

15. Appendix J: 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.



PROVINCIAL MEETS

TRAINING MEET #1

- Basic Skills – Appendix O
- Land Skills – Appendix P

TRAINING MEET #2

- Basic Skills – Appendix O
- Land Skills – Appendix P
- Junior Elements*

QUALIFIER & CHAMPIONSHIPS

- Junior Elements*
- Water Routines

* Senior-aged athletes may compete in the Junior Team Elements event during competitions.



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	Mixed Duet	Combo	Highlight	Team
Tech	2:00	2:20	2:20			2:50
Free	2:30	3:00	3:00	4:00	2:30	4:00



JUNIOR ELEMENTS

TRAINING MEET 2, QUALIFIER & CHAMPIONSHIPS

*Element events will not contribute to routine scores.

- Vertical Thrust to Bent Knee Vertical Spin 180** (DD 2.3)
 - Body Boost “pop-up” to achieve the submerged starting position.
 - Starting in a **Submerged Back Pike Position** with the legs perpendicular to the surface, a Thrust is executed to a **Vertical Position** and with no loss of height one leg is lowered to a **Bent Knee Vertical Position**. A rapid 180 spin is executed AS the bent knee is extended to a **Vertical Position**. All movements are executed rapidly.
- Vertical Twist Spin** (DD 1.8)
 - From a **Vertical Position**, a *Twist Spin* is executed.
- Cyclone** (DD 2.6)
 - A Cyclone is executed to a **Vertical Position**; the legs are symmetrically lowered to a **Split Position**. A *Walkover Front* is executed.
- Manta Ray Hybrid** (DD 3.1)
 - A *Flamingo* is executed to a **Surface Flamingo Position**, travelling head first. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves with the knee at the surface to assume a **Fishtail Position**. The horizontal leg is lifted rapidly to a **Vertical Position**, as the body rotates 180°. The direction of the 180 rotation is closing into the vertical leg. (Note: A right flamingo start requires the right shoulder back during the 180° rotation and a left flamingo start requires the left shoulder back during the 180° rotation) The legs are lowered rapidly simultaneously to a **Bent Knee Surface Arch Position**. (Note: The Bent Knee Surface Arch Position can be assumed by using either leg). The bent knee is straightened to a **Surface Arch Position** and with continuous motion, an *Arch to Back Layout* finish action is executed.
- Barracuda Airborne Split** (DD 2.5)
 - Body Boost “pop-up” to achieve the submerged starting position.
 - From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Barracuda Airborne Split* is executed.



ROUTINE TECHNICAL ELEMENTS

- See CAS rule book
- Refer to 2017-2021 FINA Artistic Swimming Rules for required elements and pictures.