

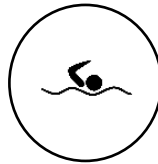
# 13. Appendix G: 16-20 Provincial Stream



## 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.



## 16-20 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 2 <sup>nd</sup> Split position (end of Ariana rotation)
Split position to Walkout Front and unroll to Back Layout position
Back Layout position to submerged Back Pike position
Submerged Back Pike position to the end of the 180 Spin

### QUALIFIER & CHAMPIONSHIPS

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

Compulsory	Group 1	Group 2	Group 3
Ariana (2.2)	Jupiter (2.8)	Albatross Half Twist (2.2)	Porpoise Spin 360 (2.1)
Rio with 180 Spin (3.1)	Oceanea with 360 Spin (2.1)	Swordtail (2.3)	Seagull (2.1)



## 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



## 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
2:30	3:00	-	4:00



## LTAD SKILLS

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