

10. Appendix D: 10 & Under Provincial Stream



COMPETITIONS

- ✓ Training Meet #1
- ✓ Training Meet #2
- ✓ Training Meet #3
- ✓ PS Provincial Qualifier (Mable Moran)
- ✓ PS Provincial Championships (Jean Peters)

See Section 4.4 for the Qualifying Pathway.



10&U FIGURE GROUPS

TRAINING MEETS 1 & 2

Group selection 2 weeks prior to competition or video submission deadline. *

Group 1	Group 2	Group 3	Group 4
Right Split	Left Split	Middle Split	Surface Arch
Back Layout	Front Layout	Bent Knee Back Layout	Ballet Leg
Front Pike	Submerged Double Ballet Leg	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 3

No draw: compulsory halves only. No additional transitions permitted.

Compulsory Halves

Back Layout position to **Ballet Leg** position (through **Bent Knee Back Layout** Position)

Ballet Leg position to **Back Layout** position (through **Bent Knee Back Layout** Position)

Back Layout position to **Split** position

Split position to the end of the vertical descent

QUALIFIER & CHAMPIONSHIPS

Group selection 1 week prior to competition or video submission deadline.

Compulsory	Group 1	Group 2	Group 3
Ballet Single Leg (1.6)	Kipnus (1.4)	Back Tuck Somersault (1.1)	Surface Prawn (1.5)
Blossom (1.4)	Walkover Front (2.1)	Neptunus (1.8)	Somersub (2.3)



PROVINCIAL MEETS

TRAINING MEET #1 & #2

- ✦ Basic Positions
- ✦ Land Skills – Appendix P

TRAINING MEET #3

- ✦ Compulsory Halves*
- ✦ Primary Water Routine Feedback

*No additional transitions can be added to the figure half

QUALIFIER & CHAMPIONSHIPS

- ✦ FINA Figures
- ✦ Water Routines



TIME LIMITS

- ✦ ALL routines are +/- 15 seconds
- ✦ Deck work must be 10 seconds or less
- ✦ Walk on must be 30 seconds or less, timed from the first athlete crossing the starting point until all are stationary.

Solos	Duets	Combo	Team
1:15	1:45	-	2:15



LTAD SKILLS

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