Masters					
6	Athletes: Paige Pomeroy and Zuleida Rodriguez Coached by: Julia Hansen Club: Kelowna Dolphins					

Judge/Coach Feedback 7:00 pm - 7:10 pm

AWARDS: 16-20 PS, MA Free and Technical Duets 7:05 pm - 7:15 pm

Sunday, April 24, 2022

Coach/Referee Meeting, General Warm-up **8:00 am – 8:15 am**

Warm-up **8:15 am – 8:35 am**

Event 24 **Team: Masters Technical Routine** **8:40 am - 9:20 am**

<i>Competitor</i>		Results			
		Execution	Impression	Elements	Routine
PS	Athletes: BCAQ Combo Team Coached by: Susan Kemper Club: BC Aquasonics				
1	Athletes: LANG, Jillian MCPHERSON, Jennifer NORTH, Anne-Marie THIVIERGE Line Coached by: Alina Aref'yeva and Melinda Markser Club: Caprice A.S.C.				
2	Athletes: BERGSTEN, Jillian COUTU, Stefanie COUTU, Tessa DAYAL, Jocelyn DICKINSON, Stefanie MARSAN-JOHNSON, Jasmine MCTAGGART, Leah NIEZEN, Joey ROSS, Carol Coached by: Valerie Hould-Marchand Club: Vancouver Masters				
3	Athletes: FALCONER, Donna HARKNESS, April MISCAVISH, Thea RAMEY, Carol STUART, Carol VEAL, Carla Coached by: Catharine Edwards Club: VanIsle Masters				
4	Athletes: BITTNER, Megan HASEBE, Charlotte NORTH, Ariele WIGGINS, Jamie Coached by: Alina Aref'yeva and Kalista Iten Club: Caprice A.S.C.				
5	Athletes: CRAIG, Jenny GAETAN, Julie SATO, Laura VANDERFLUIT, Rhonda Coached by: Christina Demiris Club: Vancouver Masters				
6	Athletes: ESCAFFRE, Anabelle MITCHELL, Jules SCHRAG, Lise SEDMAN, Jennifer STILLING, Kristyn Coached by: Christina Demiris Club: Vancouver Masters				
7	Athletes: AUBREY, Olivia AYLESWORTH, Kaitlyn JONES, Sarah LAMBERT-WILSON, Mara RUEST, Myriam VOLKAMER, Samantha Coached by: Kimberly Vinck and Christina Strickland Club: Victoria A.S.C				

		Results			
		Execution	Impression	Elements	Routine
<i>Competitor</i>					
1	Athletes: LUKAC, Isabelle SUN, Angela WU, Kailey ZHANG, Evelyn				
	Coached by: Madeleine LeBlanc Club: BC Aquasonics				
2	Athletes: JIN, Rachel PLETT, Mia POIRIER, Kaia STEWART, Lexi				
	Coached by: Emily Trenchard Club: Victoria A.S.C				

Coach/Judge Feedback 9:30 am - 9:40 am

AWARDS: 10&Under & MA Tech. Teams 9:35 am - 9:45 am

Tribute to Mable Moran 9:45 am - 9:55 am

*We ask that officials, coaches and athletes join us on deck for the tribute to Mable Moran. Out of respect for the tribute there should be no land drilling or activation taking place on deck during this time.

Thank you to our Host Club!





Lucia & Mable



Mable presenting awards



A TRIBUTE TO
Mable
MORAN

Mable was one of my personal coach's most respected judges. We all had a very high level of professional respect for Mable.

- Susan Kemper

She cared so deeply for our athletes but especially for our athletes with disabilities and our masters. She truly believed that everyone belonged in our community. She lived and breathed inclusion before the concept even had a name.

- Lisa Balcombe



Mable with Canadian Officials - courtesy of Louise Kennedy

I will always remember Mable as being welcoming, friendly and supportive as a judge . . . She was a true champion of Artistic (Synchronized) Swimming.

- Heather Archer

Mable was always kind, generous and caring. [She was] a pioneer of the sport and always eager to share [her] knowledge to make athletes and officials the best they could be.

- Sharon Devana

Warm-up (Split: two groups, 10 mins each)

9:55 am - 10:15 am

Event 26

Team: 11-12 PS

10:20 am - 10:45 am

		Results				
		Execution	Artistic Impression	Difficulty	Routine	Champ.
1	Athletes: BARBERIE, Lila BLACKBURN, Eva FERGUSON, Ruby LEHMAN, Zoe Katharine LOWE-PETERS, Finley PALMER, Audrey SOUTHERN, Lulu TURCHANSKI, Aryn					
	Coached by: Kiana Jepson and Hannah McDonagh-Proud Club: Nanaimo Diamonds					
2	Athletes: ABDHUL WAHID, Alissa ABDUL WAHID, Aliya ASPINALL, Chloe CABRONE, Sofia FAN, Yolande SLADOJEVIC, Mila					
	Coached by: Alina Aref'yeva and Maria Beskromnova Club: Caprice A.S.C					
3	Athletes: BAI, Yingshan BI, Claire DAVIS, Analise LEDREW, Brylee VASYUTA, Kateryna					
	Coached by: Brenda Scott Club: Victoria A.S.C					
4	Athletes: ANGSTADT, Taya HEINEN, Emily KEHLER, Emma MATSON, Avery SEER, Hannah WARD, Lucee					
	Coached by: Charlotte Ribalkin Club: Kamloops Sunrays					
5	Athletes: DALVANDI, Sharin HORYCHUN, Sylvie LIU, Selina SHIMEK, Sophia					
	Coached by: Alina Aref'yeva and Madison Michielin Club: Caprice A.S.C.					



Event 27

Team: 13-15 PS

10:45 am - 11:35 am

Competitors		Results				
		Execution	Artistic Impression	Difficulty	Routine	Champ.
1	Athletes: KONG, Helena LIU, Sophie MICHTCHENKO, Olesya PRICHARD-MANDL, Lucy TWIGG, Indigo YAO, Meixi Coached by: Liza Leusenko Club: Pacific Wave Synchro					
2	Athletes: MCKINNON, Jazlyn METZ, Vera POSTERARO, Tara Coached by: Nicole Barager Club: Prince George Water Lilies					
3	Athletes: BAI, Yingfan GARCIA CORTINAS, Eire GHONEIM, Noor MILLER, Allison MORSON, Makena MURRAY, Scarlett Coached by: Olivia Aubrey Club: Victoria A.S.C					
4	Athletes: FRANCISCO-IBRAHIM, Sofia HANSON, Isabella JESSEY, Morgan KELING, Lila KING, Raegan MACDONALD, Laryssa Coached by: Hannah McDonagh-Proud and Kiana Jepson Club: Nanaimo Diamonds					
5	Athletes: FEHR, Evangelina LONG, Sadie LU, Angela NATRALL, Sarha PERRETT, Alyssa PETERSON, Elyse Coached by: Teri Kempter and Kacey Perrett Club: Maple Ridge A.S.C					
6	Athletes: CRANSTON, Alexa DARLING, Hayley DAVIES, Charlotte HAWLEY, Tavia LUKAC, Sarah SHIELS, Livia TEWATIA, Naisha XIONG, Ruiyi Coached by: Sarah Birkbeck Club: BC Aquasonics					
7	Athletes: BENNETT, Alexandra COPELAND, Faith FANG, Ashley LALSINGHANI, Poorvi MORRIS, Jasmine TANG, Muyi ZHANG, Katherine ZHU, Junney Coached by: Erin Williams Club: BC Aquasonics					
8	Athletes: COCARELL, Amira GINIS, Athena HALSALL, Aurora HAWTHORNE, Riley HONNJAN, Giann LEADER, Marina Coached by: Alyssa Jackson and Julia Hansen Club: Kelowna Dolphins					
9	Athletes: MORRIS, Ella SCHROEDER, Mia SHERSTOBITOFF, Elle SOLARIK, Thea SPARROW, Sarah WILSON, Isabel Coached by: Michaela Martin Club: Nelson Reflections					

10	Athletes: AFLAKI, Tanin ELESWY, Layan HE, Hellen HUNTER, Nina IMRAN, Inaayah SAJAN, Nyla SERIOSA, Madison TIAN, Arissa					
	Coached by: Katie Stirrat					
	Club: Pacific Wave Synchro					

Coach/Judge Feedback 11:35 am - 11:45 am

AWARDS: 11-12, 13-15 Teams 11:40 am - 11:55 am

Warm-up 11:55 am - 12:15 pm

Event 28 **Team: 16-20 PS** 12:20 pm - 12:25 pm

		Results				
		Execution	Artistic Impression	Difficulty	Routine	Champ.
<i>Competitors</i>						
PS	Athletes: Caprice A.S.C Highlight Routine					
	Coached by: Alina Aref'yeva Club: Caprice A.S.C					
1	Athletes: HUGGETT, Kimberly KNUDSGAARD, Mya RANDALL, Kara VEEKEN, Sienna					
	Coached by: Nicole Barager Club: Prince George Water Lilies					



Event 29

Team: Masters Free Routines

12:25 pm - 12:50 pm

		Results			
		Execution	Impression	Difficulty	Routine
1	Athletes: CRAIC, Jenny GATEN, Julie SATO, Laura VANDERFLUIT, Rhonda				
	Coached by: Christina Demiris Club: Vancouver Masters				
2	Athletes: BERGSTEN, Jilian COUTU, Stefanie COUTU, Tessa DICKINSON, Stefanie MARSAN-JOHNSON, Jasmine MCTAGGART, Leah NIEZEN, Joey ROSS, Carol				
	Coached by: Valerie Hould-Marchand Club: Vancouver Masters				
3	Athletes: ESCAFFRE, Anabelle MITCHELL, Jules SCHRAG, Lisa SEDMAN, Jennifer STILLING, Kristyn				
	Coached by: Christina Demiris Club: Vancouver Masters				
4	Athletes: AUBREY, Olivia AYLESWORTH, Kaitlyn JONES, Sarah LAMBERT-WILSON, Mara RUEST, Myriam VOLKAMER, Samantha				
	Coached by: Kimberly Vinck and Christina Strickland Club: Victoria A.S.C.				

Coach/Judge Feedback 12:50 pm - 1:00 pm

AWARDS: 16-20 and MA Free Teams 12:55 pm - 1:05 pm

BCSG Coaches Meeting (on deck) / Open Pool 1:05 pm - 1:30 pm

Warm-up 1:30 pm - 1:50 pm

Panel Rotation:

- 1, 4, 3, 2
- 2, 1, 4, 3
- 3, 2, 1, 4
- 4, 3, 2, 1

Panel 1

1. Ariana (2.2)

	Competitor	Club
PS		
1	LONG, Sadie	MR
2	MOORE, Kennedy	PGWL
3	GORTER, Teagan	PWS
4	HEINEN, Emily	KAM
5	KEHLER, Emma	KAM
6	HIELS, Livia	BCAQ
7	HUNT, Avy	VIC
8	DARLING, Hayley	BCAQ
9	JESSEY, Morgan	NAN
10	XIONG, Ruiyi	BCAQ
11	TIAN, Arissa	PWS
12	LEHMAN, Zoe Katherine	NAN
13	MACDONALD, Laryssa	NAN
14	SEER, Hannah	KAM
15	SHAW, Avery	VIC
16	PARK, Sol	CAP
17	VERBURGH, Analiese	KEL
18	ZHOU, Ashley	BCAQ
19	LUKAC, Sarah	BCAQ

Panel 2

1. Rio 180 spin (fast spin) (3.1)

	Competitor	Club
PS		
20	IMRAN, Inaayah	PWS
21	FEHR, Evangelina	MR
22	ZHU, Yiling	CAP
23	SERIOSA, Madison	PWS
24	SONNICHSEN, Ashley	NEL
25	DESCHAMBAULT, Reese	NAN
26	TURCHANSKI, Aryn	NAN
27	CRANSTON, Alexa	BCAQ
28	SOUTHERN, Lulu	NAN
29	TANG, Muyi	BCAQ
30	PETERSON, Elyse	MR
31	HOLDEN-GOLDSMITH, Penelope	CAP
32	SAJAN, Nyla	PWS
33	BENNETT, Alexandra	BCAQ
34	LEUNG, Alayna	CAP
35	NOMURA, Anika	CAP
36	ZHU, Junney	BCAQ
37	NATRALL, Sarha	MR
38	WARD, Lucee	KAM

Panel 3

1. Swordtail (2.3)

	Competitor	Club
PS		
39	KEELING, Lila	NAN
40	GINIS, Athena	KEL
41	DE KLEINE, Olivia	VIC
42	MILLER, Allison	VIC
43	FANG, Ashley	BCAQ
44	FERGUSON, Ruby	NAN
45	PISMESTROVIC, Mia	BCAQ
46	PERRETT, Alyssa	MR
47	ZHANG, Katherine	BCAQ
48	WILLIAMS, Kyla	VIC
49	LALSINGHANI, Poorvi	BCAQ
50	FAN, Yolande	CAP
51	MACPHEE, Hailey	KAM
52	COCARELL, Amira	KEL
53	BLACKBURN, Eva	NAN
54	PONCE DE LEON, Sara	VIC
55	HAWTHORNE, Riley	KEL
56	VASICEK, Izabella	BCAQ
57	HOONJAN, Giann	KEL

Panel 4

1. Seagull (2.1)

	Competitor	Club
PS		
58	HANSON, Isabella	NAN
59	DAVIES, Charlotte	BCAQ
60	TEWATIA, Naisha	BCAQ
61	FITCHETT, Jessica	NEL
62	FOURNIER, Katherine	NAN
63	COPELAND, Faith	BCAQ
64	MANUEL-HEARN, Nevaeh	KAM
65	LU, Angela	MR
66	HAWLEY, Tavia	BCAQ
67	HALSALL, Aurora	KEL
68	BARBERIE, Lila	NAN
69	MORRIS, Ella	NEL
70	PALMER, Audrey	NAN
71	RICHMOND, Elsie	VIC
72	BARBERIE, Danielle	NAN
73	ANGSTADT, Taya	KAM
74	SONNICHSEN, Brooke	NEL
75	FRANCISCO-IBRAHIM, Sofia	NAN
76	LOWE-PETERS, Finley	NAN

BCAS is a proud member of True Sport

TRUE SPORT
live here
True Sport Tips for Parents
Keeping it Fun!

Do

- ✓ Support your child unconditionally.
- ✓ Attend your child's games, practices and sporting events regularly.
- ✓ Cheer for and encourage your child, their teammates and their opponents.
- ✓ Model self control, good problem solving and conflict management skills.
- ✓ Appreciate and thank officials and encourage others to do the same.
- ✓ Encourage commitment, teamwork, respect and punctuality.
- ✓ Show appreciation to coaches and other volunteers for their contributions to sport.
- ✓ Encourage your child to strive for personal growth and excellence.
- ✓ Find ways to keep it fun!
- ✓ Be your child's biggest fan.

Consider

- ✓ Listening to your child to understand their motivation.
- ✓ Seeking feedback about your behavior from others to keep yourself in check.
- ✓ Practicing with your child at home.
- ✓ Speaking up when other parents, coaches, or spectators are behaving poorly.
- ✓ Volunteering to help out regularly.
- ✓ Not rushing your child through the fun stages. Let them be a kid!

Don't

- ✗ Let your emotions get the better of you.
- ✗ Yell out advice and criticism to your child or others.
- ✗ Ask your child to act one way and then model something else.
- ✗ Compare your child with others.
- ✗ Focus the sport experience solely on winning.
- ✗ Treat your child differently after a win versus a loss.
- ✗ Undermine the coach.
- ✗ Use the ride home to critique your child.

keep it fun play fair
respect others
include everyone
stay healthy
give back
go for it

Share your favourite tips with us:
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