

# 7. Appendix B: Limited Competitive & Recreation



## INFORMATION

- Athletes may compete in Figures only.
- LC has 2 figures categories: beginner and intermediate.
- Figure results are posted by age category.
- Team events are open - athletes of all ages can form a team. LC teams compete in one event regardless of age.
- Team composition is 4-10 athletes. Trios may be permitted if every effort was made to form a team of 4.
- Championship scores include 50% figure scores and 50% routine score.



## PROVINCIAL MEETS

### TRAINING MEET #3 or FUN MEETS

- Figures Feedback – competition simulation without results
- Routine Feedback

### PROVINCIAL QUALIFIER

- Figures
- Team Routine



## COMPETITIONS

- Training Meet #3
- Regional FUN Meet (where applicable)
- LC Provincial Qualifier (Mable Moran)

Athletes may return a recreation stream after competing in a competitive stream with the following stipulations (see 4.3.1):

- The first season back in rec, they will not be included in the figure results but CAN compete as an exhibition swimmer.
- The team of a returning athlete will NOT be exhibition.
- The second season back in rec, athletes can compete openly.
- \* Exemptions to 4.3.1 may be requested by clubs and will be evaluated on a case-by-case basis.



## ROUTINE REQUIRED ELEMENTS

### FIGURE COMPONENTS

- Back Layout
- Tub Position
- Bent Knee Back Layout Position
- Right Split Position



## TIME LIMITS

- No “minimum” time limit.
- Maximum time limit of the routine is 2:15.
- 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	Combo	Team
-	-	-	2:15



## FIGURES

Beginner	Intermediate
Head First Sculling 5m	Propeller 5m
Back Layout to Bent Knee Back Layout (sailboat)	Back Layout to Bent Knee Back Layout to Ballet Leg
Back Layout to Inverted Tuck (through Tub position)	Right Split position
Front Layout	Front Layout to Front Pike position (Front Pike Pull Down)



## LTAD SKILLS

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