

NS and MA Provincial Qualifiers, CUASL Westerns

Version 2. January 11

| Friday, January 20, 2023 | | | | | | |
|--------------------------|------|-------|--------------|-------|--------|---------|
| Time | | Event | Stream | Time | Panels | Entries |
| 5:45 | 6:00 | | Warm-up | 15 m | | |
| 6:00 | 8:00 | | Club Spacing | 2 hrs | | |

| Saturday, January 21, 2023 | | | | | | | |
|----------------------------|-------|---|--------------------------------|-------|---------|---------|--|
| Time | | Event | Stream | Time | Panels | Entries | |
| 8:00 | 8:15 | Coach/Referee Meeting, General Warm-up | | | | | |
| 8:15 | 8:35 | Warm-up | | | | | |
| 8:40 | 10:10 | 1 | Team Elements | NS | 1hr 30m | 1,2 41 | |
| 10:10 | 10:30 | Warm-up | | | | | |
| 10:35 | 10:45 | 2 | Figures: 13-15 NS | NS | 10 m | 1,2 4 | |
| 10:45 | 11:05 | Break | | | | | |
| 11:05 | 11:25 | Warm-up | | | | | |
| 11:30 | 11:45 | 3 | Solo: Masters Technical | MA | 15 m | 5 | |
| 11:45 | 11:55 | 4 | Solo: Junior Technical | NS | 10 m | 2 | |
| 11:55 | 12:00 | 5 | Solo: Senior Technical | NS | 5 m | 1 | |
| 12:00 | 12:05 | 6 | Solo: 13-15 NS | NS | 5 m | 1 | |
| 12:05 | 12:15 | Judge/Coach Feedback | | | | | |
| 12:15 | 12:45 | Lunch Break, Open Pool | | | | | |
| 12:45 | 1:05 | Warm-up | | | | | |
| 1:10 | 1:35 | 7 | Solo: Masters Free | MA | 25 m | 6 | |
| 1:35 | 1:40 | 8 | Duet: Mixed | NS | 5 m | 1 | |
| 1:40 | 1:55 | 9 | Duet: Junior Technical | NS | 15 m | 3 | |
| 1:55 | 2:05 | Judge/Coach Feedback | | | | | |
| 2:05 | 2:15 | Awards: Figures, Elements, Solos | | | | | |
| 2:15 | 2:35 | Warm-up | | | | | |
| 2:35 | 2:40 | 10 | Trio: Masters Technical | MA | 5 m | 1 | |
| 2:40 | 2:50 | 11 | Team: Masters Technical | MA | 10 m | 2 | |
| 2:50 | 3:05 | 12 | Team: Junior Technical | NS | 15 m | 3 | |
| 3:05 | 3:15 | Judge/Coach Feedback | | | | | |
| 3:05 | 4:00 | CUASL Spacing (schedule TBD) | | | | | |
| 4:00 | 4:20 | Warm-up | | | | | |
| 4:25 | 4:40 | 13 | Solo: Novice | CUASL | 15 m | 4 | |
| 4:40 | 5:10 | 14 | Solo: Experienced | CUASL | 30 m | 8 | |
| 5:10 | 5:20 | Judge/Coach Feedback | | | | | |
| 5:20 | 5:40 | Warm-up | | | | | |
| 5:45 | 5:55 | 15 | Duet: Novice | CUASL | 10 m | 3 | |
| 5:55 | 6:10 | 16 | Duet: Experienced | CUASL | 15 m | 3 | |
| 6:10 | 6:20 | Judge/Coach Feedback | | | | | |
| 6:20 | 6:30 | Awards: CUASL Solo and Duet | | | | | |

| Sunday, January 22, 2022 | | | | | | |
|--------------------------|-------|-----------|--|--------|---------|----|
| Time | Event | | Time | Panels | Entries | |
| 8:00 | 8:15 | | Coach/Referee Meeting, General Warm-up | | | |
| 8:15 | 8:35 | | Warm-up | | | |
| 8:40 | 8:50 | 17 | Solo: Junior Free | NS | 10 m | 2 |
| 8:50 | 8:55 | 18 | Solo: Senior Free | NS | 5 m | 1 |
| 8:55 | 9:05 | 19 | Duet: 13-15 NS | NS | 10 m | 2 |
| 9:05 | 9:10 | 20 | Combo: Masters | MA | 5 m | 1 |
| 9:10 | 9:20 | | Judge/Coach Feedback | | | |
| 9:20 | 9:50 | | Warm-up (Split) | | | |
| 9:55 | 10:15 | 21 | Team: Novice | CUASL | 20 m | 4 |
| 10:15 | 10:40 | 22 | Team: Experienced | CUASL | 25 m | 5 |
| 10:40 | 11:00 | 23 | Duet: Junior Free | NS | 20 m | 4 |
| 11:00 | 11:10 | | Judge/Coach Feedback | | | |
| 11:10 | 11:25 | | Awards: BCAS Solo & Duet, then CUASL Team | | | |
| 11:25 | 12:00 | | Lunch Break, Open Pool | | | |
| 12:00 | 12:20 | | Warm-up | | | |
| 12:25 | 12:45 | 24 | Team: Masters Free | MA | 20 m | 4 |
| 12:45 | 12:50 | 25 | Team: Junior Free | NS | 5 m | 1 |
| 12:50 | 1:00 | | Judge/Coach Feedback | | | |
| 1:00 | 1:20 | | Break, Open Pool | | | |
| 1:20 | 1:40 | | Warm-up | | | |
| 1:45 | 2:00 | 26 | Trio: Masters Free | MA | 15 m | 3 |
| 2:00 | 2:10 | 27 | Team: Acrobatic | NS | 10 m | 2 |
| 2:10 | 2:20 | | Judge/Coach Feedback | | | |
| 2:20 | 2:35 | | Awards: BCAS Duet and Teams | | | |
| 2:35 | 2:45 | | Break | | | |
| 2:45 | 3:00 | | Warm-up | | | |
| 3:00 | 4:30 | 28 | Technical Team Individual Swim | NS | 1hr 30m | 29 |

*Two warm-up lanes are available from 8am-6pm Saturday and 7:30am-4:30pm Sunday