

# 11. Appendix E: 11-12 Provincial Stream





## COMPETITIONS

- ✓ Training Meet #1
- ✓ Training Meet #2
- ✓ Training Meet #3
- ✓ PS Provincial Qualifier (Mable Moran)
- ✓ PS Provincial Championships (Jean Peters)
- ✓ 2022 BC Summer Games\*

See Section 4.4 for the Qualifying Pathway.



## PROVINCIAL MEETS

### TRAINING MEET #1

- 🌟 Basic Positions
- 🌟 Land Skills – Appendix P

### TRAINING MEET #2

- 🌟 Compulsory Halves
- 🌟 Land Skills – Appendix P


### TRAINING MEET #3

- 🌟 Compulsory Halves
- 🌟 Primary Water Routine Feedback

### QUALIFIER & CHAMPIONSHIPS

- 🌟 FINA Figures
- 🌟 Water Routines
- 🌟 BC Games Trial Figures (See Section 5.3)\*


\*if applicable



## 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 |
|-------|-------|-------|------|
| 1:45  | 2:15  | -     | 2:45 |



## 11-12 FIGURE GROUPS

### TRAINING MEETS 1

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         | Flamingo     | 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 2 & 3

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

| Compulsory Halves   |
|---|
| Back Layout position to Ballet Leg position                   |
| Ballet Leg position to Back Layout position                   |
| Back Layout position to submerged Back Pike position          |
| Submerged Back Pike position to the end of the thrust descent |

### QUALIFIER & CHAMPIONSHIPS

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

| Compulsory                | Group 1             | Group 2         | Group 3         |
|---------------------------|---------------------|-----------------|-----------------|
| Straight Leg Ballet (1.6) | Walkover Back (1.9) | Kip (1.6)       | Swan (2.1)      |
| Barracuda (1.9)           | Ballerina (1.8)     | Swordfish (2.0) | Waterdrop (1.5) |

\* See Section 5.3 for BC Games Trials information.



## LTAD SKILLS

Appendix Q outlines the **mandatory** Long Term Athlete Development standards.