

14. Appendix I: Junior & Senior National Stream

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



COMPETITIONS

- Training Meet #1 & #2
- NS Provincial Qualifier
- NS Provincial Championships
- Canadian Artistic Swimming Qualifier
- Canadian Artistic Swimming Championships
- Canada Summer Games (next in 2025)

See Section 4.5 for the Qualifying Pathway.



TEAM ELEMENTS

See Appendix P for element counts and 2022-2025 FINA Manual for full element descriptions.

Note: incorrect element performance according to FINA description will result in a '0'; any incorrect performance of other aspects of the description (i.e.: pop-up, entry in to the starting position, synchronization with the metronome) will be considered in the overall execution of the element and not result in a '0'



PROVINCIAL MEETS

TRAINING MEET & TECH CONFERENCE #1

- 3 Team Elements
- Learning & Technical Sessions

TRAINING MEET & TECH CONFERENCE #2

- Five Team Elements
- Learning & Technical Sessions

QUALIFIER & CHAMPIONSHIPS

- Team Elements
- Water Routines
- Team BC Selection Criteria Events*

*Refer to BCAS website for High Performance Selection Criteria

TRAINING MEET 1

- Two Fouetté Rotations – Vertical – Spinning 360° – DD: 2.3
- Butterfly Hybrid – DD: 2.9
- Rocket Split Bent Knee Hybrid – DD: 2.1

TRAINING MEET 2, QUALIFIER & CHAMPIONSHIPS

Metronome: 140 bpm – counting 1/3/5/7 per beat for NSPQ & NSPC only

- Flying Fish Element Hybrid Spinning 180° – DD: 2.5
- Two Fouetté Rotations – Vertical – Spinning 360° – DD: 2.3
- Butterfly Hybrid – DD: 2.9
- Vertical-Full Twist to Bent Knee-Full Twist to Vertical-Open 180° - Walkout – DD: 2.6
- Rocket Split Bent Knee Twirl Hybrid – DD: 2.4



TIME LIMITS

- ALL routines are +/- 5 seconds
- Deck work must be less than 10 seconds
- Walk on must be less than 30 seconds, timed from the first athlete crossing the starting point until all are stationary.

	Solos	Duets	Mixed Duet	Acro	Team
Tech	2:00	2:20	2:20		2:50
Free	2:15	2:45	2:45	3:00	3:30



ROUTINE TECHNICAL ELEMENTS

- See CAS rule book
- Refer to 2022-2025 FINA Artistic Swimming Rules for required elements and pictures.

