

10. Appendix E: 11-12 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.



PROVINCIAL MEETS

TRAINING MEET & TECH CONFERENCE #1

- ✦ Basic Positions
- ✦ Learning & Technical Sessions

TRAINING MEET & TECH CONFERENCE #2

- ✦ Compulsory Halves
- ✦ Learning & Technical Sessions

TRAINING MEET #3

- ✦ Compulsory Halves
- ✦ Primary Water Routine Feedback

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

| Solos | Duets | Mixed Duet | Combo | Team |
|-------|-------|------------|-------|------|
| 2:00 | 2:30 | 2:30 | 3:00 | 3:00 |



11-12 FIGURE GROUPS

TRAINING MEETS 1

Group selection no less than 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 | 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 (1 st half of Straight Ballet Leg) |
| Ballet Leg position to Back Layout position (2 nd half of Straight Ballet Leg) |
| Back Layout position to submerged Back Pike position (1 st half of Barracuda) |
| Submerged Back Pike position to the end of the thrust descent (2 nd half of Barracuda) |

QUALIFIER & CHAMPIONSHIPS

Group selection 1 week prior to competition

| Compulsory | Group 1 | Group 2 | Group 3 |
|---------------------------|--------------------|------------------|-----------------------------|
| Straight Leg Ballet (1.6) | Front Ariana (2.2) | Water Drop (1.8) | Kip (1.6) |
| Barracuda (1.8) | Tower (1.9) | Swordfish (2.1) | Swanita Spinning 180° (1.9) |



LTAD SKILLS

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