

14. Appendix H: 13-15 National Stream

This age division is subject to the rules and regulations stipulated in the CAS Rulebook.



COMPETITIONS

- ✓ Training Meet #1
- ✓ Training Meet #2
- ✓ NS Provincial Qualifier
- ✓ NS Provincial Championships
- ✓ 2022 BC Summer Games*
- ✓ National Qualifier
- ✓ Canadian Championships

See Section 4.5 for the Qualifying Pathway.



PROVINCIAL MEETS

TRAINING MEET #1

- 🌸 Basic Skills – Appendix O
- 🌸 Compulsory Halves
- 🌸 Land Skills – Appendix P

TRAINING MEET #2

- 🌸 Non-Compulsory Halves
- 🌸 Land Skills – Appendix P

QUALIFIER & CHAMPIONSHIPS

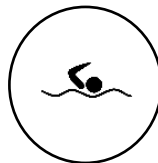
- 🌸 FINA Figures
 - 🌸 Water Routines
 - 🌸 BC Games Trial Figures (See Section 5.3)*
- *if applicable



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
2:15	2:45	-	3:30



13-15 FIGURE GROUPS

TRAINING MEET 1

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

Compulsory Halves
Back Layout position to 2 nd 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 360 Spin

TRAINING MEET 2

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

No additional transitions permitted.

Non-Compulsory Halves		
Group 1	Group 2	Group 3
1 st half of Jupiter ending in 2 nd Fishtail position	1 st half of Albatross Half Twist ending after Bent Knee Half Twist	1 st half of Porpoise Continuous Spin 720° until Vertical position
2 nd half of Jupiter (starting in 2 nd Fishtail position)	2 nd half of Albatross Half Twist starting in Bent Knee after the Half Twist	2 nd half of Porpoise Continuous 720° starting in Vertical position
1 st half of Oceanea until Vertical position	1 st half of Swordtail ending in Knight position	1 st half of Seagull until Inverted Tuck position
2 nd half of Oceanea starting in Vertical position	2 nd half of Swordtail starting in Knight position	2 nd half of Seagull starting in Inverted Tuck position

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 Continuous Spin 720 (2.1)
Rio (3.1)	Oceanea (2.1)	Swordtail (2.3)	Seagull (2.1)

* See Section 5.3 for BC Games Trials information.



LTAD SKILLS

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