

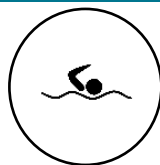
9. Appendix D: 10 & Under Provincial Stream



COMPETITIONS

- ✓ Training Meet and Technical Conference #1
- ✓ Training Meet and Technical Conference #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 4 weeks prior to competition

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) (1st half of ballet leg single)
- Ballet Leg** position to **Back Layout** position (through **Bent Knee Back Layout** Position) (2nd half of ballet leg single)
- Back Layout** position to **Back Pike** position (1st half of barracuda)
- Back Pike** position to the end of the vertical descent (2nd half of barracuda)

For all transitions starting underwater, start the skill with a body boost 'pop-up'

QUALIFIER & CHAMPIONSHIPS

Group selection 1 week prior to competition

Compulsory	Group 1	Group 2
Ballet Single Leg (1.6)	Modified Front Ariana (2.2)	Surface Prawn (1.3)
Barracuda (1.9)	Neptunus (1.7)	Kipnus (1.4)

For all figures starting underwater, start the skill with a body boost 'pop-up'



PROVINCIAL MEETS

TRAINING MEET & TECHNICAL CONFERENCE #1 & #2

- ✦ Basic Positions
- ✦ Learning & Technical Sessions

TRAINING MEET #3

- ✦ Compulsory Halves*
 - ✦ Primary Water Routine Feedback
- *No additional transitions can be added to the figure half

QUALIFIER & CHAMPIONSHIPS

- ✦ Whole Figures
- ✦ Water Routines



TIME LIMITS

- ✦ ALL routines are +/- 5 seconds
- ✦ 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

Solo	Duet	Mixed Duet	Team
1:15	1:45	-	2:15



LTAD SKILLS

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